



# TSA GUIDELINES FOR TRAVELING WITH BREAST MILK

## **For Parents and TSA Agents – Quick Reference Sheet**

Created by Milk Stork, trusted by thousands of parents for safe, TSA-friendly breast milk travel.



# BREAST MILK IS EXEMPT FROM THE 3.4 OZ LIQUID RULE

## ACCORDING TO THE TSA:

“Formula, breast milk, and juice for infants or toddlers are permitted in reasonable quantities through the security checkpoint. These liquids are not subject to the 3.4-ounce (100 milliliter) limit.”

## KEY TSA RULES AT A GLANCE

- ✓ Parents can travel with breast milk even if the baby is not present.
- ✓ There is no quantity limit for breast milk — bring as much as needed.
- ✓ Ice packs, gel packs, and coolers used to keep breast milk cold are allowed, even if partially melted or slushy.
- ✓ Breast milk and cooling accessories must be declared at the checkpoint and will undergo additional screening.
- ✓ Parents have the right to request alternative screening (e.g., visual inspection) instead of X-ray or other methods.

# SCREENING PROCEDURES

“TSA officers may test liquids for explosives or concealed prohibited items. Officers may ask you to open the container and transfer a small quantity to a separate empty container. If you do not want the formula or breast milk to be screened by X-ray or opened, inform the TSA officer. Additional steps will be taken to clear the liquid and you will undergo additional screening procedures.”

**SOURCE: TSA.GOV – BREAST MILK, FORMULA, AND JUICE**

## NEED SUPPORT?

### Contact TSA Cares

For assistance during screening, TSA offers support for parents traveling with breast milk:

 **1-866-289-9673**

 **TSA-ContactCenter@tsa.dhs.gov**

### Supervisor Contact Recommended

If clarification is needed, please refer to **TSA’s internal guidance on medically necessary liquids** and support travelers accordingly.

### Need a Hassle-Free Option?

Milk Stork helps parents **ship breast milk home overnight** — TSA-free, stress-free.

**LEARN MORE**

**Safe travels — you’ve got this! **