Pumping bag checklist

Make this fit your equipment and your day.

REST & READY / FREE PLANNING WORKSHEET

Equipment, checked against your manual

- ☐ Pump and required parts
- ☐ Power cable or charged power source
- ☐ Your planned containers, labels and pen
- ☐ Your planned transport setup

For your day

- ☐ Water, snack and personal essentials
- ☐ Optional spare top or cloth
- ☐ Work or building access items
- ☐ Important contacts

The reset

Equipment check owner:

Bag reset owner:

Morning-only items:

Things staying at work:

Planning only, not medical or legal advice. No storage instructions, pumping intervals or feeding targets. Keep completed sheets private.