

Pump Bag Checklist

☐ Pump and pump electrical cord



☐ Pump parts (connectors, flanges, valves, tubing etc.)



☐ Pump bottles with lids



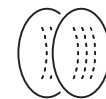
☐ Hands free pumping bra

☐ Cleaning wipes

☐ Cooler bag and ice pack to store pumped milk



☐ Water and snacks



☐ Extra nursing pads, if needed

☐ Extra shirt – spills and leaks can happen



☐ _____

☐ _____



- Many people pump every 2-4 hours while away from their baby.
- [Click here](#) for more information on Expressing, Storing, and Feeding Human Milk Guidelines.
- If possible, leave an extra set of pump parts at your workplace.