

## YOUR TRAVEL CHECKLIST

# Flying While Breastfeeding

Traveling while breastfeeding (or pumping) just takes a little extra planning but is totally doable!

Here are a few things to consider:

### **Talk to your healthcare provider:**

If you're newly postpartum, check in with your healthcare provider and your baby's pediatrician. Let them know where you'll be flying, when, and the duration of the flight.

### **Check the airline's policy:**

Most airlines allow you to bring a breast pump, breast milk, and ice packs as medical items. They do not count towards your carry-on limit.

### **Know your rights:**

Breast milk (or any formula, toddler food, or baby food!) are exempt from TSA's 3.4 oz requirement. These are considered medically necessary liquids and you don't have to be traveling with your baby. It's recommended you use clear bottles or storage bags to transport these liquids and inform the TSA officer before going through security. If an agent requests to test the milk, ask them to put on a new pair of gloves and to use non-invasive screening methods.

### **Plan your schedule:**

Map out your travel day, thinking through when and where you'll need to breastfeed or pump. If you'd like privacy, many airports now have Mamava pods or designated lactation rooms, or you can pack a shawl or nursing cover for use on-the-go.

### **Contact your hotel:**

If you'll be pumping, reach out to your hotel to confirm you'll have access to a mini fridge or freezer for milk storage.

### **Pack essentials in a carry-on:**

- Portable pump and pump parts
- Pump charger and/or car adapter
- Milk storage bags
- Cooler and ice packs
- Refillable water bottle
- Healthy snacks
- Hand sanitizer or wipes
- Small pillow or lumbar support cushion

### **Dress comfortably:**

- Loose, breathable layers
- Nursing-friendly top or cover
- Slip-on shoes

### **Know the safe milk storage guidelines:**

- Freshly pumped milk: Up to 4 hrs at room temperature
- Insulated cooler with ice packs: Up to 24 hrs
- Refrigerate or freeze as soon as you reach your destination
- If returning home with milk, refreeze ice packs before your trip back

If you're traveling with baby, try to breastfeed during takeoff and landing to help baby's ears adjust to pressure changes. And don't forget yourself! Have a water bottle and some one-handed snacks within arms reach to ensure you stay nourished and hydrated. Safe travels, mama!