



7-Step Guide to Pumping & Storing Milk while Traveling Abroad

+THE SECRET TO MAINTAINING YOUR
MILK SUPPLY WHEN
AWAY FROM YOUR BABY

THE MODERN MOTHER

Now, more than ever, today's mother is likely to be a business owner that must hop on a plane at short notice, a travel lover looking to get away for a weekend with friends, a missionary traveling in a remote place, or simply a professional with clients abroad.

I believe it's so important to provide resources that reflect this new normal. Women still desire to provide human milk for their human baby and maintain the bond that comes with breastfeeding, even while living very full and busy lives.

This simple 7-step guide is meant to help that mother maintain a healthy milk supply while away from her baby, so that once she returns, her and baby can seamlessly pick back up where they left off.

A Special note from Anjelica

As I write this, I'm sitting in the Incheon Airport, in South Korea headed back from a solo mom-cation in Bali. I'm still breastfeeding my 19 month old and thought it would only be right to share my tips as a lactation professional and extended breastfeeding mother of 2. I hope this changes your view of what breastfeeding looks like, and empowers you to live and mother in YOUR unique way.

All my Love,

Anjelica

I. BRING A DOUBLE ELECTRIC PUMP OR HOSPITAL GRADE PUMP

These two types of pumps are the only ones designed for regular and frequent use. They have the power needed to keep up an ample milk supply, and do a great job of removing milk. The more milk you're able to express or empty from your breasts, the more milk your body will continue to make.

A single electric pump will take you twice as long to pump since you must pump each breast separately. This could take an hour or longer. If you're traveling for work or have a full schedule, to maximize your time it's best to have an efficient double electric or hospital grade pump to do the job right. Manual pumps aren't suitable for maintaining your milk supply.

You can find both double electric and hospital grade pumps for rent at your hospital's lactation department, a baby boutique, or from a lactation professional.

If you plan to travel frequently, I recommend investing in a double electric pump to keep for yourself.



Click here and learn to Pump Like A Pro

2. COUNTRY SPECIFIC CONVERTER

The only thing worse than not having a proper pump to keep up your supply, is not having a converter to plug in your pump.

Before you head out on your trip, research the type of converter you'll need. I've found simple converter attachments that slip right over the prongs of your cord at big box stores and electronics shops. They generally cost under \$20 and can be found in a pack with converters for various regions.

Tip: Pick up a pack or two of extra batteries and load them into your pump. This way you can not only pump once you land and are in the hotel but also while in the airport, taxi, plane and anywhere else during the trip.

This is great for if you experience a power outage or happen to be someplace without an outlet close by. Batteries may drain quickly when pumping frequently. I recommend battery power as a backup.

3. PUMP BOTH BREASTS

Pump both breasts during each pumping sessions, even if your baby doesn't typically feed from both sides.

You want your breasts to receive more than enough stimulation and remove more than enough milk to maintain your milk supply. Pumps simply aren't as efficient as your baby at removing milk from your breasts, but by increasing the frequency of milk removal, even if just removing a tiny amount, you'll tell your body to keep the supply up.

You want to stay ahead of the curve and avoid a dip in supply

4. FIND A QUIET PLACE

In each place you'll be, scope out a quiet spot to pump before you're scheduled pumping session. About 15 minutes before you're ready to get started, jet off from your group or coworkers. You'll need this time to look at photos of your baby, video chat home, or simply inhale some aromatherapy. The goal is to relax as much as possible and to encourage your milk to let-down; something that can be a bit more difficult when busy traveling or stressed because of work and client meetings.

I recommend bringing along a piece of your baby's clothing to smell. this can help your milk to let-down and make pumping a lot easier.

5. GIVE YOURSELF GRACE

Trips abroad almost never go exactly as planned. Flights get delayed, meetings run longer than expected, you get caught up chatting with friends.

Be patient and gentle with yourself. If you miss a session, let it go and pick back up where you left off. Missing one pumping session will not completely sabotage your supply. Once you're back to a place where you can pump, whip out your pump and empty both breasts as much as possible. After that, go back to your previous pumping intervals.

6. STORING YOUR MILK

If it's possible, book a room with a mini fridge. Keep your packs of milk frozen in their. If not, ask the hotel restaurant if they would be gracious enough to store the milk for you.

The goal is to keep the milk frozen until back home. If you don't have an option to freeze the milk and you won't be back home within few days, simply dump the milk. I know this is painful to even think about, but remember by following these steps you'll be keeping up your supply and will be able to continue breastfeeding once back home.

7. TRAVELING WITH YOUR MILK

Traveling back home with your milk? Bring a small travel-size cooler and call your airline ahead of time to let them know. They'll be able to give you specific details on how much you can carry on board.

Once in the airport and through security, ask for ice from a restaurant and place it in your cooler. If you'll be at the airport for a while before going through security, simply get ice before you go through the security checkpoint, then dump before security and get more after you're through. Once onboard, ask a flight attendant for additional ice.



ANJELICA MALONE, CLEC



Anjelica Malone studied human lactation through UC San Diego and is a Lactation Educator Counselor. She provides one-on-one lactation education, training, and coaching on Guam, where she lives with her Coastie husband, two Little Women, and mini Dachshund.

Anjelica grew up as a Third Culture Kid and has called Philadelphia, Japan, Italy, and Puerto Rico (to name a few) all home. Anjelica served 6 years in the U.S. Coast Guard and is a trained Health Services Technician (corpsmen) and EMT. She also studied Biomedical Sciences at SUNY Buffalo. Through her many life experiences, including mentorship of pregnant refugee women and the natural births of her two daughters Anjelica was motivated to pursue a more holistic approach to women's health and wellness.

She enjoys sharing stories with a multicultural perspective on her blog, traveling to new places, and meeting women around the world doing incredible things. Her goal is to Connect with & Inspire a Global Tribe of Mamas, Makers, Wanderlusters, & Worldchangers.

Subscribe to her Newsletter and Join A Tribe of Informed, Globally Conscious, & Confident Women at
www.AnjelicaMalone.com

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you navigate your unique breastfeeding
journey.



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