



THINGS YOU MAY NEED IF YOU'RE PUMPING OR PLANNING TO...

- 01 High calorie snacks
- 02 Big water bottle
- 03 Nipple cream
- 04 Breast pads
- 05 Pumping bra, or the nursing bra hack
- 06 Breast pump for home - you can rent hospital grade pumps from Medela if you don't want to buy one before you know if you'll use it.
- 07 Extra pump parts
- 08 Milk storage containers - when you're still on the unit you'll likely be able to take storage containers home, but when your baby is discharged you will need these
- 09 Cool bag for transporting milk from home
- 10 Clothes that allow you to pump more easily, like buttoned shirts or breastfeeding tops with popped shoulders
- 11 A feeding cover or large muslin swaddle to cover yourself when pumping on the unit if you feel you'd like to
- 12 You may also need space in your freezer to store milk if your baby is feeding less than you're producing