

Work Day Packing

Item	Check Off
Pump Bag	
Cooler Bag or Cooler Thermas for Milk	
Breast Pump Motor(s)	
Pump Charging Cord	
Flanges or Collection Cups	
Membranes/Duct Valves	
Back Flow Protectors	
Tubing	
Nursing Cover	
Nipple Ointment	
Hands-free Pumping Bra	
High Protein Snacks	
Water Bottle or Electrolyte Drink	
Zip Lock Bag to Store Parts in Fridge OR Pump Wipes	

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