

# Before You Travel – Medication Checklist for Expats Coming to Thailand

Planning to bring prescription medication into Thailand? This quick-reference checklist covers what you need to do before you fly—so you stay safe, compliant, and fully prepared. From Thai FDA rules to proper packing, get everything in order with confidence.

## Before You Travel – Checklist for Medication in Thailand

Task	Details
<b>Check Thai FDA restrictions</b>	Look up your medications to ensure they are not classified as controlled or prohibited in Thailand.
<b>Apply for FDA approval if needed</b>	If you're carrying ADHD meds, opioids, or other controlled drugs, seek pre-approval from the Thai FDA before traveling.
<b>Get a prescription letter</b>	The letter should include: <ul style="list-style-type: none"><li>- Your full name and condition</li><li>- Medication name (brand and generic)</li><li>- Dosage and usage instructions</li></ul>
<b>Translate if necessary</b>	If your documents are not in English, bring a translated version to avoid issues at customs or hospitals.
<b>Use original packaging</b>	Keep all medications in labeled blister packs or pharmacy containers—avoid unlabeled bottles or loose pills.
<b>Print and back up documents</b>	Bring printed copies of prescriptions and doctor's notes—and store backups on your phone or cloud storage.

Use this checklist as a final prep step before packing—especially if you're relying on medications not easily available in Thailand.

## What to Pack in Your Carry-On – Medication Travel Essentials

Item	Details
<b>Prescription medication</b>	Bring at least a 30-day supply (or more if approved). Pack in original, clearly labeled containers—avoid loose pills or unlabeled bags.
<b>Doctor’s letter</b>	Should include your full name, condition, and details of each medication: brand and generic names, dosage, and usage instructions.
<b>Prescription copies</b>	Paper copies are essential. Save digital backups too—on your phone or in the cloud—just in case.
<b>Travel documents</b>	Include a copy of your travel itinerary and passport ID page. These help verify personal use at customs.
<b>Thai FDA approval (if required)</b>	If you’re bringing a controlled substance, keep the approval letter from the Thai FDA on hand to show at customs.
<b>Home doctor contact</b>	Have your doctor’s email or clinic phone number handy in case you need to verify a prescription while in Thailand.

*Keeping these essentials in your carry-on ensures you’re prepared, protected, and in control—no matter what happens in transit.*

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## On Arrival in Thailand – Medication Checklist

Task	Details
<b>Have documents ready</b>	Keep your prescription, doctor's letter, and Thai FDA approval (if needed) accessible in your carry-on.
<b>Declare if uncertain</b>	If you're unsure whether your medication requires declaration, it's safer to ask or voluntarily declare at customs.
<b>Be polite and clear</b>	Explain calmly that your medication is for personal use and present your documentation if asked.
<b>Don't hide medications</b>	Avoid storing meds in unmarked containers or trying to hide them. This can raise suspicion even for legal substances.
<b>Stay calm if questioned</b>	Customs checks are rare but possible. If you're stopped, having everything in order makes things smoother.

*Most arrivals go smoothly, but if you're ever asked, having your documents and packaging in order makes things quick and easy.*

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## If Staying Long-Term – Medication Checklist

Task	Details
<b>Bring extra supply</b>	Carry at least 2–3 months' worth of medication to give yourself time to settle and find a local doctor or hospital.
<b>Book a local doctor</b>	Make an appointment at a private hospital or clinic soon after arrival to discuss ongoing medication needs and refills.
<b>Translate your medical history</b>	Bring a summary of your medical history in English (or Thai) to help your Thai doctor understand your condition and treatment plan.
<b>Learn generic drug names</b>	Many medications are sold under different brand names in Thailand. Knowing the generic name helps you find alternatives more easily.
<b>Check insurance coverage</b>	Confirm whether your health insurance covers medication costs in Thailand—especially for long-term or recurring prescriptions.

*Planning ahead for long-term care makes your transition smoother—and ensures you won't be scrambling to find essential meds once you've settled in.*

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**Curated by *Thrive in Thailand***

Medication in Thailand, made Simple for Expats

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