



Breast Pump Bag

# CHECKLIST

for a healthy return to work



I make  
milk.

What's Your  
Superpower?

## Pump and Parts

- Pump
- Electrical Cord
- Tubes (2)
- Valves (2)
- Breast shields (2)

## Accessories

- Bra & Pads
- Bottles (4)
- Lids (4)
- Cooler
- Ice Pack

## Staying Healthy

- Nipple Cream
- Wet wipes
- Snacks
- Water Bottle
- Reading Material