



UTMB Health Center for Polar Medical Operations  
Levin Hall, 5th Floor, Suite 5.527, Route 1004  
301 University Blvd.  
Galveston, TX 77555-1004  
Phone 855.300.9704  
Fax 409.772.3600

## PERSONAL PRESCRIPTION MEDICINES

Dear USAP Participant:

It is the responsibility of all participants to obtain a supply of their regular prescription medications to cover the time that they will be deployed.

***The Stations do not have prescriptions medicine available to support personal prescription medications. Per NSF direction, the clinic stocks are limited to support emergent requirements.***

### Deployment to McMurdo and South Pole Stations:

Participants will not be allowed to winter-over unless they have enough of their regular medications to last through the winter season. The New Zealand custom laws, however, only allow for three months of prescription medications and one month of controlled prescription medications to be hand carried through New Zealand. Therefore, if you will be deployed for a longer period of time, you must make arrangements for additional medication to be mailed to yourself from an approved source (see next paragraph) through the APO mail system.

The U.S. Postal Regulations (DMM 601.12.11) states that “Prescription drugs are licensed medicines that require a written order by a medical doctor or pharmacist before they can be obtained. Prescription drugs, including those that contain controlled substances, may be mailed by drug manufacturers or their registered agents, pharmacies, or other authorized dispensers as permitted by 21 CFR 1307.12 or in compliance with any regulation of the Food and Drug Administration or other applicable law.

The addresses to use by the authorized sender is

McMurdo Station – Grantee  
[Participant's Name]  
McMurdo Station  
Project [insert your #]  
PSC 469 Box 800  
APO AP 96599-1035

McMurdo Station -- ASC  
[Participant's Name], ASC  
McMurdo Station  
PSC 469 Box 700  
APO AP 96599-1035

South Pole Station -- Grantee and ASC  
[Participant's Name, Project # or ASC]  
South Pole Station  
PSC 468 Box 400  
APO AP 96598

It is important that you hand carry the initial three months of medication (one month for controlled medications) in order to provide enough time for the mail to reach you in Antarctica. Most health plans only allow one month of medication to be dispensed at a time. If you have difficulty in getting the amount that you need for your deployment, contact ASC Medical for assistance. We can coordinate with your health plan to help you obtain the sufficient quantity of your prescription to last your entire deployment.

Deployment to Palmer Station:

Participants will not be allowed to winter-over unless they have enough of their regular medications to last through the winter season. Chilean customs laws do not restrict the amount of personal medications hand-carried through Chile and participants that are deploying through Chile can hand carry the amount of medication that they need for their deployment.

Most health plans only allow one month of medication to be dispensed at a time. If you have difficulty in getting the amount that you need for your deployment, contact ASC Medical for assistance. We can coordinate with your health plan to help you obtain the sufficient quantity of your prescription to last your entire deployment.

Questions?

If you have any questions about the procedure for transporting your prescription medications to Antarctica, please contact the ASC Medical Department, [polmedpq@utmb.edu](mailto:polmedpq@utmb.edu) (preferred), or leave a voicemail at 1.855.300.9704.

Regards,

ASC Medical