

Milk Feeding Checklist

Whether you're breastfeeding, pumping, or formula-feeding (or all three), this guide covers the gear that supports your feeding journey—without judgment.

If Breastfeeding

- ☐ Nursing bras (2–3)
- ☐ Nursing tops or button-downs
- ☐ Nipple balm (lanolin or natural alternative)
- ☐ Nipple Covers or cooling gel pads
- ☐ Breast pads (disposable or reusable)
- ☐ Milk collector
- ☐ Breastfeeding pillow (for comfort and positioning)
- ☐ Water bottle (stay hydrated!)
- ☐ Lactation snacks or teas (optional)

If Pumping

- ☐ Electric or manual breast pump
- ☐ Milk storage bags or reusable containers
- ☐ Hands-free pumping bra
- ☐ Cooler bag and ice packs (for pumped milk on the go)
- ☐ Pump sterilising accessories (e.g. steam bags or steriliser)
- ☐ Spare pump parts (valves, flanges, etc.)
- ☐ Pump cleaning brushes

If Bottle Feeding (Breastmilk or Formula)

- ☐ Bottles (4–6, newborn teat size)
- ☐ Bottle brush
- ☐ Bottle steriliser
- ☐ Bottle drying rack (optional but helpful)
- ☐ Formula (if using)
- ☐ Formula dispenser or travel container
- ☐ Kettle and/or bottle warmer/preparer
- ☐ Thermos (for night feeds on the go)
- ☐ Prepped water bottles (for safe mixing on the go)

Feeding Clean-Up & Care

- ☐ Burp cloths (4–6)
- ☐ Bibs (absorbent and easy-clean)
- ☐ Gentle bottle soap
- ☐ Sink caddy or basket for drying

Comfort & Support

- ☐ Feeding station (with snacks, water, charger nearby)
- ☐ Rocking chair or feeding-friendly seat
- ☐ App or notebook to track feeds (if helpful)
- ☐ Support contact (lactation consultant, GP, helpline)