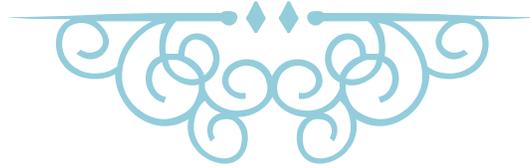


Postpartum Checklist



from UNORIGINALMOM.COM

- Breast Pump*
 - Milk storage bags*
 - Lanolin*
 - Nursing pads*
 - Nursing bra*
 - Nursing tanks*
 - Bags of frozen peas and/or cabbage
 - Super absorbent pads
 - Stool softener
 - Motrin or ibuprofen
 - Ice packs (or make your own)^
 - Disposable undies^
 - Sitz bath^
 - Squirt bottle^
 - Tucks pads
- * = items you'll need if you're planning to breastfeed
 ^ = items you may be able to get from the hospital