

YOUR FREE PRINTABLE

# Nursing Capsule Wardrobe Checklist

Tick each piece as you build it. Start with bras and tanks, then add the rest over time.

## The Essentials (Buy These First)

- ☐ 2 sleep bras
- ☐ 2 clip-down day bras
- ☐ 1 nursing sports bra
- ☐ 2–3 nursing tanks
- ☐ 2 nursing tees
- ☐ 2 easy-access tops (button-front or wrap)
- ☐ 1 cardigan or hoodie
- ☐ 1 nursing dress
- ☐ 1 jumpsuit or overalls
- ☐ 2 pairs of leggings or joggers
- ☐ 1 pair of stretch jeans
- ☐ 1 denim jacket
- ☐ 1 robe

## Add If You Pump or Work

- ☐ 1 hands-free pumping bra
- ☐ 2–3 button-front blouses
- ☐ 1 insulated pump bag
- ☐ 1 wet/dry bag for pump parts
- ☐ 1 spare nursing tee (for your bag)

## Seasonal Swaps (Add As Needed)

- ☐ Spring: light rain jacket + long-sleeve tees
- ☐ Summer: bamboo tanks + airy nursing dress
- ☐ Fall: knit skirt + warm leggings
- ☐ Winter: thermal leggings + long coat + big scarf

## Handy Extras

- ☐ Nursing pads
- ☐ Stain stick for the diaper bag
- ☐ Sun hat + sandals
- ☐ Comfortable everyday shoes

*Tip: Buy for the body you have today. Spend most of your budget on bras and tanks — they get the hardest use.*