



Tips To ENSURE WATER SAFETY FOR FORMULA WHEN TRAVELING

General Tips On Water Safety For Baby Formula When Traveling



Carry cooled, boiled water
from your home

Use a water bottle with a
filter if using tap water



Buy bottled distilled water from a
trustworthy supplier if tap water
quality is doubtful

If you are on a short trip, say for
an hour or so, carry a prepared
formula bottle in insulated bags
or a cooler with loads of ice



If you have a long journey, keep
disposable baby bottle liners
handy to save on packing
multiple bottles

Effects Of Using Too Less Water For Baby Formula



Thirst



Dehydration



Kidney problems due
to excessive protein



Weight gain due to too
many calories

References:

- 1 Mixing powdered infant formula; St. Jude Children's Research Hospital
- 2 Infant Formula Preparation and Storage; Centers For Disease Control And Prevention