

Traveling with Breast Milk

tips + tricks while on the go



Flying: Familiarize Yourself with TSA Policy & Airplane Travel Tips

- Have the TSA policy printed for reference
- The x-ray is *optional*, which is outlined in TSA guidelines
- Your pump bag *does not* count as a carry on
Bonus: A large beach bag can easily fit a pump, soft side cooler, & pump parts.
You may also have one personal bag {purse or backpack} plus a carry on bag.
- Breast Milk Through TSA
 - You do not need to travel with your child to bring breast milk through security
 - Fresh milk over 3.4oz may require additional testing
 - Frozen milk can be in any quantity & is not subject to additional testing
- Flying overseas may have different guidelines and rules. Contact the consulate for additional guidance



Multiple day car travel



- Pack your cooler as full as possible
- Paper can be a great insulator (grocery sacks or newspaper)
- Dry ice or plan for multiple ice changes.

Overnight Hotel Stay

- Call ahead to confirm your hotel room will have a mini fridge or freezer.
- Be specific if you need a functional freezer, versus just a refrigerator, for your breast milk storage.

For additional information on storing pumped milk, including guidelines for room temperature, refrigerator, and freezer storage, please see our information on *Collecting & Storing Pumped Milk*.

Creating a healthier community by helping mothers breastfeed their babies – since 2001.

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Traveling + Breastfeeding?

A MilkWorks Mom's Experience & Top 5 Tips!

by Ashley Kruse

1 Be honest with your supervisor/manager about your goals.

"I attended Return to Work class at MilkWorks, which taught me that it is okay to talk about breastfeeding openly with your employer and that you should feel empowered to take control of your journey even if it means having an uncomfortable conversation. Through several conversations with my manager, I was able to receive the support and guidance necessary to achieve my breastfeeding goal."



2 Educate yourself on the services available to you: MilkWorks, Milkstork, Mamava, & Pumpspotting for starters

*"One to two days prior to my flight, I research the mothers' rooms available to me at the airports I travel through. I know the closest rooms to my gates simply by doing a 5-minute Google search and review on Mamava and Pumpspotter. Going on a long trip? Check out MilkStork. *MilkStork offers overnighted milk delivery service with a no hassle process." *Some employers may cover this cost if it's a work related trip!*



3 Fly through Mama friendly airports: shout out Atlanta & Minneapolis!

"Through my travels, I've found there are mama friendly airports and I will always go out of my way to travel through the airports that make my breastfeeding experience easier. In extreme cases, pump in a family restroom for more privacy or invest in a battery pack to pump in a restroom stall... I'm not above sharing a mothers' room with a fellow Mama to make a flight."



4 Invest in a good cooler and ice packs.

"Invest in a durable cooler with plenty of room for ice packs (always frozen) to keep your milk safe from security through destination. I also loved my Sarah Wells Pumaroo bag because those airport nursing rooms while great, aren't sanitized! A clean space to set your pump parts is a must."



5 Don't miss your pumping opportunity, even if it's off schedule.

"While your pumping schedule is important, what's more important is expressing milk frequently to keep your supply up. If you consistently miss your opportunities because it's not on your schedule, you are compromising your supply. I pump whenever I have the chance: even if I've just pumped an hour before because I know it may be a while before I can pump again!"



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