
BRINGING PERSONAL MEDICINES INTO THE COOK ISLANDS

It's important for you to have a supply of your usual medicines with you when you visit the Cook Islands. While there are a large number of medicines available in the Cook Islands, we cannot guarantee that your medicine will be available here if you forget to bring it or if you run out of it before you head home. We encourage you to bring a supply of your usual medicines that will last for the entire length of your visit, up to a maximum of 3 months' supply.

If you'll be in the Cook Islands for longer than 3 months' then please contact Te Marae Ora (see below) for advice about how to maintain a supply of your usual medicines while you're here.

Important points to note

Before you leave home, you should:

- Pack your medicines in your carry-on luggage (unless prohibited by the airline), just in case your bag doesn't come with you, or you or someone else happens to take the wrong bag off the luggage carousel.
- Bring the medicine(s) in their original containers from the pharmacy with dispensing labels attached and intact.
- Pack in your carry-on luggage, a copy of the prescription for your medicines from your doctor, or a letter from your doctor stating that you are being treated with the medicine(s).

When you arrive in the Cook Islands, you should:

- Declare that you're bringing medicines on your incoming passenger arrival card if:
 - the quantity of one or more of the medicines is over 3 months' supply, or
 - you are bringing medicines into the Cook Islands on someone else's behalf, or
 - one or more of the medicines are Controlled Drugs (see below)

You can bring other medicines including herbal medicines, dietary supplements and over-the-counter (non-prescription) medicines, without the need for the above documentation, but please note that you should declare any medicine that might be considered a prescription medicine or a Controlled Drug on your incoming passenger arrival card. If in doubt, declare it.

Controlled Drugs

It is illegal to bring any Controlled Drug (aka narcotic) for personal use into the Cook Islands. That means that you should not bring your Controlled Drugs with you when you visit the Cook Islands. If you have any questions about this, please contact Te Marae Ora (see below) for further advice.

In the Cook Islands, Controlled Drugs include:

- Medicinal cannabis
- Strong pain medicines, such as codeine, morphine, fentanyl, etc.
- Medicines for ADHD or similar conditions, such as methylphenidate (e.g. Ritalin[®], Rubifen[®], etc) or dexamfetamine.

For more information

For more information or to check details for specific medicines, please email one of the following addresses:

- Te Marae Ora Help Desk: tmo.helpdesk@cookislands.gov.ck
- Te Marae Ora Hospital Pharmacy: tmo.hospitalpharmacy@cookislands.gov.ck