

TIPS FOR TRAVELING WITHOUT YOUR BABY

by Corporate Lactation Services (CLS) 



PLAN AHEAD

Evaluate Amount of Milk That Will Be Needed For Your Baby

Determine length of separation. Evaluate amount of milk that will be needed for your baby while you are gone. Typically, infants between 2 – 6 months of age consume about 25 – 30 ounces of breastmilk per day. Consult with your lactation consultant to discuss anticipated milk volume intake.

Develop a plan for pumping to have adequate milk stored for separation. Anticipate beginning to pump and store milk when your baby is about 4 weeks old.

Evaluate Opportunities To Pump While Traveling

Determine length of flight and anytime that will be spent at airport to determine when and where you will need to pump. **Click this link to find out if your airport has a nursing room or pod: <https://momaboard.com/traveltip/airport-nursing-rooms-united-states/>**. If your airport has a Mamava nursing pod, it can be helpful to download the app on your phone ahead of time to help locate and access the pod. **Click this link to locate a Mamava pod: <https://www.mamava.com/all-locations>**. If your airport does not have a nursing room, a family bathroom is another option that may have an electrical outlet and a separate area conducive to pumping. If you are enrolled in the Travel Club for the airlines (ie “United Club” for United Airlines or “Admirals Club” for American Airlines) there may be additional accommodations in the lounge provided at the airport.

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Evaluate Pumping Facilities At Destination

Determine available facilities at destination for pumping at the workplace, conference area and hotel that you will be visiting. Contact hotel concierge in advance.

Find out what facilities will be available for storing your milk. A few scenarios to consider:

- If there is no facility for refrigeration or freezing, pump and dump to maintain your milk production.
- If there is a refrigerator available, you can pump and bring your milk home chilled if you will be home within 2 – 3 days.
- If there is a freezer available, you can pump and bring your milk home frozen. This is ideal if you will be gone more than 2 -3 days.
- Consult with the hotel concierge or hotel restaurant managers to find location to store refrigerated or frozen breastmilk. Most hotels can provide a refrigerator in your room. If you will be storing your milk in a common area, bring labels to indicate your name, room number, phone number and a container to hold the milk to keep it in one location with a sign saying, “Do Not Discard”.
- Bring additional gallon size ziploc bags and a sharpie to put each day’s milk in to separate. Mark “Day 1”, “Day 2” etc.

Know how to hand express in the event that situation arises that use of a pump is not possible. [Click this link to see a video on how to hand express milk.](#)



Other Considerations

Cleaning Equipment

- Rinse parts with direct contact to milk after every pumping session. Consider bringing a small dish soap to cleanse parts if you will have access to water.
- Aids to help with cleaning: Quick clean wipes can be used to clean breast pump equipment without water, microwave steam bags to sterilize equipment in a microwave.
- Consider the purchase of additional set(s) of flanges and bottles.



Breast Pump

Determine correct breast pump for needs. Medela breast pumps (Freestyle, Sonata and Pump-n-Style manufactured after May 2019) and Spectra breast pumps (except the Dew 350) are dual – voltage, 110 – 240 V compatible so may be used overseas with the correct international power adapter. Other pumps may require battery operation. Pack extra batteries. Consider rechargeable batteries with plug appropriate for overseas use.

If your pump has a lithium battery under 100Wh rating, this puts it in the same category as your laptop and you don't normally need to declare these prior to traveling. However, it is good to know the technical specification of each pump's battery in case you want to verify or need to answer any questions. Make sure you keep your breast pump in your carry-on luggage only.

Consider a hand-held pump (for example, Harmony pump) or a battery-operated pump (for example, Swing pump) that can be placed in a laptop case for times when you cannot use an electric pump such as meetings, dinners, workshops or on the plane.

Car Travel

Please do not pump and drive. Park in a safe, secure and discreet area to pump. Bring a car adapter for your pump to use in rental car so you can pump with a jacket covering if needed.

Other Hints

Evaluate travel schedule to optimize your time home. For example, consider a mid-morning flight that would allow you to breastfeed in the morning before you leave.

Take care of yourself! Anticipate extra water needed due to dry airplanes and hotel rooms.



Take your baby with you on long trips if possible. If traveling by airplane, breastfeed during take off and landing to help your baby with the pressure change.

If your baby is not with you on your trip, anticipate pumping as often as your baby is nursing.

Review your wardrobe and select clothing that unbuttons in the front, can be pulled up from the waist or is designed for easy access.

When planning, consider potential travel delays.

Be sure to wash your hands before you pump each time. Pack hand sanitizer as needed.

Pack quick nutritious snacks such as granola bars, nuts to snack on when pumping.

BRINGING YOUR MILK HOME

Check with your Human Resources department to see if there is a subsidy available for transport of milk when traveling for work.

