

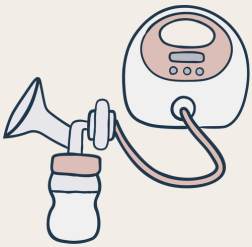
Josie's 5 Tips for Pumping on the Road



Find out if the airports you are passing through have Nursing Pods. You can lookup by airport, or check out [this resource](#) with pods and locations.



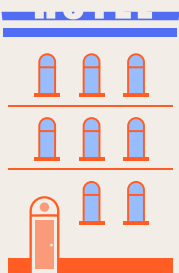
Invest in a transport cooler such as [The Pump & Tote](#), which keeps milk cool for up to 60 hours, or the [Ceres Chill](#) cooler, which keeps milk cool for up to 20 hours.



Find out ahead of time if your client / destination office has a pumping room, and how to book it in advance.



Invest in a few stylish button-down or wrap shirts and dresses that are pumping friendly AND can stay in your wardrobe beyond breastfeeding. Bonus points for those that are easy to pack and don't wrinkle. Here's [one we like](#).



Call your hotel in advance to make sure they have a fridge in the room, and if not, ask if you can use their kitchen freezer.