

WHAT SHOULD MY LITTLE ONE WEAR TO BED?

THIS SHOULD BE USED AS A GUIDE FOR HOW TO DRESS YOUR LITTLE ONE FOR NAPS AND OVERNIGHT

12-15 DEGREES	VEST	LONG SLEEVE FULL SLEEP SUIT	3.5 TOG
16 DEGREES	VEST	LONG SLEEVE FULL SLEEP SUIT	2.5 TOG
17-20 DEGREES	LONG SLEEVE BODY SUIT OR FULL SLEEP SUIT		2.5 TOG
21 DEGREES	VEST	LONG SLEEVE BODY SUIT	1 TOG
22-23 DEGREES	LONG SLEEVE BODY SUIT		1 TOG
24-27 DEGREES	VEST		0.5 TOG
28+ DEGREES	VEST OR JUST NAPPY		

SHORT OR STRAPPY VEST BODY SUIT	LONG SLEEVE BODY SUIT OR FULL SLEEVE & LEGS SLEEP SUIT	SLEEPING BAG TOG
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