

TYPES OF CLOTH NAPPIES 101

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A quick guide to all strengths and considerations for each type of cloth nappy

AIO - ALL IN ONE

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Strengths

- Most like a disposable
- Requires no assembly
 - Easy to use
 - Usually a trim fit



Considerations

- More expensive type
- Need to wash the whole nappy after each use
 - Can take long to dry (depending on how the layers are sewn in)

HOW MANY?

24 AIOs to wash every second day*

*A variety stash is recommended

SIZE:

One-Size = 5+kg,

Newborn = 3-8kg

CLOTH NAPPY GUIDE TO A SIO - SNAP IN ONE

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Strengths

- Easy to use, convenient
- Tends to give a trim fit*
- Requires minimal assembly, just snap in inserts
- Faster drying time than an AIO

Considerations

- Can have a hidden layer of waterproofing or outer PUL
- Need to wash the whole nappy after each use
- Takes a bit more time to match inserts with the correct cover (compared to an AIO)
- Expensive

HOW MANY?

24 OS SIOs to wash every second day**

**A variety stash is recommended

SIZE:

One-Size (OS) = 5+kg,

Newborn (nb) = 3-8kg*

* Brand dependent



POCKET

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Pocket
opening

Insert



Strengths

- Widely available
- Affordable
- Quick drying
- Good for daycare as it's inexpensive and easy to use
- Can get a stay-dry or natural fibre pocket lining

Considerations

- Requires some effort: Adding inserts to pockets before use and removing before washing
- One or two pocket openings (Two means inserts agitate out when washing)
- Not an ideal option for night time cloth or nb cloth
- Wash entire nappy after each use

HOW MANY?

24 OS pockets to wash every second day*

* A variety stash is recommended

SIZE:

One-Size (OS) = 5+kg,

Newborn (nb) = 3-6kg*

* Brand dependent



CLOTH NAPPY GUIDE TO AN AI2 - ALL IN TWO

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Strengths

- Can reuse the cover before washing by just wiping it and then replacing the insert
- Economical option as you need fewer covers (the expensive part)
 - Trim fit
 - Dries relatively quickly
- Great for nappy bags and travelling as it takes less space

Considerations

- PUL might touch baby's skin at hips. Some might have a skin sensitivity to PUL
- Not ideal for newborn cloth due to runny poop (can't always reuse covers before washing)
- 2 step solution, snap in insert and then snap onto baby

HOW MANY?

24 inserts + 6 covers to wash every second day*

*A variety stash is recommended

SIZE:

One-Size = 5+kg,

Newborn = 3-8kg

Inserts = small <9kg, Large > 9kg or one-size*

* Brand dependent



CLOTH NAPPY GUIDE TO A HYBRID FITTED

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Water-resistant
layer



Strengths

- Entire nappy is absorbent
- Most breathable type (Great when baby is teething or skin has a bit of redness)
- Beautiful and unique prints
- Usually handmade

Considerations

- Has a water-resistant layer sewn in (hence breathable)
- Needs a cover for night-time cloth or long trips
- Wide variety of quality
 - A bit bulky
 - Takes long to dry
 - Expensive

HOW MANY?

A full-time cloth stash needs 24 OS nappy changes and 36 nb nappy changes*

* We recommend a cloth nappy stash with a variety of types

SIZE:

One-Size (OS) = 5+kg,

Newborn (nb) = 3-8kg

Petite = 4-10kg *

* Brand dependent



CLOTH NAPPY GUIDE TO A **FITTED**

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Needs a cover



Strengths

- No folding required
- Very absorbent
- Good night-time option
- Relatively easy to use
- Whole nappy is absorbent
- Great newborn solution

Considerations

- Can be snapless or have snaps
- Snapless is fastened with a snappy or pin
- Needs a cover: PUL cover, Wool or fleece soaker
- Can take longer to dry
- Tends to be bulky

HOW MANY?

Generally used for nights or long trips so 4-5 should be enough to wash every second day*

*A full-time cloth stash needs 24 OS nappy changes and 36 nb nappy changes

SIZE:

One-Size (OS) = 5+kg,

Newborn (nb) = 3-8kg

Medium <9kg, Large > 9kg*

* Brand dependent



PREFOLD

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Needs a cover



Strengths

- Very absorbent
- One of the cheapest options
 - Dries relatively quickly
- Versatile: can be used as boosters, inserts or snapped on baby
- Usually made from natural fibres
 - Great for newborn cloth

Considerations

- Can take a little bit of practice if using a snappy
- Need different sizes for different ages
 - Old style cloth
 - Needs a cover

HOW MANY?

