



I'm a nursing mom, can I pump while on the trip?

If you choose to pump while on the trip, we recommend that you bring a voltage converter as the adapters Honeymoon Israel provides do not properly convert the power for use in an electric pump. If your electric pump breaks while in Israel, you may not have the ability to purchase another one while on the trip. We recommend that you are prepared with a battery pack or a manual pump should an issue arise. Please note that, because of the rigorous itinerary, your schedule for pumping may shift from what you are accustomed to. You will have the opportunity to speak with your trip staff prior to departure regarding your pumping schedule.

While you will have the ability to pump while in Israel, we cannot guarantee that the hotels will be able to store your milk at the temperature you prefer. If you choose to transport your breast milk while on the trip, you will need to bring your own freezer packs and coolers to transfer between hotels. We cannot guarantee that freezers will be available to freeze your ice packs or milk.

We do not recommend that you ship your milk as it may be incredibly expensive. If you choose to bring your milk home with you, we recommend you bring an additional collapsible bag to act as a second piece of checked luggage for your breast milk only. We recommend that you contact your airline before you fly to understand their guidelines for checking breast milk.

Please reference the [Healthy Children's website](#) for suggestions storing breast milk.