



Changes to security requirements for international travel:

There are new limitations on the quantity of **liquids, aerosols** and **gels** that can be carried on-board international flights in hand baggage. These limitations may affect the way in which you travel with your insulin and medical supplies.

Since 31 March 2007, passengers flying internationally can only take liquids, aerosols and gels on-board with them in containers of no more than **100ml in volume** (note that 100ml is the maximum container size). Passengers can carry other liquids, aerosols and gels in their checked bags as usual.

Containers of 100 ml or less containing liquids, aerosols or gels carried on-board in hand baggage *must* be placed in a **re-sealable transparent plastic bag of 1 litre in volume** (approximately 20cm by 20cm or 15cm by 25cm in size) and presented separately at the security screening point.

Exemptions for medicines:

Exemptions for essential prescribed and non prescribed medicines, medical devices, baby products and dietary supplements in liquid, aerosol or gel form greater than 100ml are in place. These exemptions include insulin and related diabetic supplies. The exemptions also include items such as cough syrup, children's medicines, contact lens solution, essential dietary supplements and food products for babies in liquid form.

Due to the risk of insulin supplies being spoiled in the hold of the aircraft (ie being frozen or exposed to extreme temperatures) you are able to take all the supplies you need for the duration of the trip or flight with you in your hand baggage.

Essential medical items/devices are also exempt; these might include items such as **gel ('frio') packs**, colostomy bags and personal supplemental oxygen.

Supporting evidence:

If you need to carry exempt prescribed medical supplies in your hand baggage you are advised to obtain a form of **supporting evidence**, such as a **doctor's letter**, identifying the medicines and/or medical supplies you are carrying so that they can be easily identified. You should also ensure that your medicines are **clearly labelled** and **packaged in reasonable quantities**.

When you reach the security screening point your supporting evidence may be requested by Aviation Security Officers to help them determine whether the items you are carrying are exempt. They may also check to ensure that the name on your medicines matches the name on your boarding pass, passport or doctor's letter.

Further information:

If you would like to find out more about these changes then further information can be found at www.flysmart.govt.nz. If you have any further questions you should contact your airline or travel agent directly, as they will be able to best inform you of how the restrictions might affect you.