

# What to wear

A Grobag Child Sleep Bag is a wearable blanket that will keep your child at a comfortable temperature all night long. This table shows our guidance on the correct tog\* of Grobag and clothing to be used in different room temperatures.

Room Temperature      3.5 tog      2.5 tog      1.0 tog      0.5 tog      0.2 tog



**Over 27°C**  
(81°F)

**24-27°C**  
(75-81°F)

**22-24°C**  
(72-75°F)

**20-22°C**  
(68-72°F)

**18-20°C**  
(64-68°F)

**16-18°C**  
(61-64°F)

**14-16°C**  
(57-61°F)

**Under 14°C**  
(57°F)



					Nappy
				Nappy / Sleeveless bodysuit	
			Sleeveless / Short-sleeved bodysuit		
			Shortsleeved / Long-sleeved bodysuit		
		Long-sleeved bodysuit			
		Sleepsuit / Grosuit / Pyjamas			
	Long-sleeved bodysuit / Sleepsuit / Grosuit / Pyjamas	Short-sleeved / Long-sleeved bodysuit + Sleepsuit / Grosuit / Pyjamas			
	Short-sleeved / Long-sleeved bodysuit + Sleepsuit / Grosuit / Pyjamas				



Nappy



Sleeveless, Short-sleeved, Long-sleeved bodysuit



Pyjamas



Sleepsuit and Grosuit

**This thermometer is for its intended use only, as a guide to the temperature of a room.**

The temperature in the room is shown by the number that illuminates. Do not place this thermometer over a radiator or in direct sunlight. Grobag Child Sleep Bags are designed to be used instead of blankets and top sheets and you need to regularly check your baby to make sure he or she is not too hot or cold, as all babies are different. This information is for guidance only.

\* In some countries, the thermal resistance is expressed as "tog", for which 3.5 tog = 0,35 m<sup>2</sup>-K/W, 2.5 tog = 0,25 m<sup>2</sup>-K/W, 1 tog = 0,1m<sup>2</sup>-K/W, and 0.5 tog = 0,05 m<sup>2</sup>-K/W.