

SWADDLE SCHOOL WHAT TO WEAR GUIDE

ROOM TEMPERATURE	SWADDLE TOG	WHAT TO WEAR		SWADDLE TOG	WHAT TO WEAR
Above 75°F or 24°C	0.2 - 0.5 tog		or	0.7 - 1 tog	
Between 69 & 75°F or 20.5 & 24°C	0.2 - 0.5 tog		or	0.7 - 1.5 tog	
Between 65 & 71 °F or 18 & 21.5°C	1 - 1.5 tog	 	or	2 - 2.5 tog	
Between 63 & 69°F or 17 & 20.5°C	2 - 2.5 tog				
Between 59 & 67°F or 15 & 19°C	2 - 2.5 tog	 			
Between 55 & 67°F or 12.5 & 17.5°C	3 - 3.5 tog	 			
Below 61°F or 16°C	3 - 3.5 tog	 			

	Diaper
	Short sleeved bodysuit
	Short sleeve pjs
	Long sleeved bodysuit
	Long sleeved pjs
	Thicker long sleeved pjs

Use this as a rough guide. Take into consideration other factors, such as air conditioning, heating, if your baby runs warm or cool, or illness.

Please check with the swaddle manufacturer for more information

Please check your baby's temperature regularly.