Nursing Mothers’ Return to Work Checklist

☐ Breast pump, plus adapter or extra batteries if appropriate.

☐ A small cooler or an insulated bag if a refrigerator is not available for milk storage. Remember however that breast milk can be stored at room temperature for up to 10 hours.

☐ Enough milk storage containers for the number of pumping sessions you will need during your work or school day.

☐ Wear easy access clothing that opens in the front.

☐ Have an extra shirt, sweater, or vest available to wear in case your milk leaks. It is a good idea to wear patterned clothing since milk leakage is much harder to detect on patterned materials.

☐ Bring a shawl or small blanket for personal privacy if you need to pump in a common area or if the private area you’ve chosen is cool or drafty.

☐ A water bottle and nutritious snacks to ensure that your increased calorie needs are met while you continue to breastfeed.

☐ A pillow for supporting your arm while you pump your breasts. This may make pumping more comfortable.

☐ A “Do Not Disturb” or “Nursing Mother at Work” sign to use if you are pumping in your office or a shared space.

☐ An i-Pod, entertaining book, or magazine to help you relax so that your milk will release more easily and you will be able to pump your breasts better. A picture of your baby or other item that reminds you of your baby may also be helpful.

☐ Other supplies that you might find helpful include antibacterial wipes, scotch tape and a pencil to mark the bottles with the date, a colander and mild soap to wash your equipment.