

WORK PUMPING STATION

CHECKLIST



PUMPING ESSENTIALS

- Double-electric breast pump
- Hand pump
- Extra pump parts



PUMPING/BREAST MILK STORAGE

- Pumping bag or tote
- Cart
- Containers for pumped milk
- Permanent marker
- Place to store fresh breast milk
- Large storage bag for pump parts



CLEANING SUPPLIES

- Wet wipes
- Small washbasin and dish soap



COMFORT ITEMS

- Water bottle
- Snacks
- Comfortable chair and table
- Blanket or jacket
- Photos of your baby
- Breast pads
- Nipple balm/lanolin
- Nursing cover
- Door hanger/sign for privacy

