

Advice Sheet:

Travelling with babies - food & drink to go

To allow your baby but also yourself a comfortable and relaxed journey, it is important to carefully plan in advance, how much and what kind of food your baby might require for the journey.

How much you take along should be based on duration of travel and, certainly, on the child's age. In order to be all set for emergency situations, such as delayed flights or trains running late, traffic jam, or heat, you should take a bit more with you.

Especially during hot days and dry air (or when fever or diarrhea) babies require much liquids. Please make sure you carry enough drinks with you (water or special baby teas).

What's required?

Breastfeeding is probably the most comfortable possibility for mother and child as nothing has to be prepared or carried. Nonetheless, please bear in mind babies require quiet which might be problematic on the plane or train.

In case you are not breastfeeding anymore, please make sure you have familiar and known food products with you to be able to prepare a bottle, mash or tea for your baby. Please do not forget:

- Milk powder and mash for mixing (proportioned ahead if required)
- Boiled water in a thermos bottle and cold boiled water to be able to make the bottle the right temperature (please also refer to fact sheet "The 101 of bottle feeding")
- Bottled baby food wrapped in kitchen foil and thermo bag (only in case of a short travel time of 1 hour maximum)
- In-between meals, such as corn stalk or millet dumplings (please also refer to fact sheet "snacks for babies and kids")

Please keep in mind to have any equipment with you, such as adaptors for foreign wall sockets, bottle heater, sterilizer, spoon, bottle brush, teat, caps, etc. It would therefore be advisable to create a check list during planning your voyage in order to avoid the possibility of forgetting anything.

Travelling by car or train

- Please pay attention to a sufficient fluid intake due to the dry air in the car! Please be prepared for any delays, e.g. through traffic jams or trains running late!
- Please have sufficient water with you (still baby water or boiled tap water in a thermos bottle) to be able to mix milk food and mashes. Don't forget suitable in-between meals.
- Please avoid direct sunlight onto ingredients and baby bottles in the boot. Best would be to wrap the bottles up in kitchen foil or transport them in a thermo bag (only in case of a short travel time of 1 hour maximum).
- If possible please feed your child prior to the journey.
- In general please take a break of half an hour at least every two hours and especially in the midday heat (if no air conditioner available).

Verlag • Beratung • Information

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Travelling by plane

- In order to equalize the pressure in the ears you should breastfeed your baby during take-off and landing or alternatively to give your baby the bottle or a soother! Swallowing helps the pressure compensation.
- Please provide your baby with water as often as possible due to the low humidity. A 0,9%-saline solution or (when breastfeeding) a bit of breast milk might help to moisturize the mucosae.

What are you allowed to take on board with you? Due to the new EU-guideline for flights within the EU zone, to Norway, Switzerland and Iceland, the carrying of liquids in hand luggage is clearly defined and limited. Medicines, baby and special foods being required during the flight can be carried outside the 1-litre-plastic bag. However, you are required to present these to the security staff separately and justify their necessity. This means that you are allowed to take baby drinks, baby food, baby bottle etc. for the duration of the flight with you, as long as the baby is flying with you. Perhaps you can also purchase some water in a duty-free-shop after the security checks. Solid food (e.g. biscuits) can be carried along without further ado. Baby powder, etc. is allowed in the hand luggage. Some airlines offer baby food on board, however, if you prefer familiar products, it is advisable to take them with you, or request them from the airline beforehand. With regards to the transport of buggies and baby seats it is recommended to request information accordingly from the airline

Please note when travelling abroad

In foreign countries there are not only other habits when it comes to food, but also the hygienic conditions are not always ideal. Therefore it is important to obtain information about necessary measures of sanitation in the country of destination. In order to prevent your child coming down with diarrhea, it is advisable (especially for young children) to carry your known and familiar baby foods with you. Please make sure you pack them up shock-resistant and store them light protected. Ideally would be in the fridge, if not available below 30 °C by all means. Further important precautions:

- Please purchase drinkable water in bottles for the preparation of the baby food!
- In some countries the bottles containing drinkable water can be refilled. Please pay attention to the bottle top and boil the water whenever possible.
- Please use raw fruits and vegetables only peeled
- Fish and meat should always be cooked long enough.
- Please avoid ice cubes and ice cream.
- In case of diarrhea: Offer water or diluted fruit juice with salt and please visit a doctor for further advice.

Book tip:

„Food & drink during infancy“ ISBN 978-3-901518-33-1
(this book is also available as e-book: ISBN 978-3-901518-34-8)

If you have any further questions,

please feel free to contact Mag. Ingeborg Hanreich: **01 504 28 29-1**

For further details please visit our homepage: www.hanreich-verlag.at/beratung-eltern.html

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