

Mom's Back at Work Survival Kit

Critical items to have on hand to help get through the work day, when your day is not going as planned

- Extra shirt
- Maxi Pads
- Water Bottle
- Snacks
- Tissues
- Your go-to pain medicine (ibuprofen, Tylenol, etc)
- Stash of any other medication you regularly use or occasionally need
- Extra phone charger with an extra long cord
- Breastfeeding/Pumping related:
 - Nursing pads
 - Cleaning wipes, or travel soap/[travel cleaning kit](#)
 - Gallon ziplocs for storing pump parts in your fridge
 - Sharpie marker
 - Extra breastmilk storage bags or containers
 - Pumping/hands free bra; you can also [use a nursing bra or top for hands-free pumping](#)
 - Extra Pump or parts
 - Extra cooler and ice packs
 - Scarf/shawl/poncho in case you get chilly