



Technical Services Company LLC
Polar Services

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To RPSC Participants: **(Personal Prescription Medications)**

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 available to support maintenance medications – our medication stock is limited to support emergent requirements, in accordance with NSF requirements.** Additionally, **if any changes to your medical well-being occurs after PQ, you are required to let us know so we can ensure your continued good health while deployed.** 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 the Station Medical Clinic through the APO mail system. The medications will need to be in properly labeled pharmacy containers to be passed through the APO system. 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. When you get your prescription medications filled, ask the pharmacist to put three months of medication (or one month of controlled medications) in one labeled container and the remainder in a separately labeled container. If you are not sure if your medication is controlled (Class II or III), ask the pharmacist when you get the prescription filled. Mail the containers with the remainder of the medication to the Medical Clinic at the Station where you will be deployed. 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 Medical at RPSC for assistance. We can coordinate with your health plan to help you obtain the sufficient quantity of your prescription to last your entire deployment.

To receive special shipping, medications must be addressed to the station address as below. Medications mailed to your name, will be sent as regular mail and not directly to the station medical clinics. Packages destined for summer participants should be mailed after Labor Day or they will be returned. The addresses for the Medical Clinics are:

McMurdo Station – RPSC

Medical Clinic, RPSC
McMurdo Station
PSC 469 Box 700
APO AP 96599-1035

South Pole Station – RPSC

Medical Clinic
South Pole Station
PSC 468 Box 400
APO AP 96598

The Medical Clinic will open the packages upon receipt at the Station and maintain an Excel spreadsheet listing the name of the participant, the name and amount of the medication, date received, the date that the medication was dispensed to the participant and the signature of the person dispensing the medication. The Medical Clinic will notify the participant when the medication is received. The participant will go to the Clinic to sign the medication spreadsheet and obtain their medication.

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.

Remember that you will have to clear customs in New Zealand to reenter the country on redeployment and the same restrictions on the quantity of medications will apply. If you have an excess amount on redeployment, mail the excess amount to yourself at home before leaving Antarctica.

If you have any questions about the procedure for transporting your prescription medications to Antarctica, contact the Medical Department at RPSC, 1.800.688.8606, option 3 on the menu.

**RAYTHEON TECHNICAL SERVICES COMPANY LLC
POLAR SERVICES**