

# Practical 24/7

## A Guidebook

I've been continuously in diapers 24/7 for roughly the past 8 years and about 12 years total on and off. When making a change like this in one's life, one has to develop a set of skills to deal with it. This guide sets out to provide some head-start on those skills; it's the collected wisdom of over 50 people who actively wear 24/7. That said, it's not just meant for those who want or need to wear 24/7. This is also a decent guide for any ABDL or sufferer from occasional incontinence too.

### First, Some Rules

**Rule One - Assume you'll get caught.** While I've never been caught by anyone I knew, from day one I've been operating under the assumption that someone I don't want to find out will find out I'm in diapers. If you can accept this, everything else becomes easy. This is not to say you'll get caught, but by making this assumption and accepting it early on, being padded is far less stressful than it is if you're trying to hide it. It makes the leaks, inconvenient changes, and other oddities much easier to deal with. That said, you can take some comfort in that people are *really* oblivious, and unless they wear or like diapers, odds are they won't notice nor care what kind of underwear you like/use. The real risk of getting caught is in the stuff you'll need to do every day, not just being padded. For example, you'll need to carry a diaper bag, you'll have to take it with you in the bathroom, you'll end up leaking at a bad time, and you'll be walked in on while changing (this has happened to me).

**Rule Two - Diapers are not free.** I spend about \$200 a month on diapers, wipes, and other items. Sometimes more, sometimes less; your mileage may vary. I honestly believe you want good diapers too: ABU, Rearz, Dry247, Abena, Bambino, some cloth maybe. It's a balancing act between cost, comfort, and capacity. Your needs may change over time; you may need high capacity when you first start, but not need it later down the road.

**Rule Three - Your body may adapt.** For example, I've been wearing at night pretty consistently for 10 years or so and now I wake up wet in the morning. This was a welcome change for me, but now there is a very real risk that I will wake up in a wet bed if un-diapered. This is a choice I willingly made. I also wet more often, and in smaller quantities during the day. When I need to go, it's by far more urgent. This means when I have to go (which I do quite often), I have very little warning before I start peeing. These changes are not universal by any means but are reasonably common enough among the folks I know who are 24/7.

**Rule Four - It's not always easy.** You may be stuck in a position where you're wet and you know you need a change but you can't, or the available places to change are, to put it mildly, disgusting. There may be a time when you leak and you need to put on dry clothes, but can't because there isn't time, room, or you don't have any dry clothes with you.

# Your Body

## Cleanliness and Pubic Hair

As the old saying goes, cleanliness is next to godliness. When you're 24/7 this is even more important than it would be otherwise. First thing to touch on is body hair in your diaper area: you should at the very least trim, and I *highly* recommend shaving, at the very least in the front where its likely to be in touch with urine most of the time. This is important for two reasons: one, hair retains moisture (and you'll end up with diaper rash), and two, hair retains odor. After time, you'll sort of smell like stale pee no matter how much you wipe it clean.

So while trimming is really required, I *highly* recommend shaving. A trick on how to do it: get trimmed down as close as you can, get padded, and do your usual thing. When you next shower (which should be out of a wet diaper), your hair there will be softened. Soap, wash up, wash your body, wash your hair, all the normal showery things. At the end of the shower, shave. From that point forward, you should only need to touch up every couple of days. One tip on shaving to consider, use two razors - one for your face, and one for your privates. Another tip is to go over the shaved area with aftershave, but avoid ones with menthol, unless you want to feel *very* fresh. I like a lilac scented aftershave made by Gabels, a cosmetics manufacturer out of Los Angeles, which is available on Amazon.

## Rash, and How to Prevent it

The most common cause of rashes is urine remaining next to the skin for an extended period of time. There are a couple of usual causes of this, one is pubic hair, the other is insufficient changing, you should be changing every 8 hours or so, yes extending your change time till 10-12 hours is fine as an occasional thing, but if you find yourself frequently getting rash, look at how much water you're drinking, and how often you change.

Beyond cleanliness, one of the key preventative measures for rash is judicious use of powder. If you emit a huge cloud of powder when you finish changing, you used too much. Generally you need to be careful about powder and use just the right amount; too much, and it will clump up in your diaper (more so if you're using talc) and retain moisture next to your skin.

The biggest preventative to rash I've found is spending some time a day airing out. Particularly airing out after you've gone a long time without changing is most beneficial to skin health. If you can't air out because of incontinence, then powder can help dry your skin after the change is complete, and will keep you feeling dry longer.

If you're getting friction rash on your thighs and you wear onesies, I recommend skipping out on the onesies for a couple weeks to see if the rash abates some on its own with proper treatment - this is an especially common problem in the early days of transition to 24/7, or if you suddenly change from being mostly sedentary to active.

Another key is rash creme. I prefer a product called Calmoseptine, which is a zinc barrier cream (like Desitin, but without the fish oil base that gives Desitin its characteristic smell). If your skin even feels a little tender, don't hesitate to slather some on. A good rash (barrier) creme (anything with a zinc content equal to or better than Desitin) will clear up most kinds of rash

within 24-48 hours. Another tip is to change more often; how much more is up to you, there is no universal recommendation.

The exception to this is fungal diaper rash, which is jock itch. Fungal diaper rash can have all kinds of causes; the most frequent causes for me are oral antibiotics. I recommend Smith & Nephew Secura Antifungal Rash Creme for this; it's 2% Miconazole Nitrate in a barrier creme with zinc in it. You can also use any over-the-counter jock itch ointment, but I think the barrier creme plus anti-fungal works best. In the end, if it gets too bad, the doctor is always an option. They have prescription ointments which will work even better.

