

RETURNING TO WORK/SCHOOL

Packing List



Breastfeeding and returning to work or school can be a lot of work. Preparing ahead of time will help reduce stress and ensure you have everything you need to successfully remove milk when you are away from your baby.

Must Haves | Necessities

- High quality, double electric breast pump
- Three full pump kits - 3 breast shields, 3 connectors, 3 valves/membranes, 3 bottles
- Storage solution - bottles, bags, or large container
- Photos or videos of your baby
- Soft side cooler and 2 ice packs or access to a refrigerator

Nice to Have | Extras

- Hands free pumpig bra or combination bra
- Pumpharoo wet bag + staging mat
- Nipple ointment and/or coconut/olive oil to lubricate breast shields
- Battery pack and/or manual breast pump - for emergencies
- Spare full pump kit kept at work in case your bag from home is missing something
- Extra tubing kept at work in case it's forgotten at home
- Sterilization steam bags
- Quick clean wipes
- Breast pads
- Car adapter
- Snack and water bottle

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Creating a healthier community by empowering families to reach their feeding goals.

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