

Pumping Bag Checklist On-the-Go

Remember to pack these pumping essentials for when you have to pump on-the-go.

- ☐ Breast pump
- ☐ Breast pump bag
- ☐ Power adapter and/or batteries
- ☐ Pump parts (tubing, flanges or hands-free collection cups, 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
- ☐ Cleaning supplies (wipes, soap, steam bags)
- ☐ Water and snacks

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