



# CHECKLIST

## Breastfeeding Essentials

Everything you could, or might possibly need for success.

### BREAST CARE

- Reusable Breast Pads
- Disposable Breast Pads
- Breast Gel Pack
- Nipple Cream
- Nipple Massager
- Nipple Shields
- Silver Nipple Shields



### LACTATION SUPPORT

- Breastfeeding Probiotics
- Colostrum Collector
- Hydration Powder
- Lactation Ball
- Lactation Cookies
- Lactation Tea



### PUMPING

- Electric breast pump
- Manual breast pump
- Milk catcher
- Pumping bra
- Wearable breast pump



### COMFORT & CONVENIENCE

- Breastfeeding Pillow
- Breastfeeding Tops
- Burp Cloths
- Nursing Bras
- Nursing Chair
- Nursing Cover
- Nursing Necklace
- Sports Nursing Bra



### MILK STORAGE

- Milk Storage Bags
- Baby Bottles
- Steriliser

