

MUMSAGA

Build Your Pumping Kit

Everything you need to pump with ease — and nothing you don't.



- ◆ Your kit doesn't need to be expensive
- ◆ The right tools make every session easier
- ◆ You are more prepared than you think

01 • Essentials

The non-negotiables — these make pumping possible.

- ♥ A double electric breast pump (hospital-grade or personal-use)
- ♥ Correctly sized flanges / breast shields — the most important fit element
- ♥ BPA-free collection bottles or storage bags
- ♥ Power adapter and / or a fully charged battery pack
- ♥ A hands-free pumping bra
- ♥ A cooler bag + ice packs for storing milk on the go

02 • Comfort & Fit

Small tweaks here make the biggest difference to output and comfort.

- ♥ Nipple balm or lanolin — apply before and after each session
- ♥ Flange inserts — soft silicone liners for a gentler seal
- ♥ A nursing cover or privacy wrap for shared spaces
- ♥ A supportive pumping bra with adjustable straps
- ♥ Warm compress or heat pad — apply before pumping to aid letdown

03 • Organisation

Keep things clean, labelled, and ready to go.

- ♥ Milk storage labels (date + time + volume)
- ♥ A small wet bag or zip pouch for parts between washes
- ♥ Bottle brush + drying rack
- ♥ A dedicated pump parts bin — fridge method saves time between sessions
- ♥ A pumping log or tracking app
- ♥ Breast milk storage guidelines printed and posted

04 • Optional Helpers

Nice to have — but only if they suit your lifestyle.

- ♥ Wearable / wireless pump for hands-free, on-the-go sessions
- ♥ Milk catchers — passive collectors worn on the opposite breast
- ♥ A white noise machine or calming playlist
- ♥ A let-down spray or lactation supplement (consult your provider first)
- ♥ A dedicated pumping station with a small shelf or tray

05 • What to Skip

Save your money and your mental load.

- ✗ Sterilising every session — clean is enough after the first use
- ✗ Expensive lactation teas with no evidence base
- ✗ Buying multiple flange sizes before being properly fitted
- ✗ Wearable pumps as a first pump — learn your rhythm first
- ✗ Anything marketed as 'essential' that adds to your stress

Quick Checklist • Before You Leave the House

Tick everything off before you head out the door.

- ☐ Pump + power source / charged battery
- ☐ All pump parts (flanges, valves, membranes)
- ☐ Pumping bra
- ☐ Cooler bag + ice packs
- ☐ Phone (timer + tracking app)
- ☐ Storage bags or bottles
- ☐ Nipple balm
- ☐ Labels + pen
- ☐ Snack + water bottle
- ☐ Nursing cover (optional)