



Work. Travel. Breastfeeding. We've got you covered.

Congratulations. You've made the transition back to work as a new mom. Here are a few tips from Limerick to help you and your baby stay on track when work travel challenges your breastfeeding routine.

Before you go

Expressing and storing extra milk

When you have time to build a milk supply before your trip—express and store the approximate amount you nurse, plus the amount you pump at work, then multiply by the number of days you will be away.



Here are some tips to store extra milk

Extra pumping consistently—at the same time each day—is important so you don't get engorged or get plugged ducts. You will notice an increase in your milk supply within 48 to 72 hours of pumping.

- ✓ Add an extra 5 to 10 minutes to your regular pumping time at work.
- ✓ Try and pump after you nurse in the morning and/or after the last session of the night.
- ✓ If your baby only takes one breast at a feeding, pump the other breast.
- ✓ Pump any other time that you can pump consistently.

If you don't have time, we got you covered

If you don't have time to store enough breast milk ahead of time, use our Deluxe or Executive Travel Kit—making it possible to ship your milk home overnight. Check with your lactation consultant to see which kit may be covered by your company.

- ✓ Contact Limerick as soon as you know your schedule so arrangements can be made to have the appropriate kit waiting at your hotel.
- ✓ If you're traveling internationally, call your lactation consultant and she will help you develop a plan.

Making travel arrangements

Whether attending a conference, working with clients, or out in the field, Limerick is here so your baby can get the nourishment they need and you can have the freedom and peace of mind you deserve.

- ✓ Request a hotel room with a refrigerator.
- ✓ Pack a car adapter or rechargeable battery pack for your pump. Consider bringing Limerick's hand pump as a backup.
- ✓ Pack back up supplies including extra filters, tubing and breast cup assemblies.
- ✓ Choose a hotel with a freezer you can use to freeze the ice packs when using a Limerick Executive Travel Kit.
- ✓ Check lactation room availability at client offices or conference sites. This information is often available from conference organizers or client HR departments.
- ✓ Jot down the location and last pickup time for FedEx/UPS shipment from the hotel, and/or client offices. You can also call the shipping company to locate the latest drop-off location near you or schedule a pickup at your location.

Navigating Airports

Pumping on the go takes a little planning, but all medium to large US airports are now required to provide a private lactation room once you pass through security.

- ✓ Check your airport's website or pick up the white courtesy phone at the airport to find the nearest lactation room.
- ✓ If the lactation room is not conveniently located, ask for a quiet, conference, or prayer room.
- ✓ You may also choose to purchase a daily executive lounge pass as they often have a quiet, clean, private place you can pump.

In Transit

Things seem to go smoothly if you pump at your regular times and the times you would breastfeed your baby. Here's how to make that a little bit easier.

- ✓ Fashion malls are good places to stop and pump and some even have lactation rooms.
- ✓ The women's restrooms in high-end stores usually have a lounge.
- ✓ The car is another option, but is not as safe/private as being in a store.



Getting Your Milk Home

Taking it with you

- ✓ For a quick overnight trip, you can bring your milk on the plane in the insulated cooler that comes with your Limerick breast pump or any similar cooler with ice packs.
- ✓ It's best to declare the milk before putting it through the x-ray machine.
- ✓ Breast milk in quantities greater than 3.4 ounces or 100 milliliters are allowed in carry-on baggage and does not need to fit with in a quart size bag. Security officers may wipe the outside of the bottles to test for explosives. Check the TSA website for updates.
- ✓ If you have a larger cooler, we recommend checking it in as luggage.

Shipping It

The Limerick Deluxe and Executive Travel Kits—in different sizes—can be used to ship your milk home on a daily basis. Request a hotel room with a refrigerator.

- ✓ When using the Executive Travel Kit, breast milk is good for up to 24 hours with all seven ice packs frozen.
- ✓ Breast milk will remain fresh for 48 to 92 hours in the Deluxe Executive Travel Kit—depending on size—when the cooling element in the lid is activated.
- ✓ Get shipping labels from your work or shipping carrier. Check with Limerick to see if we provide the shipping labels for your company.
- ✓ Ship express overnight delivery for arrival by 10:30 AM.
- ✓ When shipping on Friday, check the box for Saturday delivery.

Coming Home

When you get back home spend as much time with your baby as possible. Some babies will need more time with their mommy and some babies will be a little aloof. Each baby has their own personality and will respond differently. Be patient and allow your baby a chance to express themselves. Your relationship and your routine will be reestablished in no time.

