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Department for Transport Makes Flying Easier For Breastfeeding Mothers

In the past mothers have often been distressed to find that they were not allowed to take more than 100 ml of expressed breastmilk in hand luggage when flying from a UK airport, and travelling without their infant. Regulations have now been changed to be in line with many other countries.

This proposal was put to the Department of Transport by the Civil Aviation Authority. LLLGB was pleased to be asked to supply information to the CAA for use in this proposal.

We explained why breast milk is so important for babies, and why women need to continue to express milk when they are not with their infants: in order to have a supply of milk to feed their child when they are back with them, and to maintain the body's production of breastmilk.

The new regulations

From 8 February 2017 passengers carrying expressed breast milk will be able to carry an unlimited supply in hand luggage. It must be in liquid form, not frozen, and must be presented in individual containers no larger than 2l. The milk will be subjected to screening and, if successful, will be allowed on board an aircraft.

Passengers will not have to be accompanied by the breastfeeding infant.

Previously, expressed breast milk in quantities over 100ml was allowed only when the passenger was accompanied by an infant.

This change brings the UK into line with the USA, Canada and other EU member states.

Updated guidance on [gov.uk](#) aims to make it simpler for parents to understand what they can and cannot take in their hand luggage.

A Department for Transport spokesperson said: *"The UK has some of the strictest security measures in the world. As part of our on-going work to improve passenger experience, travellers will now be allowed to carry liquid breast milk in hand luggage regardless of an infant being present."*

See [Taking expressed milk on an airline](#)



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