

Tog Values

The recommendations from the Foundation for the Study of Infant Deaths are that babies should have a maximum of 10 tog units including clothes and covers at 18 °C or 65 °F.

A tog value measures the insulation on sleeping babies provided by bedding and clothing.

The table below is a guide to the Tog values of various clothing:

Clothing	Tog Value
Vest	0.2
Baby gro	1
Jumper	2
Cardigan	2
Trousers	2
Nappy (Disposable)	2 (less when very wet)
Sleeping Suit	4

Bedding	Tog Value
Sheet	0.2
Old blanket	1.5
New blanket	2
Quilts/Duvets – not suitable for babies under 1	Typically 9 (depending on manufacturer)

If an item is doubled over i.e. blanket, this doubles the tog value