

This guide was written with the goal of helping you through the steps of adding 20 day-time nappies and 4 night-time nappies to your order through our online store. It also suggests adding a few extra items that you may find very useful. We also suggest taking the time to read through the notes about each product on our website which will really help you get a comprehensive understanding of the various products

The first step is to add 20 nappies and 40 inserts. That's 2 inserts per nappy. When you choose the individual nappies, you'll already be adding the 1st insert, then you'll add the 2nd insert from the inserts category (it works out a little cheaper this way when buying bulk!)

★ Add 20 pocket nappies to your cart

From the menu select **Cloth nappies > Pockets** and choose which prints or plain colours you would like:

- You can add any combination of colours or prints
- Select which ONE insert you would like to take with the nappy

(Microfibre is useful up until the little one is about 1yr of age, thereafter bamboo really is a must- we often suggest skipping the microfiber and rather opting for the Bamboo Blend inserts). Don't select any Optional 2nd Inserts – leave those blank. We'll add them in the next step.

You should now have 20 items in your cart (20 nappies which all include 1 insert). Now we want to add an extra insert for each nappy:

★ Add 20 extra individual inserts

From the menu select **Cloth nappies > Inserts** and add 20 of your preferred inserts

- Choose between Hemp or Bamboo

If you opted to keep the standard microfiber insert with each nappy in step 1, then we'd suggest adding 20 bamboo inserts. Alternatively if the little one is already a little older, rather add 20 hemp inserts

The 20 nappies you've added are intended for daytime use, changing approx. every 2-3 hours, and allowing you to wash every 2 – 3 days. Now we need to add some night nappies. These become increasingly important as the little one starts sleeping longer hours at night. You DON'T want to wake the little one to change a nappy! You can get away with taking only 3, but 4 is ideal since it gives you a spare in case of a poo accident...

A night nappy consist of a hemp fitted nappy (which is the absorbent layers) together with a PUL or Fleece cover over the top of the fitted nappy to make it waterproof.

From the menu select: **Cloth nappies > Night Nappy** and add 4 hemp fitted night nappies to the cart:

★ Add 4 OSFM Hemp fitted Night nappies

And then navigate to **Cloth nappies > Covers** and add the 3 covers:

★ Add 3 Covers

- Choose between OSFM PUL covers or Fleece covers.

PUL Covers are completely waterproof. Fleece covers, whilst not waterproof in the same sense as a PUL cover, do lock moisture in provided there isn't too much pressure on the cover. Fleece covers are softer than PUL covers...Either option will do the job at night !

Finally we are going to add some 'must have' extras to the cart (All are found under the Cloth Nappies menu):

★ Add 1 roll of disposable liners

Disposable liners become really useful once the you start feeding the little one pureed foods and poo becomes a little nastier. Liners essentially make it a little easier to deal with poo. You can also opt for washable fleece liners if you prefer

★ Add 1 wet bag

This is really useful when out and about – it's basically somewhere to keep you clean/dirty nappies 'til you get back home

★ Add 1 set of cloth wipes

Having some wet wipes on hand is essential when changing a nappy. We suggest rather use some plain re-usable wet cloth wipes than scented disposable wipes filled with chemicals

★ Add 1 tub of 100ml Bum Balm

Although you wont get rashes caused by nappy chemicals, teething rashes will occur. Some cloth friendly bum balm (essentially ointment that completely washes out of that nappy as opposed to clogging it) is a must have !

★ Add 1 Pail Liner

This large waterproof bag is elasticated at the top and is intended to be fitted into you nappy wash bucket. The nappies get placed into this bag and the bag is lifted out come wash day, the nappies are tipped out, and the bag is tossed into the washing machine along with the nappies.

And that's it. You've added enough nappies to wash every 2 – 3 days, and you have night times sorted.

Once the little one gets a little older, probably around 2 years old it often becomes necessary to add another hemp insert – ie. combining 1 bamboo and 2 hemp inserts for daytime use to comfortably get through 2-3 hours.

Don't forget that our cloth guide has loads of useful info – so take the time to read it carefully.

Remember we are always there to help – so if you are unsure – just ask !

