









What to wear

This table shows our guidance on the weight of Grosnug and clothing to be used in different room temperatures..

	cosy	light	superlight
 <p>Over 27°C (81°F)</p>			Nappy
 <p>24-27°C (75-81°F)</p>			Nappy / Sleeveless body suit
 <p>22-24°C (72-75°F)</p>		Sleeveless body suit / Short-sleeved body suit	
 <p>20-22°C (68-72°F)</p>		Short-sleeved body suit / Long-sleeved body suit	
 <p>18-20°C (64-68°F)</p>	Short-sleeved body suit / Long-sleeved body suit	Sleepsuit	
 <p>16-18°C (61-64°F)</p>	Sleepsuit	Short-sleeved body suit + Sleepsuit	
 <p>14-16°C (57-61°F)</p>	Short-sleeved body suit / Long-sleeved body suit + Sleepsuit		
 <p>Under 14°C (57°F)</p>	Long-sleeved bodysuit + Sleepsuit (+ Leggings as needed) - or - Short-sleeved bodysuit + Grosuit (+ Leggings as needed) (arms out position only)*		



Nappy



Sleeveless, Short-sleeved,
Long-sleeved bodysuit



Sleepsuit and Grosuit



Leggings

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. Grosnugs 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. Do not use if you think your baby is too hot. ***The Grosuit is not designed to be used with the Grosnug when baby has arms in.** This information is for guidance only.

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