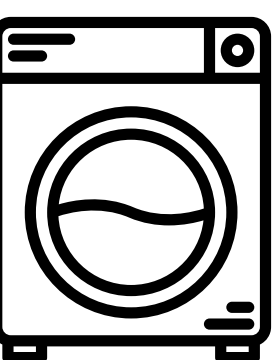
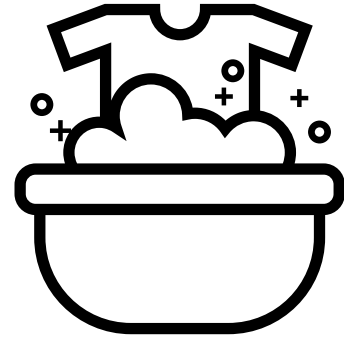


TIPS FOR WASHING REUSABLE NAPPIES



Load your Machine. Modern washing machines come in a large variety of sizes and there is no set rule as to how many nappies you can put in at once. As a rule of thumb, you should try to never load your washing machine more than 3/4 full. If you overload your machine, it means the nappies won't have enough water or room to move and therefore get cleaned. If you don't have enough to fill your machine, try adding dirty bibs or wipes.

Quick wash or Rinse wash Cycle. Due to the higher water efficiency of most modern washing machines, it is recommended that you avoid using a prewash cycle when washing reusable nappies and instead use either a cold rinse cycle or quick wash cycle (without any detergent). This is because prewash cycles reuse the water for the main wash and you don't want the dirty (soiled) water used for the main wash.



Main wash cycle. When washing your nappies it is important to follow the specific instructions for each nappy brand. For most nappies this will mean washing at 60C (although some may be okay at 40C) and using the longest wash cycle available. Cotton cycles are a better option than synthetic as it uses more water - which is necessary to flush all the dirt from the nappies. Make sure to check which detergent (especially bio or non-bio) is recommended by your nappy brand as using the wrong one can damage the nappies.

Drying nappies. When possible, air dry your nappies outdoors - the sun acts as a natural bleach and will reduce your energy consumption. You should only tumble dry as a last resort, as it is expensive and will significantly shorten their lives. Another option, is to use a drying cabinet, which allow you to quickly and easily dry indoors all year round. The only downside is that they can be very expensive. Never dry directly on a radiator as this will burn the fabrics.

