

Parent Webinar Series

Breastfeeding, Pumping and Working Parent Resources

What to Pack in Your Pumping Bag

Necessities:

- Hands Free Bra
- Hand Sanitizer
- Quick Clean Wipes or Steam Bags
- Enough bottles for the day plus extra zip seal milk storage bags
- Extension cord, battery pack or vehicle lighter adaptor
- Extra pump parts, extra caps to bottles
- Cooler with frozen water bottles as ice packs

Nice to Have:

- Photo of baby or baby's receiving blanket (for your lap: protection and tactile reminder of baby)
- Bebe au Lait or nursing cover-up for semi-private locations
- Snack or protein bars
- Olive oil in a small container
- iPod or MP3 player with headphones
- Smartphone or Blackberry



Parent Webinar Series

Breastfeeding, Pumping and Working Parent Resources



Parent Webinar Series

Breastfeeding, Pumping and Working Parent Resources

