



Checklist # 3 - Packing your bags - List of all things you need to remember

By Lori J Isenstadt, IBCLC

The night before -

- Put freezer packs in the freezer
- Take out any frozen milk for the next day and put in refrigerator
- Put cooler bag on countertop
 - Put together your food for the next day - lunch, snacks

Pump bag -

- Clean parts.
- Extra parts
- Zip lock bag for used parts
- microwavable steam bags to clean
- Pump motor
- Storage containers
- Extra pair of nursing pads
- Laminated picture of your baby

Diaper Bag

- 2 sets of everything you have. diapers, wipes, clothes, nursing pads

Your personal bag

- pocketbook, employee badge, phone, charger, earbuds, hands free bra, snacks

Extra Bag to be kept in car

- extra set of clothes. for you and baby, diapers, wipes, etc. manual pump

In the morning

- Put freezer packs in your cooler bag, along with days milk.
- Put your diaper bag with your keys
- Put your pump bag with your keys
- Put your personal bag with your keys