

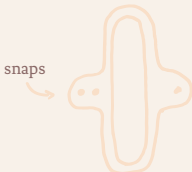
## FITTING GUIDE

### cloth pads

Our cloth pads are designed to mimic disposable pads, so the transition is simpler than you think!



PATTERNED SIDE



ABSORBENT SIDE



### 1. LAY

Lay your cloth pad in the lining of your undies, with the patterned side facing down, and the white organic cotton absorbent layer facing upwards.



### 2. FASTEN

Fasten the wings of your pad around your underwear and snap together, using either of the 2 x snap size options to make it narrower or wider.

### 3. CHANGE

Once used please follow wash guide overleaf. Recommended changing is every 2-6 hours depending on your flow.

If out-and-about, simply fold up once used pad is removed, and snap pad closed. Place in Mini wet-bag until you get home.



## THANK YOU

Every purchase makes a difference.

  @BAREANDBOHO

## 10% OFF

YOUR NEXT ORDER

USE CODE: BOHOBABY

# WASHING GUIDE

## cloth pads

### WASHING INSTRUCTIONS:

#### 1. Hand-rinse and dry-pail end of each day:

Rinse under tap until water runs clear. For deep markings, use 'Tuff Stuff' to gently agitate stains before they set. (Remove net from bar for gentler agitation). Squeeze water out, place in the dry-pail\* with airflow, until machine wash day.

#### 2. Main Cycle Every 2-3 days:

2-3 Hour (Cottons/Heavy Duty). Max 40-60 degrees. Use recommended dosage of detergent for your load size. Double dosage for recommended eco-detergents. Cloth Pads can be added to your general laundry and cloth nappy cycle.

#### 3. Drying:

Line dry recommended with organic cotton lining facing sunshine. Tumble-dry or portable clothes airer suitable on low settings. Ensure pads are completely dry before storing away.

### RECOMMENDED NATURAL DETERGENTS:

(Double dose) Kin Kin Naturals, Ecostore Laundry Powder

### COMMERCIAL ALTERNATIVES:

Omo Ultimate Powder, Biozet Attack, Radiant Laundry Liquid

### WASHING TIPS:

- Recommended pre-wash with general laundry cycle to remove production and handling residue before use.
- \*Dry-Pail: Open lid storage container such as a bucket or plastic laundry bucket with holes all around the sides for maximum air flow.
- For ideal agitation, ensure machine is loosely loaded to full, so that it equates to being 2/3 full once wet. Smaller regular household laundry items (excluding towels) are fine to help bulk the load. To avoid potential colour run, choose light coloured laundry.
- Industry standards recommend avoiding highly perfumed or acidic detergents containing citrus or phosphates.
- Do not use any detergents containing fabric softeners, optical brighteners or chlorine bleach as these can break down natural fibers or can leave residue on the pad and reduce absorption. Using these products will void your warranty.

### RECOMMENDED STAIN REMOVER:

Tuff Stuff Stain Remover Bar

(Natural/Vegan. Available on our website under Eco Clean).

Sard Wonder Laundry Soap Bar.

Sunlight Laundry Soap (Available most supermarkets).