Travelling with an infant or child involves a lot of preparation and planning – this can be overwhelming, in addition to thinking about the needs of a food allergic infant or child. There is no one ‘rule that covers all’, and restrictions on quantity and storage of specialist allergy milk products (including milk alternatives, such as soya milk) will vary from one type of transport carrier to another. Individual carriers may have further detailed information on allowances and restrictions, under the ‘family travel’ section of their website.

The UK Government website has a dedicated information section on travelling with baby food and milk. It can be accessed under the ‘hand luggage’ restrictions area of their website, or by following this link https://www.gov.uk/hand-luggage-restrictions/baby-food-and-baby-milk.

Breast milk:
Breast milk can be carried in hand luggage even if you are not travelling with a baby. Expressed breast milk in containers up to 2,000 ml is allowed, however frozen breast milk is not permitted.

Formula milk:
Formula milk, cow’s milk, other types of milk, sterilised water, and baby food are not subject to the 100ml hand luggage restrictions that applies to other liquids, gels, and aerosols – however, this is only true if you are travelling with the baby. Most specialist allergy milk products, food varieties and brands may vary between the UK and the destination country. Do not assume your required brand will be readily available. It is good practice to share these supplies between your packed cases, just in case your luggage is delayed, lost or stolen.

When planning your baby’s feeding requirements, take into account the travel time to/from the airport, the total amount of time you are away for and possible delays.

Infant milk and the availability of specialist milk formulas, food varieties and brands may vary between the UK and the destination country. Do not assume your required brand will be readily available.

Key facts:
Formula milk, cow’s milk, other types of milk, sterilised water, juice and baby food are not subject to the 100ml hand luggage restrictions that applies to other liquids, gels, and aerosols – however, this is only true if you are travelling with the baby.

Breast milk can be carried in hand luggage even if you are not travelling with a baby. Expressed breast milk in containers up to 2,000 ml is allowed, however frozen breast milk is not permitted.

Allergy UK Helpline
Mon-Fri, 9am-5pm:
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Email: info@allergyuk.org

Visit us at: allergyuk.org
Your quick guide to:
Travelling with the allergic infant
Advice on travelling with baby milk supplies

to be prescribed and then collected from a pharmacy.

- Plan ahead by researching the carrier/airline's individual guidance on baby milk and food, and make the appropriate adjustments to adhere to ensure you are well prepared.

- Larger chemists at UK airports may offer a pre-order service for baby milk, which can be collected on passing through security. This may be dependent on airport size so it is advisable to check and order where possible in advance.

- To reduce the risk of infection, it is best to make up feeds one at a time as your baby needs them. If your baby doesn’t finish a bottle, don’t be tempted to put it away for later. Germs can breed quickly in left-over milk. This may cause an upset tummy - the last thing you need at the start of your holiday!

Clinical contributions:
Allergy UK Clinical Team
Holly Shaw, Nurse Advisor

Additional Resources / References
Living with an Allergy: Travelling
https://www.allergyuk.org/living-with-an-allergy/traveling/
Cow’s Milk Allergy
Food Allergies and Travel
https://www.allergyuk.org/resources/food-allergies-and-travel/

This Factsheet was prepared by Allergy UK's Clinical Team and made possible by the support of ALK-Abello Ltd.

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