

For Moms

Back-To-Work Checklist

For You

- Smartphone**
The [MyMedela app](#) can help you track your pumping sessions and reach your breastfeeding goals.
- Pumping-friendly clothing**
Wrap-style or button-down tops make for easy transitions to and from your pumping session.
- An extra shirt**
(Just in case!)
- Nursing pads**
[Nursing pads](#) provide discreet protection against leaks, and give you peace of mind while you're away from home.
- Sore nipple care**
For relief from nipple tenderness, try our [Tender Care™](#) Lanolin and Hydrogel products!

For Pumping

- Breast pump to leave at work**
Leaving a [second pump](#) at the office will mean one less thing to think about when getting ready for work.
- Reminders of baby**
Items that let you see, hear, or even smell your baby can help with letdown.
- Spare pump accessories**
Having additional [authentic spare parts](#) for your breast pump ensures you are prepared for any pumping situation.
- Pump cleaning supplies**
Keep your pump parts clean and sanitized with our [Quick Clean™](#) family of products!

For Milk Storage/Transport

- Cooler/transport bag**
Conveniently carry your expressed breast milk in a breast milk [cooler bag](#) for commuting from work to home and everywhere in between.
- Milk storage bags/bottles**
Medela's [Pump & Save™](#) Bags are great for refrigerating or freezing pumped milk for safe storage.
- Milk labeling**
Label your milk containers to avoid confusion with coworkers.

Other

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