

*Some of this information is very specific to Disney World travelers. I'll help you plan for your specific trip.

You can bring breast milk/cow milk through security. If you've never done it it's very easy. Simply pack your milk in a cooler with ice packs (no ice cubes). It does not have to be in 3oz or less quantities. Notify TSA you have milk and give them the cooler. I ALWAYS made sure to politely ask the agent if they'd put on clean gloves when they tested the milk. They take each bottle and wipe the outside to check, then they stick it in a container that identifies the properties in the liquid. I don't believe they've ever opened my milk to test inside with a strip, but I think they can so be prepared for that. If you're a pumping mom bringing frozen milk same process.

The only thing the [TSA website](#) says about milk is a "reasonable amount" for me, that means enough milk for my trip so I don't have to pay for it there. What can I say, I'm cheap. When I nursed I would bring a couple pumped bottles just in case I wanted to get out of the room with Lilly and leave Justin with Landon for a couple hours. With my 1 year old I usually brought 6+ small pumping bottles filled with D milk - why? So I didn't have to spend \$3 on a bottle of milk from the cafeteria each day. For me it was worth the hassle.

As far as storage at the resort goes:

- Frozen milk: The concierge will help you store it in a freezer at the resort. Make sure first/last name are on the bags as well as room number. Put those in a double zip lock bag or a cooler with same info and they'll happily keep it for you.
- There are mini fridges in each room (dorm size small ones) so keep them in your room. Be sure to bring bottle cleaning supplies. You can buy use and toss plastic sippy cups at the store to bring to the parks, too.

If you're reading this doc you have a little one- here are a few little tips for babies if you've never traveled with one:

- BABYWEAR. You can wear them through security, wear them boarding the plane, and everywhere you go at Disney- can even wear them on a lot of the rides!
- Nurse/bottle or pacifier on takeoff/landing - dum dum suckers work great, too if baby won't eat.
- Make sure you have hats for babies-the sun is bright.
- Bring baby tylenol/teething stuff just in case you begin a round of teething while there.
- Don't forget baby food and feeding supplies (spoons, bibs etc- this goes for toddlers too if they struggle using adult sized utensils)
- If they're eating puffs/little crackers now don't forget to bring those to keep them busy at meals.
- If you're a nursing mom and feel uncomfortable nursing in public there are plenty of places you can go to be somewhat discrete just look for them or ask a cast member. If you want to get out of the sun and sit in a nice nursing room (or need to pump) there are baby care centers in each park (they also sell anything kid related there should you have

forgotten food/formula etc.). They're usually near the front of the park, so be warned it might be a far walk during the middle of your day.

- I'd encourage you to try nursing while baby wearing!! I'd be willing to bet money I was nursing or just got done nursing in this photo. You could also easily hold a muslin blanket next to you/on top for more modesty. The reason I mention this is I felt I never had to stop or miss anything if Landon was hungry and we were heading to a ride, on the bus traveling to a park, etc.

