

Breast Pump Bag *Checklist*

Breast Pump & Parts

- ♥ Flanges
- ♥ Connectors
- ♥ Valves
- ♥ Membranes (pack extra)
- ♥ Tubing
- ♥ Storage bottles with lids or storage bags
- ♥ Power or car adapter (if pumping in your car)

Hands-Free Nursing Bra or Tank

- ♥ Multitask comfortably while you pump.

Snacks & Water

- ♥ Milk-making is hungry and thirsty business! Keep your calorie intake high and stay hydrated to benefit your milk supply.

Extra Breast Pads & Spare Shirt in case of leaks!

Cooler with Ice Pack(s)

- ♥ Safely transport your liquid gold home with you.

Nipple Cream

- ♥ Apply before and after you pump to help relieve any sensitivity.

Gallon Storage Bag or Wet/Dry Bag

- ♥ Place pump parts that touch milk into a gallon zip storage bag or wet/dry bag and store the bag into the refrigerator. The milk on the parts stays fresh in the fridge, so there's no need to wash until the end of the day!

Need Some Help?

Visit www.nurturingexpressions.com or **SCAN ME!**

Request Pumping or Lactation Consultation

