



TSA BREAST MILK TRAVEL CHECKLIST

Traveling with Breast Milk? This Checklist Has You Covered.

Flying with breast milk can be stressful — but it doesn't have to be. This printable checklist includes everything you need to **pack, plan, and get through TSA smoothly**, so you can focus on your trip (and your baby), not the hassle.

Created by **Milk Stork**, trusted by thousands of parents for safe, stress-free breast milk travel.

WHAT TO PACK

- ☐ **Breast pump (manual or electric) + charger/batteries**
- ☐ **Milk storage bags or bottles (pre-labeled if possible)**
- ☐ **Cooler bag or insulated container**
The [Milk Cubby™](#) by Milk Stork was built for this
- ☐ **Ice packs / gel packs / freezer packs (frozen or partially frozen)**
- ☐ **Extra pump parts (flanges, valves, connectors)**
- ☐ **Ziploc bags (for storage or messy parts)**
- ☐ **Sanitizing wipes**
- ☐ **Hands-free pumping bra**
- ☐ **Nursing cover or scarf (for privacy)**
- ☐ **Comfort item — snacks, water, or playlist for YOU 💪**

BEFORE YOU FLY

- ✓ **Call TSA Cares for assistance at security**
1-866-289-9673
⌚ Recommended 72 hours before travel
- ✓ **Notify your airline if you need a fridge or freezer on board (optional)**
- ✓ **Confirm hotel fridge/freezer availability for milk storage**
- ✓ **Freeze your milk ahead of time, if possible**
- ✓ **Plan ahead for milk shipment if needed** milkstork.com can help!

AT TSA SECURITY



Inform TSA agents:
"I'm traveling with
breast milk."



**Request alternative
screening (visual or
swab) if you prefer not
to X-ray milk**



**Bring printed TSA
guidelines to show
agents if needed**

Get the printable TSA Guidelines PDF

DOWNLOAD

NEED A HASSLE-FREE OPTION?



Milk Stork helps parents ship breast milk home overnight — no TSA stress, no coolers, just peace of mind.

[LEARN MORE](#)

Safe travels — you've got this! 