



FED IS BEST FOUNDATION

# FED IS BEST

*Hospital  
Essentials for  
Nursing  
Parents*



FED IS BEST INFANT FEEDING COURSE

## HOSPITAL PACKING

# CHECKLIST

ESSENTIAL ITEMS FOR GETTING BREASTFEEDING OFF TO A GREAT START  
WHILE ENSURING ADEQUATE FEEDING IF PROBLEMS ARISE

- Your Fed Is Best Feeding Plan, crib cards, and door sign
- Breast pump and compatible bottles (know how to clean and sanitize them in the hospital)
- Commercially-available breast pump cleaning wipes
- Breast pump kit microwave sanitizing bags
- Sealable bags for storing sanitized breast pump kit
- Nursing pillow
- Nursing bra, top, or cover (if desired)
- Ready-to-feed formula of your choice if you have risk factors for breastfeeding difficulties or wish to supplement without relying on the hospital
- Sterile newborn size nipples compatible with ready-to-feed formula bottles
- Nipple cream
- Nipple shields fitted if you have flat or inverted nipples
- Supplies for facilitating sleep (e.g. eye mask)



Don't forget to pick up your copy of the Fed Is Best Book, check out our online resources at [fedisbestbook.org/resources](https://fedisbestbook.org/resources) and sign up for our newsletter to get a notification when our Fed Is Best Safe Infant Feeding Course comes out!

