

Travel Pumping Checklist

Pump Essentials

- ☐ Portable Electric Pump (wearable or compact)
- ☐ Manual Pump Backup
- ☐ Correct Flange Sizes
- ☐ Extra Valves, Membranes, & Duckbills
- ☐ Tubing & Connectors
- ☐ Dry Shampoo
- ☐ Hands-Free Pumping Bra
- ☐ Power Bank for Wearable Pump
- ☐ Charging Cords / Car Adapter
- ☐ Pump Storage Bag or Travel Case

Milk Collection + Storage

- ☐ Breast Milk Storage Bags (pre-labeled)
- ☐ Insulated Cooler Bag
- ☐ Reusable Ice Packs (frozen solid)
- ☐ Breast Milk Chiller (Ceres Chill or similar)
- ☐ Clear TSA-Approved Liquid Bag
- ☐ Sharpie or Date Labels
- ☐ Extra Bottles for Temporary Storage

Cleaning & Hygiene

- ☐ Quick-Clean Pump Wipes
- ☐ Travel-Size Bottle Soap
- ☐ Collapsible Washing Basin
- ☐ Microwave Steam Sterilizer Bags
- ☐ Microfiber Drying Cloth
- ☐ Waterproof Wet Bag for Used Parts
- ☐ Disposable Nursing Pads

Travel Pumping Checklist

Comfort + Self-Care

- ☐ Nipple Balm
- ☐ Warm/Cold Gel Packs for Relief
- ☐ Light Scarf or Cover for Pumping
- ☐ Soft Bra or Nursing Top
- ☐ Electrolyte Packets
- ☐ Healthy Snacks (protein-based)
- ☐ Refillable Water Bottle

Travel Essentials

- ☐ TSA Breast Pumping Guidelines Printout
- ☐ Small Notebook or Pump Tracking App
- ☐ Extra Zip Bags for Organization
- ☐ Privacy Shawl for Airport Pumping
- ☐ Copy of Baby's Info (optional comfort item)
- ☐ Extension Cord (hotel-friendly)

Momkinz Tip

Mama, don't rush your pumping breaks your body needs calm moments to keep showing up for your baby. Give yourself grace and hydrate often, because caring for you is caring for them.