

**Article three: GOING OUT / WORKING MOM**  
**Organising your pump and back to work bag CHECKLIST**



Every Pump and Back to work Go-Bag is different.  
You may find a few items irrelevant to your needs.  
Edit if you must. Items/brand mentions are "suggestions".



**For the mom:**

- Nursing cover
- nipple cream
- snacks/ lactation goodies / lunch
- water bottle
- shawl / infinity scarf
- hand sanitiser / alcohol
- light scented cologne
- extra top
- ice packs (gel type)
- hanky or small towel
- Breast Pump (manual or electric)
- power adaptor
- extra batteries (for rechargeable ones)
- breast shields
- valves and membranes
- milk bags or bottles for milk storage
- adaptors/connectors for the milk bags
- ziplock resealable
- permanent markers for labelling your date and time of your let-down
- breast pads (disposable or washable)

**FOR WORK:**

- laptop
- note book /pads
- journal/ planner
- pen and pencils
- folders and other important documents
- light reading

**EXTRAS:**

- folding umbrella
- wet bags (for the dirty soiled items)
- cellphone, charger, cable and powerbank
- wallet
- foldable fans
- keys
- ointment/ balms
- basic meds (biogesic/ pain relievers, antihistamine etc)
- kiky kit (+tooth brush and toothpaste)

**TIPS:**

- Wear easy clothes and nursing bras for easy access during pumping.
- Continue wearing your binders and nursing bras
- Look for hands free bra to express your breastmilk- handsfree! Multi-task while pumping!
- Always keep yourself hydrated and eat balance diet to produce more milk.
- Eat lactation goodies to help boost your breastmilk and extra dose of mega-malunggay caps for vitamin C

If you wish to add useful items or tips for the checklist please let me know!  
email me: [iamwallabymommy@gmail.com](mailto:iamwallabymommy@gmail.com)

**(\* Means not to be placed inside the bag. But may be included in your checklist.**