

## PRIME THE PUMP CHECKLIST



Take the guesswork out of packing your bag. Yummy Mummy gives you the lowdown on what you'll need to start breastfeeding.

Pump
Rent or buy? Manual or electric? There are a number of different pumps that cater to all needs.  Speak with a Yummy Mummy specialist about which pump is best for you. And don't forget to reach out to your insurance carrier to see if you are covered for a breast pump under your insurance plan.
PumpEase™ Hands-free Pumping Band
Send an email. Eat a big bowl of ice cream. Write a thank you note. Read a magazine. Free your hands and maximize your time pumping with a PumpEase hands-free pumping band.
Milk Storage Bags
A must-have if you plan to pump and store your milk for future use.
Dishwasher Basket
 Save time washing your pump supplies with a dishwasher basket.
Cooler Set
What a "cool" idea! A specially designed cooler and freezer pack will keep all of that precious breast milk safe and cool, whether you are bringing it home from the office or are packing for a road trip.

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