Travel with your baby

Breastfeeding is the best way to feed your baby while travelling, and wearing loose fitting clothes will enable you to breastfeed just about anywhere. If you prefer a little more privacy, many shops in the UK now have special feeding and changing rooms you can use.

If you're bottlefeeding, cartons of ready to use infant milk may be more convenient. Take a sealed, sterilised bottle with you and just pour in the milk when needed. It's always worth taking a little more than you need in case your journey takes longer than expected.

Feeding your baby abroad

If you're travelling abroad, there are a few extra things to consider when it comes to feeding. If you're breastfeeding and going somewhere hot, remember to drink plenty of extra fluids to help you stay hydrated.

If you're bottlefeeding, be extra careful about the water you use for making up your baby's feeds and washing any equipment. Although tap water throughout the EU and the USA should be up to standard, if you're unsure about the local water supply, it's best to use bottled water. Just make sure the label states it’s suitable for infants - as a guide, it should contain less than 200mg of sodium and have less than 1.5mg of flouride per litre.

Ideally, you should always take your own supply of infant milk with you, but certain countries have restrictions on imported food so it may be worth checking with your airline first. You're allowed to pack as much powder as you like in your suitcase - just make sure it's in a sealed container.

Our team of experts at Aptamil talk to lots of mums about travelling with babies, and can even answer questions on whether you can get our milks abroad. If there's anything you'd like to talk about before you go, why not give them a call on 0800 996 1000 or chat with them instantly, online, via Live Chat.

How much liquid can you take on the plane?

Security measures at most airports mean that all liquids now have to be carried in a transparent sealable bag when you're going through the security searches, with a maximum of 100ml per individual container. However, special medicines and foods such as baby milk are allowed, but they must only be in an amount that's sufficient for your trip and you may be asked to taste it by a security officer.
If it's easier, you can buy what you need once you've passed through security, but facilities can vary from airport to airport, so it’s worth checking beforehand to see what’s available in the departure lounge of the airport you’re travelling from. There are also no restrictions on powder formula, and water and ready-to-use cartons are available at most of the larger airports, once you’ve passed through security.

**Family travel preparation**

Children can no longer travel on their parents' passports, so your baby or toddler will need their own. You can pick up an application form from the Post Office and you’ll also need to enclose your baby's birth certificate and two passport-size photos, one of which has been signed by a professional, such as your Doctor. Be sure to allow plenty of time for the application to be processed – at least 6 weeks before you travel. You can find out more about children's passports at direct.gov.uk.

When it comes to the essentials, don't forget to pack enough nappies, a hat for your baby and an emergency first aid kit too. Other items to include are: sun protection with SPF 30+, Calpol Infant Suspension, Nurofen for Children, plasters, a thermometer, insect repellent, antihistamine and antiseptic creams.

If you have any questions or concerns about travelling with your baby, give one of our experts a call on 0800 996 1000, or start a conversation using Live Chat, our one-to-one instant messaging service.