24 Prefolds and 6 covers for one-size stash,
36 Prefolds and 8 covers for newborn stash*

*A variety stash is recommended

SIZE:

■ Small = 3-9kg

■ Large = 9-18kg

■ *Brand dependent



FLAT

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Needs a cover



Strengths

- Very trim option (flannel or hemp)
 - Very absorbent
 - Dries very quickly
 - Cheapest option
 - Easy to handwash
- Great for holiday cloth, newborn cloth and night time cloth (2 flats)
 - Lots of different folds

Considerations

- Learning curve to fold and snap/pin on baby
 - Old style cloth
 - Needs a cover

HOW MANY?

24 Flats and 6 covers for one-size stash,
36 Flats and 8 covers for newborn stash*
*A variety stash is recommended

SIZE:

50x50cm/Newborn = 3-8kg
60x60cm/petite = 5-10kg
70x70cm/OS = 5+kg



WHAT TYPE OF CLOTH NAPPY SHOULD YOU GET?

Lifestyle Considerations

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TRAVELING/OUT & ABOUT

Convenient or Cheap?

Convenient

Cheap

Do you have lots of space?

Yes

No

No

High humidity environment or hand washing?

No

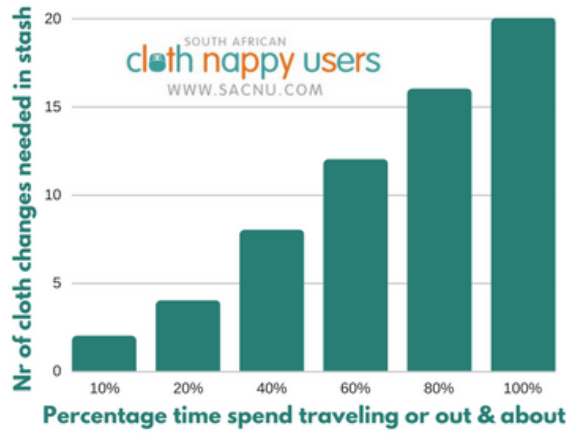
Yes

Yes

AIO

SOUTH AFRICAN
cloth nappy users
WWW.SACNU.COM

TIME SPEND TRAVELING OR OUT & ABOUT



HOW MANY? www.sacnu.com	AIO	AI2	FLATS/PREFOLDS	COMBO
Percentage time spend in this lifestyle	- Expensive - Takes more space - Convenient	- Economical - Takes less space - Two step - snap insert on cover	- Cheap - Takes less space - Two step - fold flat/ prefold and snappy on baby	SOUTH AFRICAN cloth NAPPY USERS WWW.SACNU.COM
10%	2 AIOs	1 cover + 2 inserts	1 cover + 2 flats	1 cover + 2 inserts/flats
20%	4 AIOs	2 covers + 4 inserts	2 covers + 4 flats	1 AIO + 1 cover + 3 inserts/flats
40%	8 AIOs	2 covers + 8 inserts	2 covers + 8 flats	2 AIO + 2 covers + 6 inserts/flats
60%	12 AIOs	3 covers + 12 inserts	3 covers + 12 flats	3 AIO + 3 covers + 9 inserts/flats
80%	16 AIOs	4 covers + 16 inserts	4 covers + 16 flats	4 AIO + 4 covers + 12 inserts/flats
100%	20 AIOs	5 covers + 20 inserts	5 covers + 20 flats	4 AIO + 4 covers + 16 inserts/flats

Lifestyle Considerations

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DAY CARE, CRECHÉ OR DAY MOM

Convenient or Cheap?

Convenient

Cheap

Do you mind long drying times?

No

Yes

Do you mind folding?

