

# Pumping and Returning to Work Checklist

- Breast pump**
- Breast pump parts**
- Bottles or bags to pump into**
- Cooler bag and ice pack**
- Extra membranes**
- Extra nursing pads**
- Extra shirt**
- Hands-free bra**
- Power cord and/or battery pack**  
*extra batteries!*
- Sharpie**  
*to label bags*
- Ziplock bags**
- Set alarm for end of day to remember to take milk home**

