

Transporting Frozen Breast Milk

Step 1 – Airline Information (if applicable)

Notify and seek permission from the airline of your intention to travel with dry ice. Confirm how much dry ice you can take on the plane and any other necessary steps/precautions. We supply dry ice in a thick walled polystyrene box, which has dimensions of 280mm deep, 295mm high and 400mm long. Check this size is acceptable to take on the plane, otherwise you will need to source alternative boxes – please call us we may be able to help with this. Ask the airline if you can tape the transport box closed. Confirm that the label supplied with these instructions is acceptable to them.

Step 2 – Order Your Dry Ice

Order dry ice well in advance, call 0203 4329412 to place your order or on-line at www.chillistick.com - we recommend our medium pack of dry ice. Dry ice cannot be stored for more than a few days therefore arrange delivery to be made the day before departure. Make sure you leave yourself enough time to pack the breast milk prior to travelling.

Step 3 – Packaging Frozen Breast Milk

Follow our safety guidelines prior to handling the dry ice available for download at chillistick.com.

Make sure the breast milk is pre-frozen.

On the day of departure pour the quantity of dry ice allowed by the airline into the base of the transport box using kitchen scales. Add 1kg extra to this to allow for ice that will start to be consumed before you get on the plane.

Add a layer of brown paper or cardboard on top of the ice. Add the frozen breast milk.

If you are travelling for an extended period or are concerned about delays consider filling the box by adding water ice to the box above and around the frozen milk. Zip-lock style plastic bags filled with water and pre-frozen are a good choice, or use ice cubes stored in plastic bags.

Why would I need to use dry ice?

If you need to travel with frozen breast milk, consider using dry ice to protect the breast milk - in particular if you are travelling for more than 12 hours.

Fill any space above the contents with polystyrene chips, folded cardboard or newspaper. Secure the lid and tape the dry ice label UN1845 supplied with these instructions to the lid, write on the label the airline allowed weight of dry ice. You may not be able to tape the lid shut, as it is likely that security will need to inspect the contents. Our transport lids have a very good fit and so will not fall off.

Step 4 – Dispose of The Dry Ice

Place the polystyrene box with lid removed in a secure well ventilated area away from children and pets. Allow the ice to evaporate completely.

