

PACKING & SHIPPING INSTRUCTIONS

PLEASE PLAN TO SHIP MONDAY THROUGH WEDNESDAY ONLY

YOU WILL NEED DRY ICE TO KEEP THE MILK FROZEN IN TRANSIT

Dry ice can be purchased at grocery stores, pharmacies, ice cream stores, butchers, or large medical institutions (hospitals, labs, etc). Most large metropolitan areas also have ice distribution companies that sell dry ice to the public. You can find dry ice sources at www.dryicedirectory.com and <http://dryiceideas.com/retail-locator/>

You will need approximately 5 pounds of dry ice per cooler box shipped.

- Dry ice is usually about \$1 per pound. If you wish to be reimbursed for this cost, please place your receipt in an envelope with your name on the outside and include with your shipment.

Plan to obtain the dry ice on the day you ship, as dry ice sublimates quickly in air. DO NOT store dry ice in your freezer or in an enclosed area.

CAUTION: DO NOT touch dry ice directly with bare skin as it can burn. The dry ice will likely be provided in a brown paper bag for safety.

NOTE: Do not put regular ice in with your milk to be shipped. Ice freezes at a warmer temperature than your frozen human milk and will thus cause the milk to thaw quicker.

If you are unable to locate dry ice, PLEASE let us know so we may help you make other arrangements.

PLEASE USE PACKING MATERIAL

Bubble wrap, brown paper sacks, and packing paper work well to ensure the milk containers are not damaged during shipment. Try to avoid newspaper, if possible, as it stains the coolers.

Place the dry ice on the bottom of the cooler. Add a layer of packing material to ensure the milk storage containers do not come in contact with the dry ice. Neatly pack your milk on top.

Please fill your cooler as full as possible with milk to maximize cost effectiveness and decrease movement during shipping. Fill empty space in cooler with additional packing material.

DO NOT tape the lid of the Styrofoam cooler itself; taping the outer cardboard is sufficient.

PREPARING THE BOX FOR UPS

Please make sure the blue UPS Dry Ice label is attached to the outside of the box. In addition, please mark 2.3 kg in the box provided.

Drop the shipping box off at any UPS shipping location (refer to UPS.com or call 888-PICK-UPS)

PLEASE ENSURE YOUR SHIPMENT WILL BE PICKED UP BEFORE THE LAST UPS PICK UP TIME.

You may also contact us to schedule UPS to pick up your cooler(s) directly from your home. Please call at least 24 hours in advance.

Do not hesitate to call 317-536-1670 with any questions!
Thank you for helping us provide safe mothers' milk for fragile infants!