

Reduce the environmental impact of real nappies.

Top 10 tips.

By using real nappies you are reducing the amount of waste you create by around a tonne. You can also reduce your energy use with care - by around 24% of that of disposables. More if you wash at 40 or less.

1. **Wash nappies at 60°C** and wraps at 40°C with other clothes – **do not boil wash**. 40°C is high enough if you just have wet nappies to wash, and with modern nappies and washing powders some people are washing all their nappies at 40.
2. Wait till you have a full load of washing
3. Use A-rated appliances to reduce energy & water consumption
4. Minimise tumble drying – line dry or use an airer
5. Don't use fabric conditioner – it is unnecessary and it reduces absorbency
6. Use eco-friendly washing powders
7. Use real nappies for more than one child or
8. Buy second hand nappies where possible
9. Use organic (non-bleached) products
10. Don't iron nappies



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