Airport Security

In the United States, you are legally allowed to travel with your breast pump and your pumped milk, whether your baby is with you or not. Alert security that you are traveling with a breast pump and your pumped milk. Put the pump and the pumped milk in their own bin. Pumped breastmilk is not subjected to the 3 oz limit. Legally, they can test the outside of all bags and containers, but they may not ask you to open the container of pumped breastmilk. Ask them to wear gloves so your breast milk and breast pump are kept clean. See below for link to TSA regulations. It is suggested that you print out a few copies of these rules to hand out as needed. X-rays used in airport screening have no effect on breastfeeding or breast milk.

Airport security regulations for passengers carrying expressed milk vary internationally, so check with your destination to be clear on the regulations. Expressed milk does not need to be declared at US Customs upon return to the United States.



Short term trip (2 – 3 days) with short flight home (4 – 6 hours)

Consider bringing refrigerated or frozen milk on the airplane with you in an insulated cooler (for example, “eBags” on CLS website). The cooler would be considered a carry on.

Ice

If your travel time will be less than 4 – 6 hours, milk can be packed on ice and carried in a small cooler. Refrigerated milk will remain chilled and frozen milk likely will stay mostly frozen. You can dump the ice near the gate at airport and then get more ice at restaurant near the gate.

Blue Ice Pack

Freeze your blue ice pack and place in cooler with milk.

Techniice

Techniice is a lightweight, long lasting, food safe reusable ice pack that lasts 6 times longer than ice of the same weight. Bring this dry, thin sheet with you on trip. Then, when preparing to travel back with your milk, submerge Techniice in water and freeze for 24 hours. Pack your milk in an insulated cooler with sheets of frozen Techniice and newspaper to fill in the gaps for safe transport of milk. [Click this link to visit the Techniice website.](#)

Dry Ice

FAA Regulations on Dry Ice: Carbon dioxide, solid, 2.5 kg (5.5 lbs) or less, when used to pack perishables.

Quantity limit: 2.5 kg (5.5 lbs) per package and per passenger. Airline approval required. When in checked baggage, the package must be marked “Dry ice” or “Carbon dioxide, solid” and marked with the net quantity of dry ice, or an indication that it is 2.5 kg (5.5 lbs) or less. [Click this link for info on shipping Dry Ice.](#)

Amount of Dry Ice Needed to Keep Milk Frozen and Where to Find Dry Ice Near You

Check with your hotel concierge for assistance in locating dry ice near the hotel. Be sure the container holding the dry ice is vented to allow the carbon dioxide to evaporate during travel. Be sure to use gloves when handling dry ice to prevent a burn on your skin. [Click this link for where to find Dry Ice near you.](#)



Long term trip (greater than 4 days with long flight home)

A few options to consider:

- Pump and dump during the beginning of trip to maintain your production. Save milk from final 2 – 3 days of trip and proceed as above, utilizing Techniice or dry ice to transport milk on a long flight.
- Pump and save milk. Ship some frozen milk home during the middle of your trip. Utilize FedEx or UPS for transport. Purchase a cooler or insulated box to pack milk in. Secure box or cooler with duct tape with frozen Techniice or Dry Ice. Hotel concierge can assist with location of dry ice and shipping services available.
- Corporate Lactation Services (CLS Ships) can assist with chilled shipping box and printed packing labels as needed. Hotel concierge can assist with pick-up of milk. Your Lactation Consultant can provide information about this service.



- Check large amount of frozen breast milk as luggage. Pack frozen milk in cooler or insulated box with Dry Ice or Techniice, fill in empty space with newspaper. Beware of hot temperatures in the event there is extended time on tarmac at airport(s).
- If you plan to pump and ship your milk from overseas, check with any countries the milk will be transported through to be sure that it meets all customs regulations.

A few possible unexpected challenges:

- Plugged Ducts/Mastitis – if you develop hard areas in your breasts, begin using heat/massage and increasing the frequency of pumping. Contact your lactation consultant. If that area becomes red, hot or you develop a fever, contact a physician for evaluation.
- If your milk partially thaws on your travels, mark the milk to indicate and refreeze as soon as possible. Reach out to your lactation consultant to discuss potential use.
- Decrease in production – increase the frequency of removal of milk and contact your lactation consultant to discuss other techniques to increase production.

REAQUAINTING WITH YOUR BABY

Your baby will undoubtedly be happy to have you home! Some babies may take a little time to “warm up” to you again. Your baby may quickly return to breastfeeding or it may take some time to reacquaint. If possible, take the next day off after your trip to cuddle and spend time with your baby.

SUPPORT THROUGH CORPORATE LACTATION SERVICES

We are here to help you develop a customized plan for any lactation concerns. **Click this link to our website for products to support your breastfeeding and travel needs.**

CONTACT US!

1-888-818-5653

My Lactation Consultants name and telephone extension is:







Corporate
Lactation Services

LINKS FOR ADDITIONAL INFORMATION AND PRODUCTS

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html>

<https://www.tsa.gov/travel/special-procedures/traveling-children>

<https://wwwnc.cdc.gov/travel/yellowbook/2020/family-travel/travel-and-breastfeeding>