



Tips for Traveling Without Your Baby

Are you breastfeeding and do you need to travel without your baby? Read this handout to help you plan your trip so that you maintain your milk supply during your time away, allowing you to continue to breastfeed after you get back.

Plan Ahead

Determine what facilities exist at the place you will be visiting and what facilities there will be in the hotel.

Purchase or rent a breast pump if you do not already have one. An electric double pump will be the most efficient at removing milk quickly and maintaining your supply while you are gone. Practice with the pump ahead of time.

Stockpile breast milk.

Determine amount needed for feedings with this calculation: Baby's weight (in kg) X 150 / # feedings per 24 hours = ml per feeding. You may choose to stockpile all the breast milk the baby needs or to use some formula.

Review your wardrobe.

Select clothing that unbuttons in the front, can be pulled up from the waist or is designed for easy access.

Make sure your baby will take a bottle by introducing a bottle with a wide base and slow flow nipple. As an alternative, your baby may be fed with a cup (any age baby). Read our handout "Overcoming Bottle Rejection".

Get Ready

- Select clothes

- Pack your pump and supplies
- Freeze cooler packs
- Pack a box or small cooler to store and/or transport your milk

Milk Handling Options

- Pump and dump – if there is no facility for refrigeration or freezing
- Pump and refrigerate – if you will be home within two days
- Pump and freeze – if you will be gone longer than two days
- Pump and donate – if there is a Milk Bank in the city where you will be visiting
- Mothers have found the hotel concierge or hotel restaurant managers to be very helpful in finding a location to store refrigerated or frozen breast milk. Supply them with some kind of storage container to keep all your milk together and label it with your name, date, room number and contact information. It probably should also be labeled "Do NOT Discard!"

Breast Milk Storage

Room temperature	4 hours
Refrigerator	4-8 days
Freezer	3 months
Deep freeze	12 months





Be Ready for Emergencies

- Pack extra batteries for your pump (if it has a battery feature).
- Hand pump (Some electric pumps can be transferred into a hand pump. That might come in handy in an emergency).
- Bring extra parts: valves, membranes, any small parts that are easily lost.
- Hand expression. Know how to hand express if need be. See our handout “Hand Expression of Breast Milk”.

Leaking

- Use disposable or cloth pads.
- Wear layers, jackets, patterned clothing.
- Have extra clothing handy for emergencies.

Maintaining Your Breast Milk Supply

Pump on the same schedule you have been feeding and pumping. If that combination has been eight times a day, then you will need to do that while you are gone, as best as you can. If you cannot



maintain that schedule then your supply may decrease a bit while you are gone. It will usually rebound when you return home and can get back into your routine. Extra pumping and breastfeeding will help. Contact a lactation consultant for more details if you experience a decreased supply.

Bring Your Milk Home

Ice

If your travel will be less than 4-6 hours, your milk can be packed on ice and carried in a small cooler. Refrigerated milk will remain chilled and frozen milk will likely stay mostly frozen.

Dry Ice

Dry ice is ideal for transporting frozen breast milk, because a small amount keeps things frozen a long time. You may be able to locate some in a grocery store or ice-cream shop. Be sure to allow the container it is in to “breathe” as the carbon dioxide evaporates during travel. And be sure to handle dry ice carefully as it can burn unprotected skin.

When You Arrive Home

Do not be surprised if your baby is “cool” to you at first. Some babies will greet you joyfully when you return; others may take a day or two to warm up to you again. Be patient, reassuring and calm and your baby will be fine. The same may happen with breastfeeding. Again, be patient and persistent and your baby will resume breastfeeding.

Welcome Home!

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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