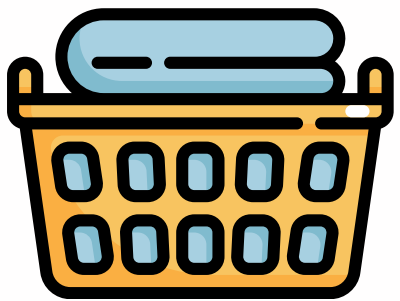


# Washing your Nappies

## EASY GUIDELINES FOR A GREAT WASH ROUTINE



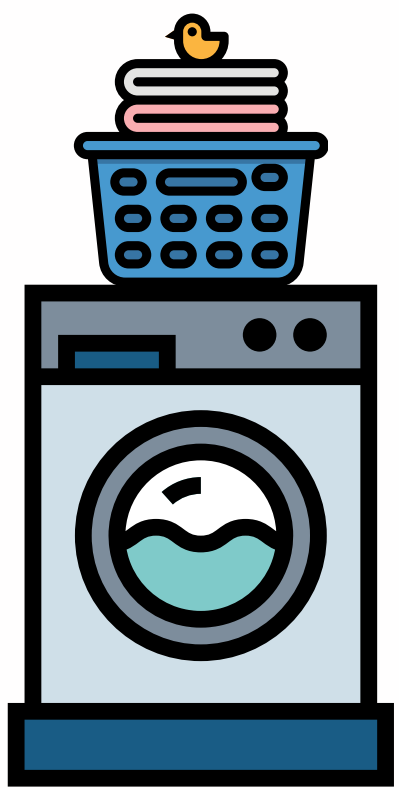
### 1. DRY PAIL

After taking the soiled nappy off, toss poo in the toilet, rinse out any excess and place nappy and inserts into a dry pail (any basket with holes).



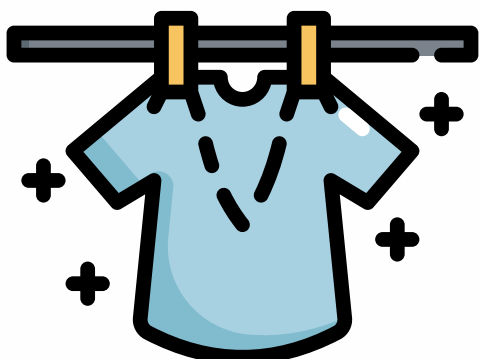
### 2. PRE-WASH

- When: Every 1-2 days
- What: All unwashed nappies and inserts in the dry pail
- Cycle: Short (30-60mins)
- Detergent: 1/2 recommended dose for heavily-soiled loads
- Heat: 40-60 degrees
- Spin: 800-1000rpm
- After: Place prewashed nappies in your dedicated 'prewashed' dry pail, while awaiting Main Wash.



### 3. MAIN WASH

- When: Every 1-3 days
- What: All pre-washed nappies and inserts, and other small pieces of clothing if you need to bulk your load
- Cycle: Long (2-3hrs)
- Detergent: Full recommended dose for heavily-soiled loads
- Heat: 40-60 degrees
- Spin: 800-1000rpm
- Dry: See Step 4



### 4. DRY

- Inserts: dry in the sun or in dryer
- Nappy Shells: dry in the shade or on low heat in the dryer



### NIGHT NAPPIES

For Night Nappies, hot hand wash with small amount of detergent OR go straight to Step 2, but wash on 60 degrees (night nappies absorb a lot of urine overnight and therefore need both heat and detergent to wash out)

