

Traveling with Breastmilk

Airplane Travel

- Breast milk in quantities greater than 3.4 ounces or 100 milliliters are allowed in carry-on baggage and do not need to fit within a quart-sized bag. Breast milk is considered a medically necessary liquid. Your child or infant does not need to be present or traveling with you to bring breast milk and/or related supplies.
- Inform the TSA officer at the beginning of the screening process that you are carrying breast milk more than 3.4 ounces.
- Remove these items from your carry-on bag to be screened separately from your other belongings.
- Although it is not required to expedite the screening process, it is recommended that breast milk be transported in clear, translucent bottles and not plastic bags or pouches. Liquids in plastic bags or pouches may not be able to be screened by Bottle Liquid Scanners, and you may be asked to open them (if feasible) for alternate screening such as Explosive Trace Detection and Vapor Analysis for the presence of liquid explosives. Screening will never include placing anything into the medically necessary liquid.
- Ice packs, freezer packs, frozen gel packs and other accessories required to cool breast milk – regardless of the presence of breast milk – are also allowed in carry-ons, along with liquid-filled teething rings. If these items are partially frozen or slushy, they are subject to the same screening as described above.
- TSA X-ray machines do not adversely affect food or medicines. However, if you do not want the breast milk to be X-rayed or opened, please inform the TSA officer. Additional steps will be taken to clear the liquid and you, or the traveling guardian will undergo additional screening procedures, to include Advanced Imaging Technology screening and additional/enhanced screening of other carry-on property.
- Google your departing and returning airports for the closest mother's room to your gate.

Car and Hotel Travel

- Pack your cooler as full as possible. Paper, such as grocery sacks or newspapers, can be a great insulator for a cooler that isn't completely full.
- Use dry ice or plan for multiple ice changes.
- Call ahead to confirm whether 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. There may be an additional charge to have a mini fridge provided.
- Research what car adapter or battery pack options are compatible with your breast pump.

General Traveling Tips

- Use apps like Mamava or Pumpspotter to find mother's rooms and pumping pods while you travel.
- MilkStork offers mail overnighted milk delivery services. Some employers may reimburse the cost if the trip is work related.
- Don't miss your pumping opportunity – even if it's off schedule! Pumping more often tells your body to keep making milk.



Reviewed March 2024