

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

We understand how important pumping is to some parents and want to set realistic expectations about pumping on a Honeymoon Israel (HMI) trip. Due to the rigorous itinerary, your schedule for pumping may shift from what you're accustomed to and will often be "on the go." 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 private pumping accommodations during the day, a place to wash/sterilize your equipment, or a refrigerated place to store your milk.

If you choose to pump while on the trip, we recommend that you bring a voltage converter as the adapters HMI 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 and a manual pump should an issue arise.

If you choose to bring your milk home with you, be aware that the hotels might not 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. It is unlikely that freezers will be available to freeze your ice packs or milk.

If you are bringing milk home from Israel, we recommend you bring an additional collapsible bag to act as a second piece of checked luggage for your breast milk only or use a breast milk transport service such as [Milk Stork](#). 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 on storing breast milk.

Can I donate my milk in Israel?

We recognize that pumping is hard work, and the idea of "wasting" valuable milk while on the trip is difficult for many parents. While donating milk is an incredible *mitzvah* (good deed), donations in Israel require the breastfeeding parent to go through medical screenings pre-donation and due to the storage and sanitation issues this is not possible on HMI trips.