

# Traveling Milk Truck

## Saving Milk

How much breast milk to save for travel, work, date nights and general everyday life.

When I was breastfeeding, the question I seemed to ask myself repeatedly was: how much breastmilk should I save prior to traveling? Prior to applying these formulas, you should observe and record what your baby is eating. If you have any questions, ask your pediatrician or lactation consultant.

<p><b>Formula 1</b> - how much breastmilk to save!</p> <p><b><math>axb=c</math></b></p> <p><b>a</b>= oz per day baby eats in current stage <b>b</b>= number of days gone before shipment arrives <b>c</b>= oz that need to be saved</p>	<p><b>Formula 2</b> - How much breast breastmilk to save in a day prior to leaving for your trip until shipping arrives</p> <p><b><math>C/D=E</math></b></p> <p><b>c</b>= oz that need to be saved <b>d</b>= number of days until trip <b>e</b>= oz needed to save each day before trip (approximately)</p>
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