



# Breastfeeding Essentials Checklist

25 Essentials You Will Need  
For Your Breastfeeding  
Journey

# Breastfeeding

## ESSENTIALS CHECKLIST

### COMFORT & SUPPORT GEAR

- ☐ Breastfeeding Pillow
- ☐ Nursing Bras
- ☐ Nipple Cream
- ☐ Breast Pads
- ☐ Nursing Covers
- ☐ Button up Pajamas

### FEEDING ESSENTIALS

- ☐ Electric Breast Pump
- ☐ Hand Pump
- ☐ Milk Storage Bags/Containers
- ☐ Bottles & Nipples
- ☐ Breastfeeding App/Handbook
- ☐ Travel Bottle Warmer

### HYGIENE & CARE PRODUCTS

- ☐ Breast Wipes
- ☐ Sterilizer

### NUTRITION & HYDRATION

- ☐ Water Bottle
- ☐ Body Armor or similar drink
- ☐ Healthy Snacks(Nuts, Granola Bars, Fruits)
- ☐ Herbal Teas/Lactation Supplements
- ☐ Prenatal/Postnatal Vitamins

### EMOTIONAL SUPPORT

- ☐ Support System
- ☐ Online Communities/Groups
- ☐ Lactation Consultant

### BONUS TIPS

- ☐ Create a Routine
- ☐ Skin-to-Skin contact
- ☐ Patience & Persistence