

Information for breastfeeding military mothers



CHECKLIST FOR WORK

Going back on duty after your convalescent leave is over means packing a bag with essential items for your workday. Later on you may be sent TAD/TDY to a school or on deployment and will need to pack other essential items for pumping on the go and/or shipping your breastmilk home. This handout provides the most common items you may need in any scenario where you are separated from your baby, whether it's for 12 hours, 12 days or 12 weeks.

Items for Work/Duty

- Breast Pump with all parts and tubing
 - Extra set of flanges, tubing, membranes
- Two bottles or collection bags for *each* pumping session
 - Extra set of bottles/collection bags
- Power supply, extension cord, batteries
 - Adapter if overseas
- Hand pump
- Ice packs and tote or cooler
- Breast pads or Lily Padz©
- Cleaning supplies
 - Steam bags
 - Ziplock bag with water & dish soap
- Extra set of uniforms
- Hands-free bra or bustier
- Baby pictures
- MP3 player or iPod with music/photos/baby's sounds

Items for TAD/TDY/ Deployment

- Hand pump or attachment, in case of malfunction, lost/missing pieces, no electricity
- Pump cleaning gear – bottle brush, dish soap, ziplock bags (gallon) or steam cleaning bags
- Hand sanitizer/wipes
- Batteries
- Extension cord/adapter
- Milk storage bags
- Sharpie marker
- Blanket

Items for shipping milk

- Electric cooler or Styrofoam/soft-sided cooler
- Shipping boxes
- Shipping labels
- Packing tape
- Gallon size ziplock bags
- Newspaper
- Gloves (if using dry ice)
- Shipping carrier info

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