

# Air Travel Rules for Infants

You might be a seasoned traveler, but flying can still be a trial. Take your infant along, and it can become an ordeal for both of you. Confining seats, changes in cabin pressure, noise and restrictions on food choices can add up to trouble. Fortunately, the U.S. Transportation Security Administration and major airlines have taken notice, implementing helpful travel rules for your comfort and for your infant's safety.

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## Breast Milk Rules

As of 2010, you may carry breast milk on board your flight. You can also carry infant formula and juice. **Amounts over three ounces, sufficient for your trip, are permitted.** *Declare them at your security checkpoint. TSA staffers may test the liquids for explosives, but you or your infant need not taste them to verify their contents.* Three rules apply:

1. Declare the food items to a security officer at the checkpoint after you separate them from your cosmetic or hygiene liquids.
2. Present these at the X-ray screening station for additional inspection.
3. Carry no more breast milk, formula or juice than you need to reach your destination.

## Restraint Rules

**Infants may travel on your lap or beside you in a separate seat.**

1. *Your infant, under 40 pounds and up to 24 months old, may remain on an adult's lap throughout a flight.*
2. You must be 18 years old to qualify as an adult on United Airlines, 16 on Air Canada and 12 on Southwest Airlines, for example.
3. Hold your infant securely, **not under your set belt**, whenever the seat-belt light is on, and during take-off and landing.
4. **All airlines require a restraining seat approved by the Federal Aviation Administration** or comparable foreign agency if your infant travels in a seat beside you.
5. Check the rules of the airlines you are using before you head to the airport.

## Medical Rules

Your infant may be susceptible to in-flight conditions like cabin pressure or temperature changes and noise.

1. Airlines require medical releases before clearing *very young infants for flight*; **the age varies among airlines.** \*Southwest Airlines mandates medical releases for children under 14 days old. \*United Airlines and Air Canada set cut-offs at 7 days old. **Airlines may require a birth certificate to verify age. Check with your airlines for specific rules.**

## Fare Rules

**Your fare depends on your seating, route and airline.**

1. On Air Canada, for example, a lap-seated infant flies free on flights within Canada or between Canada and the United States.

2. On international flights, the airline *may add a 10-percent charge for a lap-seated infant*, though can depend on taxes and other conditions.
3. United Airlines charges *regular fare price for all infants not lap-seated, and charges regular fare for each infant, regardless of seating, on international flights*. **Fare rules vary frequently, however, so check before flying.**