




What temperature is your baby's room?

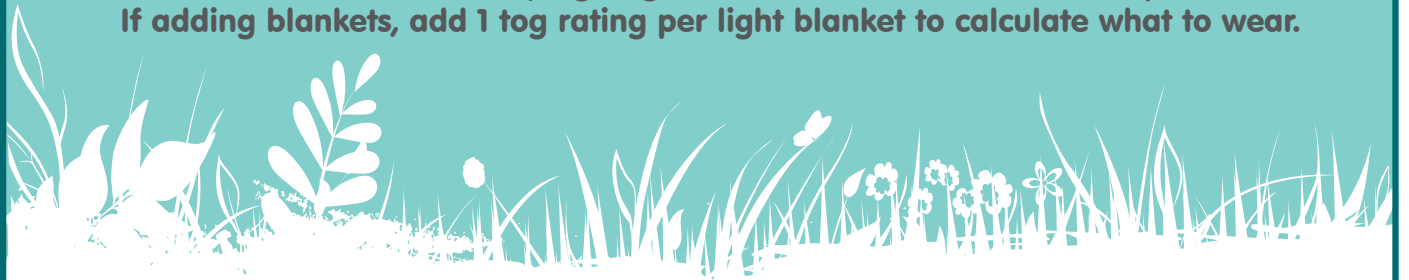
What to Wear

Recommendations Only

Nursery Temperature

Weight	Warm Pouch	Warm Pouch	Mild Pouch	Cool Pouch
Season	Winter	Winter	Autumn/Spring	Summer
TOG	3.5 TOG 15-21c(59-70f)	2.5 TOG 18-23c (65-73f)	1.0 TOG 21-24c (70-75f)	0.3 - 0.2 TOG 24c+ (75f+)
26c+(79f)				Cool Pyjamas or Singlet
24c (75f)			Cool Pyjamas or Onesie	Cool Pyjamas or Short Sleeve Jumpsuit
23c (73f)		Cool Pyjamas or Short Sleeve Jumpsuit	Mild Pyjamas or Short Sleeve Jumpsuit	
22c (71f)		Mild Pyjamas or Short Sleeve Jumpsuit	Mild Pyjamas or Long Sleeve Jumpsuit	
20c (69f)	Mild Pyjamas	Warm Pyjamas		
18c (65f)	Warm Pyjamas	Warm Pyjamas + Under Garments		
16c (61f)	Warm Pyjamas + Under Garments			
14c (57f)	Warm Pyjamas + Under Garments			

This table refers to our sleeping bags and swaddles worn without any blankets. If adding blankets, add 1 tog rating per light blanket to calculate what to wear.



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