

Pumping Bag Checklist for Work

For at least one year after birth, federal law requires employers to provide reasonable break time and a private space for pumping.

- ☐ Private room (that is not a bathroom)
- ☐ A place to sit
- ☐ Electrical outlet
- ☐ Clean surface for your pump
- ☐ Reasonably close to running water and your workspace

Work with your employer to ensure you have a space that's comfortable and free from view and intrusion. Here are some other things you can consider requesting to make the space better for pumping.

- ☐ Breastfeeding door hanger and/or occupied sign
- ☐ Refrigerator
- ☐ Curtains or room dividers to provide you with a private, comfortable space to pump

HELPFUL PUMPING TIPS

We know pumping when you're away from your baby can be challenging. Try some of these tips to help with letdown when you're apart.

- Bring a blanket or clothes that baby slept in
- Look at pictures or videos of your baby (videos of baby at the breast might be helpful!)
- Do a pre-pumping breast massage
- Listen to music to help you relax

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Depending on what is available in your pumping space, pack your bag or set up the space with the pumping supplies you'll need.

- ☐ Breast pump
- ☐ Breast pump bag
- ☐ Power adapter and/or batteries
- ☐ Pump parts (tubing, flanges, duckbills, storage containers)
- ☐ Pumping bra
- ☐ Nursing pads
- ☐ Extra bra and back-up shirt
- ☐ Additional storage containers with lids
- ☐ Milk storage bags
- ☐ Pen to label bags
- ☐ Cooler bag
- ☐ Ice packs
- ☐ Back-up manual pump
- ☐ Cleaning supplies (wipes, soap, steam bags, drying rack for pump parts)
- ☐ Water and snacks
- ☐ Small rubber doorstop to help with privacy