

Duvet Tog Guide

What are togs?

A tog measurement is a European warmth rating: the higher the tog, the warmer the product. Gro duvets are available in two tog ratings.

8.0 Tog

22°C (72°F) and below

4.0 Tog

16-27°C (61-81°F)

Room temperature	Gro to Bed duvet		
Above 27°C (81°F)	No inner duvet needed		
24-27°C (75-81°F)	<div><div>4.0</div></div>	+	<div><div></div></div>
22-24°C (72-75°F)	<div><div>4.0</div></div>	+	<div><div></div></div>
20-22°C (68-72°F)	<div><div>4.0</div></div>	+	<div><div></div></div>
	<div><div>8.0</div></div>	+	<div><div></div></div>
18-20°C (64-68°F)	<div><div>4.0</div></div>	+	<div><div></div></div>
	<div><div>8.0</div></div>	+	<div><div></div></div>
16-18°C (61-64°F)	<div><div>4.0</div></div>	+	<div><div></div></div> + <div><div></div></div>
	<div><div>8.0</div></div>	+	<div><div></div></div>
14-16°C (57-61°F)	<div><div>8.0</div></div>	+	<div><div></div></div>
Under 14°C (57°F)	<div><div>8.0</div></div>	+	<div><div></div></div> + <div><div></div></div>

Guide Key

- Nappy
- Short-sleeved cotton body suit
- Pyjama Top
- Pyjama Bottoms
- Pyjamas
- Vest
- Sleeveless cotton body suit
- Long-sleeved cotton body suit
- Grosuit
- Light Pyjamas
- Sleepsuit

What tog duvet does my child need?

Young children are less able to regulate their own body temperature meaning they are at a higher risk of overheating; therefore we recommend 4.0 tog duvets for cot beds/children under 5 years old and either 4.0 tog or medium/warm 8.0 tog duvets for singlebeds/children aged 5 years and over.

Adults would be cold under such light tog ratings but because children take up less room in their beds, the duvet is able to trap more air around their little bodies keeping them warmer.

Why do cot bed duvets only come in 4.0 tog?

The size of a cot bed is smaller and so it automatically retains more heat when the child is sleeping, an 8.0 tog duvet would be much too warm for a cot however, the larger surface area of a single bed means the child only heats the area he/she is sleeping in, so a higher 8.0 tog rating is also available on the single bed size.

Important Safety Information

Do not use in conjunction with a Baby Sleep Bag.
NEVER use a duvet or a pillow for a child under one year.
Do not exceed the maximum recommended tog duvet, 4 tog for children in cot beds and 10tog for children in single beds.

Grobag Guide

Choosing a size

An ideal time to start using a Grobag baby sleep bag is when your baby weighs more than 8lbs 13oz (0-6 mths size). Your child's head should not be able to pass through the neck hole when the Grobag is fastened; otherwise the Grobag is too big. Remember to check the weight of your child.

Please remember that these are recommendations only as all babies are different.

Approximate child age	Minimum child weight	Child height
0-6 months	4kg / 8lbs 13oz	50-65cm
6-18 months	8.1kg / 18lb	65-80cm
18-36 months	11.4kg / 25lb	80-95cm
3-6 years	53.5cm chest	95-116cm
6-10 years	58cm chest	140cm

What are Togs?








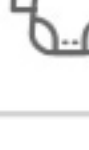


































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3.5 Tog 	2.5 Tog 
Cold temperatures, for cold rooms 16°C (61°F) and below	All year round, for standard rooms 14–20°C (57–68°F)
1.0 Tog 	0.5 Tog 
Summer and daytime naps, warmer weather and in rooms 20–24°C (68–75°F)	Holiday and heatwaves, hot weather and very warm rooms 24–27°C (75–81°F)












What to Wear

A number of factors determine the tog rating of the baby sleep bag that should be used. These include the number of clothes your baby is wearing, the temperature of their bedroom and your baby's health.

WARNING! Do not use if the child can climb out of the cot
WARNING! Do not use in combination with other bedding items (e.g. cot duvet)

Nursery Temperature	Bed Time Clothing			
24–27°C (75–81°F)	 0.5	+	 Or	
	 0.5	+		
22–24°C (72–75°F)	 1.0	+	 Or	
	 1.0	+		
20–22°C (68–72°F)	 1.0	+	 Or	
	 1.0	+		
18–20°C (64–68°F)	 2.5	+		
16–18°C (61–64°F)	 2.5	+	 Or	
	 2.5	+	 Or	
	 2.5	+		
14–16°C (57–61°F)	 2.5	+	 +  Or	
	 2.5	+	 +  Or	
	 2.5	+	 +  Or	
	 2.5	+	 +  Or	
	 2.5	+	 +  Or	
	 2.5	+	 + 	
	 3.5	+	 Or	
	 3.5	+	 Or	
	 3.5	+	 Or	
	 3.5	+		
14°C (57°F) and under	 3.5	+	 +  Or	
	 3.5	+	 +  Or	
	 3.5	+	 +  Or	
	 3.5	+	 +  Or	
	 3.5	+	 +  Or	
	 3.5	+	 + 	

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	Nappy		Sleeveless cotton body suit
	Short-sleeved cotton body suit		Long-sleeved cotton body suit
	Pyjama Top		Grosuit
	Pyjama Bottoms		Light Pyjamas
	Pyjamas		Sleepsuit
	Vest		

Styling Features

Grobags come in a range of styles to suit your needs

Side Zip

Side zips have double poppers on the shoulders and under-arm poppers for when your baby is small. They open out flat for easy night time nappy changes.

Front Zip

Front zips have fixed shoulders and are great if your child moves around a lot. This is ideal for toddlers.

Travel Grobag

Travel Grobags are similar to normal Grobags with the added feature of a two way front zip and a back so it can easily be used with a 5 point harness in car seats or pushchairs.

Other design options

