









What's In Your {Pump} Bag?



Checklist for Back to Work Pumping Survival

- Pump, Tubing, AC Adapter, Car Charger, Batteries
- 2 Sets - Pumping Accessories (flanges, attachments, valves, membranes, etc.)
- Milk Storage Bags or Bottles (2 x number of pumping breaks)
- Door Privacy Sign (Milk It Kit) & Milk Labels
- Burp Cloth/Towel or Paper Towels to catch drips or any spilled milk {gasp!}
- Milk Cooler Bag
- Frozen Ice Packs
- Ziplock Bags or Medela Steam Clean Bags
- Medela Quick Clean Wipes (optional but handy if you don't have access to sink)
- Hands-free Pumping Bra (optional but useful for a multi-tasking mom!)
- Snacks and Water
- Photo of Baby or Phone with Baby Photos/Videos

Oh ... and here are some tips - Mom to Mom

-  Pump once in the morning, before or after you breastfeed baby.
-  Save time later by assembling pump parts before work so you are set for pumping time.
-  Avoid a Milk Crisis: keep one full set of pumping accessories at your workplace for emergencies!
-  Mix and match! Love some pump parts but loathe others? Try mixing pumping parts to create a pumping dream team!
-  Don't have time to wash pump parts each time you pump? Place in a Ziplock or Medela steam bag & keep in fridge until next session! Wash at home.
-  No access to a fridge? Get a good milk cooler and ice packs. Then bring several sets of pump parts with you for the day. Use Quick Clean Wipes or place used parts in Ziplock and wash at home.
-  Get Hands-on! Breast massage before/during pumping to better empty the breasts & Hand expression at the end of pumping can provide extra, fattier milk*.
-  Bring something to read and try to relax ... or at least catch up on emails while you pump.

*Source: Jane Morton's study in Journal of Perinatology
2009 Nov 29(11):757-64. Epub 2009 Jul 2