



Strip Washing Fact Sheet.

A strip wash is a new process and should only be done sparingly (no more than once every 6 months) as it is a harsh process that can cause the nappies to break down more quickly. This process is a deep clean that washes (strips) out any organic matter (poo!), minerals and/or detergent that has built up in your nappies. If you find your nappies are smelly or suddenly leaking you may find that a strip wash will stop the smell and increase the absorbency. A strip wash is also a good thing to do before the nappies are put into storage between babies.

It is important that this process is only done occasionally as the harsh process required to complete the strip wash will dramatically lower the life span of the absorbent fibres, PUL and elastic. If you have a great wash routine; by using the right amount of detergent, rinsing well and drying in shade or part sun; we can promise you that you won't need to do a strip wash much more than once or twice in the time your baby is in nappies.

So, how do you do it? Well here is our easy method:

1. Start with CLEAN nappies – make sure the nappies are washed. If there is a build-up on the surface or dry layer, then using a small amount of dishwashing liquid and scrub them with an old toothbrush or nail brush and rinse well.
2. Put all your nappies and/or inserts into a tub of HOT water; ensure you dismantle all nappies. We find a big plastic tub or baby bath works the best. You can use the laundry tub if you have a good plug which doesn't leak! This is important that it doesn't leak as they will be soaking for a long period of time.
3. Add a generous squirt of dishwashing liquid or cheap hair shampoo – that's right, CHEAP, the cheaper the better – and mix your nappies around in the water until there are lots of bubbles formed. If you don't get lots of bubbles add more shampoo or dishwashing liquid. It is important to remember that the water will be HOT, so you may want to use a wooden spoon or broom handle for the stirring.
4. Soak overnight in tub of hot water. Once the soaking period has been completed, transfer the nappies to the washing machine and wash as usual WITHOUT detergent.
5. Run a 2nd rinse cycle at the end of this wash.
6. Dry – this may take longer than usual. However, it is a good thing! This is due to the increased absorbency from strip washing.

Hints and Tips:

1. Do not strip wash your entire stash at one time! You will find that you may be stuck without nappies! Some people do one type of nappy at a time (e.g. all-in-two then fitted) or put a symbol with fabric marker on the nappies that have been strip washed.
2. Do not strip wash shells or covers. Remove all absorbent inserts and wash alone.
3. Nappies are not designed to last forever, and strip washing will not perform miracles on nappies which have reached their life span.

For more washing advice, we recommend looking at www.cleanclothingnappies.com or www.australiannappyassociation.org.au.