



Ultimate Pumping *Holiday Guide*



At the Airport

- Breast milk and your pump can go through TSA without being removed. You may request clean gloves and proper handling.
- Keep pump parts, flanges, and milk bags in a clear pouch for easy access.
- Use the **Spectra Wearable** for discreet, on-the-go pumping while traveling.



On the Road

- Aim to pump every 2–3 hours—set reminders to stay consistent.
- Keep a cooler in the car to store milk safely for up to 24 hours.
- Try Power Pumping if you're boosting supply.
- Fully charge your **Spectra S1** and pack a car adapter before leaving.



In the Hotel

- Choose a consistent pumping spot to stay on routine.
- Store milk in the mini-fridge or use your cooler as backup.
- Charge the S1 for **3–4 hours** before use; avoid overnight charging.
- Keep milk fresh rather than frozen—research suggests it may stay fresh up to 8 days in the fridge.



Holiday Meals & Family Gatherings

- Pump hands-free using the **Spectra Wearable**, even between courses.
- Coordinate with your host ahead of time if you'll need privacy.
- Wear your baby if you prefer limiting how often others hold your newborn.



Travel Pumping Checklist

- ☐ Extra accessories, like bottles and flanges
- ☐ Refillable water bottle and snacks
- ☐ Backup adapters & car chargers
- ☐ Hand pump
- ☐ Cooler case with reusable freeze packs

Don't forget to communicate your pumping schedule with travel companions—they can offer support when you need it the most.