

## Returning to Work or 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
- Soft side cooler with 2 ice packs or access to a refrigerator
- Storage solution – bottles, bags, or large container
- Photos and videos of your baby

### **Nice to Haves | Extras**

- Breast pads
- Car adapter
- Sterilization steam bags
- Snack and water bottle.
- Extra tubing to keep at work.
- Pamparoo wet bag and staging mat
- Hands free pump bra or combination bra
- Permanent marker to date if using bags as a storage solution.
- Battery pack and/or manual breast pump for emergencies
- Breast shield lubrication – pump spray, nipple ointment, coconut/olive oil
- Spare full pump kit kept at work in case your bag from home is missing something.

