

STORAGE LOCATION AND TEMPERATURES

Type of Breast Milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze breast milk after it has been thawed unless ice crystals are still present
Leftover from a Feeding <i>(baby did not finish the bottle)</i>	Use within 2 hours after the baby is finished feeding		

Did you pack?

- Pump parts (flanges, tubing, valves, membrane), extra set if possible
- Breast milk storage bags/containers and pen to label
- Healthy snacks and water bottle
- Wipes to clean pumps parts
- Waterproof bag to put pump parts in for cleaning later



Visit ksbreastfeeding.org/local-resources
to find local breastfeeding support