Yes

No, I want the cheapest

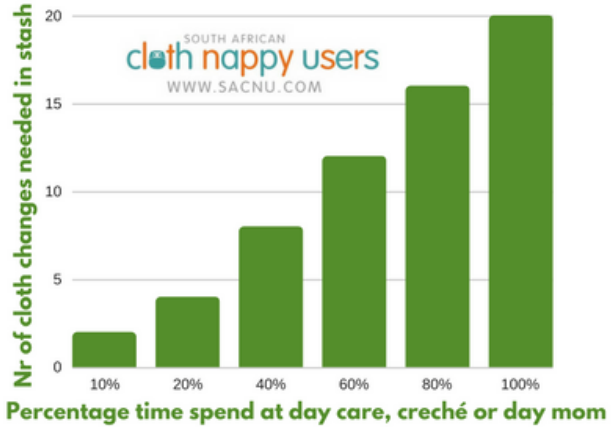
AIO

Pockets stuffed with inserts

Pockets stuffed with flats

SOUTH AFRICAN
cloth nappy users
WWW.SACNU.COM

TIME SPEND AT DAY CARE, CRECHÉ OR DAY MOM



HOW MANY? www.sacnu.com	AIO	POCKETS STUFFED WITH INSERTS	POCKETS STUFFED WITH FLATS	COMBO
Percentage time spend in this lifestyle	- Expensive - Convenient - Takes long to dry	- Economical - Stuff pockets with inserts - Dries relatively quickly	- Cheap - Padfold flat and then stuff in pocket - Quickest drying time	SOUTH AFRICAN cloth NAPPY USERS WWW.SACNU.COM
10%	2 AIOs	2 Pocket covers with 4 inserts	2 Pocket covers with 2 flats	2 AIOs
20%	4 AIOs	4 Pocket covers with 8 inserts	4 Pocket covers with 4 flats	1 AIO + 3 pocket covers + 4 inserts + 1 flat
40%	8 AIOs	8 Pocket covers with 16 inserts	8 Pocket covers with 8 flats	2 AIO + 6 pocket covers + 6 inserts + 3 flats
60%	12 AIOs	12 Pocket covers with 24 inserts	12 Pocket covers with 12 flats	3 AIO + 9 pocket covers + 10 inserts + 4 flats
80%	16 AIOs	16 Pocket covers with 32 inserts	16 Pocket covers with 16 flats	6 AIO + 10 pocket covers + 10 inserts + 5 flats
100%	20 AIOs	20 Pocket covers with 40 inserts	20 Pocket covers with 20 flats	8 AIO + 12 pocket covers + 12 inserts + 6 flats

WHAT TYPE OF CLOTH NAPPY SHOULD YOU GET?

Lifestyle Considerations

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AT HOME AND/OR PRIVATE CARETAKER

Convenient or Cheap?

Convenient

Cheap

Do you mind long drying times?

Do you mind folding?

No

Yes

Yes

No

AIO

SIO, AI2 or Pockets

AI2 or Pockets

Prefolds and covers

Need breathability or unique exclusive nappies

SOUTH AFRICAN cloth nappy users WWW.SACNU.COM

Even cheaper, a bit more folding

DAY AND NIGHT NAPPIES:

Hybrid fitted

Fitted and a cover

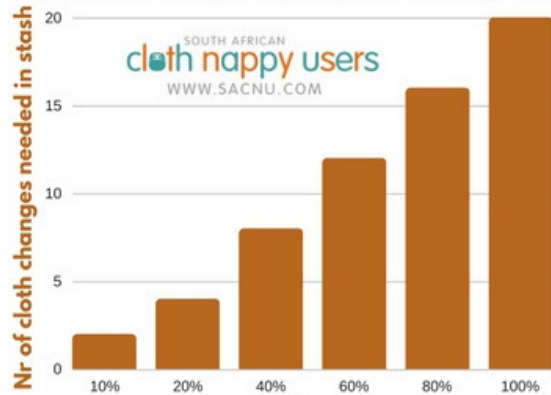
Flats and covers

Convenient, expensive, needs cover for night

Easy, affordable

Cheapest, trim, needs cover

TIME SPEND AT HOME OR WITH PRIVATE CARETAKER



Percentage time spend at home or with private caretaker

HOW MANY? www.sacnu.com	SPECIFIC NIGHT NAPPY	HYBRID FITTED AND A COVER	FITTED AND A COVER	FLATS/PREFOLDS AND A COVER
NIGHT NAPPIES	- Most expensive - one-step, very convenient - Takes long to dry	- Expensive - Convenient - Takes long to dry	- Less expensive - Convenient - Takes long to dry	- Cheap - Fold flat/prefold and add cover - Quickest drying time
Wash every day	2-3 night nappies	2-3 hybrid fitteds and a cover	2-3 fitteds and a cover	2-4 flats/prefolds and a cover
Wash every second day	3-4 night nappies	3-4 hybrid fitteds and 2 covers	3-4 fitteds and 2 covers	6 flats/prefolds and 2 covers
Wash every third day	4-5 night nappies	4-5 hybrid fitteds and 3 covers	4-5 fitteds and 3 covers	10 flats/prefolds and 3 covers
How Many at home nappies?	You need a full-time stash of 24 nappy changes to wash every second day (baby 3+months old). Get a variety of all types and brands. Have a look on www.sacnu.com/variety-stash			