

TRIP _____ TRAVEL DATES: FROM _____ TO _____

Carrying it is not the only option, and it is often not the easiest one. Having it sent ahead or buying it where you are going both take the route out of the question. When carrying is the choice you are making, this checklist is for one trip, and it gets filled in before you go rather than on the way. Use a row for every place you'll be: each state you drive through, each city and county on the route, each airport you land in including connections, and each country. Find the office that can answer for that place, call them, and write down who you spoke with and what they told you. Check the box only when you're certain. A row you can't check is worth knowing about before you leave rather than after.

JURISDICTION -		CONFIRMED ☐
OFFICE OR AGENCY _____	PHONE _____	
DATE CALLED _____	SPOKE WITH _____	
WHAT THEY SAID		
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WHAT THEY SAID		

*Federal, state and local are three separate layers, and nobody publishes a complete list of the local laws.
What that means for a route is set out in our article [Traveling With Kratom](#).*



These statements have not been evaluated by the Food and Drug Administration. Botanical products are not intended to diagnose, treat, cure, or prevent any disease. Kratom's alkaloids interact with the same receptor systems that opioids act on. Kratom may be habit-forming, may be harmful to your health, and is not intended for long-term or daily use. This document is educational and is not medical or legal advice. Kratom is intended for adults 21 and over and is not legal in every jurisdiction. Keep out of reach of children and pets. Do not use before or while driving or operating heavy machinery. Do not use if you are pregnant, nursing, taking medications, or have a medical condition without consulting a healthcare professional.

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