

BREASTFEEDING SUPPLIES CHECKLIST

Preparation is key to a successful breastfeeding journey. Use this checklist to ensure you have everything you need before your little one arrives.

1. Breast Pump & Fit

Most mothers will need a pump at some point. **Pro-tip:** Contact your insurance in your 3rd trimester; they are required by law to cover the cost.

- **Double Electric:** Most efficient; ideal for returning to work.
- **Portable/Wearable:** Fits in bra; great for multitasking.
- **Manual:** Quiet and lightweight; perfect for travel or backup.
- **Flange Fit:** Ensure your nipple moves freely. Standard size is 24mm, but many need custom sizing to prevent pain and improve output.

Expert Advice: Assemble and test your pump before delivery. You don't want to learn the instructions while sleep-deprived!

2. Milk Storage Essentials

- **Storage Bags:** Pre-sterilized and sealable for freezing.
- **BPA-Free Bottles:** For fridge storage.
- **Permanent Marker:** To label every container with the date and amount.

Storage Location	Temperature	Duration
Room Temperature	60-77°F (16-25°C)	Up to 4 hours
Refrigerator	39°F (4°C)	Up to 4 days
Freezer	0°F (-18°C)	Up to 6 months

**Always use the oldest milk first. Never refreeze thawed milk. Never microwave breast milk.*

3. Comfort & Wearables

- **Nursing Bras/Tanks:** Choose soft, non-underwire styles to avoid clogged ducts. Wait until late 3rd trimester to buy (size changes!).
- **Hands-Free Pumping Bra:** A must-have for multitasking while double pumping.
- **Nursing Pillow:** (e.g., Boppy or My Best Friend) Reduces strain on your neck and shoulders.
- **Nursing Pads:** Absorbs leaks. Choose breathable versions to avoid irritation.

4. Nipple Care & Recovery

Soreness is common in the first weeks. Be prepared with:

- **Lanolin or Nipple Butter:** Moisturizes and heals; safe for baby.
- **Breast Milk:** Rubbing a few drops on nipples is a free, effective healer.
- **Hydrogel Pads:** For soothing cooling relief.
- **Breast Shells:** Protects nipples from rubbing against clothing.

5. Self-Care & Support

- **Hydration & Snacks:** Keep a large water bottle and one-handed snacks (nuts, bars) nearby.
- **Burp Cloths:** Have plenty on hand!

Need Professional Help? Persistent pain is *not* normal.

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