



POSTPARTUM KIT CHECKLIST

- Disposable underwear (depends)
- Peri bottle
- Padsicles
- Witch hazel pads
- Espom salts
- Nursing bras
- Breast pump
- Nursing pads or silver nursing cups
- Milk storage bags
- Haakaa or other milk collector
- Nipple cream
- Water bottle
- Placenta encapsulation and/or postnatal vitamins
- Comfortable clothes with nursing access