Also, if you need to get any barrier cream off your hands, baby oil works best, but any liquid detergent (laundry or dish) will work as well.

## Clothing

If you think 24/7 is going to be in your future plans, it's a wise idea to go diapered whenever you plan on buying clothing; otherwise you may find that much of your clothing doesn't fit too well. I've been told a good rule of thumb is to buy a size larger; really, I just go try stuff on and see what fits best.

Beyond that, while I don't always wear a onesie myself, I *highly* recommend getting some onesies. Generally, I recommend trying it on in person or using the try on program ABU has. Start with a size smaller than you think you would wear or base it off your t-shirt size. The ABU sizing is specific to their product, but the Tykables sizing is very close to t-shirt sizing. A key to remember here is that the onesie is supposed to be tight - but not so tight that it causes leaks - it should leave some room for the diaper to expand. It's supposed to hold the diaper up and help keep it in place. If you do buy white onesies, I recommend you learn how to bleach them as they will get stained. Also consider that diapers with print on the outside can often bleed ink onto the onesie. The best application of onesies is while sleeping, no more issues with your t-shirt riding up, or with diaper tapes getting caught on bedding and coming loose in the night.

I'd also note that there are certain kinds of clothing that are not very friendly to 24/7 wear. Skinny jeans for one, but your mileage may vary, and it's up to the preferences of the wearer. Consider it a balance: tight clothing is more revealing and can cause leaks, but can mask sounds. You'll have to sort out what works for you, and what doesn't.

## Diapers and Other Supplies

Which supplies you use is really a matter of personal preference, but there are some good baselines. It's highly recommended to order whatever diapers you like by the case; some folks prefer having a variety of product, some prefer just having one product they use all the time. You just sort of need to figure out what works for you. I highly recommend keeping some inexpensive diapers around for when you're just putting around the house. These can be medical grade, but lower capacity; cloth can also work well in this capacity as well.

On diaper sizing, where the tapes land on you is important for determining which size you need. In general, if the top tapes land outside of your hip bones, the diaper is too small, and you need something larger - people putting vanity before practical needs is a real thing in our community -

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don't be embarrassed about wearing a large, even though you only wear 34 inch pants. Also, don't fall for the "little cub, big diaper" thing - while wearing something slightly too large is perfectly okay, and will work well provided you pay attention to leak guard positioning, wearing a large when you're on the cusp of small/medium generally wont work out well for you.

A goal of this document is to remain timeless and product agnostic. There is no benefit in going into what product is around right now, because over the last 10 years alone, a wealth of new diapers have come out, all of which are more comfortable with higher capacity and better features than what came before.

Powder is a matter of personal preference as well. As noted elsewhere in this document, using it is highly recommended. I tend to prefer talc when I'm going to be sweating a lot, and cornstarch for times of lower activity. Another recommendation is for medicated powder with Zinc in it, to aid in rash prevention. On wipes, there is also a wide variety in preference; some prefer to use wipes for adults, some prefer to buy baby wipes. It comes down to what feels best for you. I personally buy wipes at Costco in bulk - but lately I've also taken to the larger size wipes that several vendors sell, notably Northshore - they're a godsend for removing rash cream from your hands. I've previously touched on rash creme, so I won't go into it again in this section, but keeping it on hand is critical for skin health. I personally have yet to find much use for baby oil; it's mostly useful for covering up diaper smells on and removing barrier creme from your skin - however others have mentioned using it post shaving, I've tried this with mixed results.

For diaper bags, there are a bunch of options. I use a generic gym bag I bought at Target, others prefer a backpack type deal; it's really personal preference. I will suggest that you have a dedicated bag, and carry at least 2-3 changes with you, plus wipes, and some sort/amount of powder (I like the 'Pony' bottle, or the travel size one). This also gives you a convenient place to tuck your used diaper into when you're not in an easy position to toss it out in the bathroom when you change.

In addition, another thing to consider is a home diaper pail. At the recommendation of another ABDL I purchased a Dekor Plus pail, which works rather well. The size of it limits how many diapers I can shove in it and means that the weight for lugging out to the trash is much more reasonable. If you go the route of a kitchen trash can with lid, I recommend no more than 6 diapers per bag, otherwise you have a risk of bag breakage.

## 24/7 while Traveling

I work in a role where regular travel is a big part of the job, I spend upwards of 20 weeks a year on the road, more when you factor in vacations and conventions. You might think this would be impossible while being 24/7. It's not, it just requires a bit more preplanning.

For short trips, up to about 15 days in duration, I just lug the diapers with me and bring home an empty bag. For longer trips, I ship ahead to my hotel; for example, when I did a 5-city trip for the eclipse in 2017, I just shipped a half-case ahead of me to restock on my trip. I did however bring stuffers with me on that trip. Nearly all hotels will let you ship packages ahead for you; I highly recommend putting your confirmation number somewhere on the shipping information. Some hotels charge to receive packages for you, but this is more seen at hotels that do convention business, so while unusual, it's still something worth noting.

When staying in hotels, assume you won't be able to haul your own diapers out. So be sure to pack some trash bags (like 13 gal kitchen size), and plan to tip 2-5 dollars a day per person in the room. You'll also want to tie off the bag and ensure the room is serviced daily. I also recommend that you limit the number of diapers per bag to 4-5 if you actually expect someone who is not used to handling bags of diapers to haul them out. If I'm in a hotel for a long period of time, the daily tip goes down a little bit; I might leave a tip out every other day or so, but tipping is important, and frankly, wouldn't you rather pay someone else to haul your bag of diapers out of the room?

Also, pack anything larger than a travel-sized powder in your checked bags. TSA is hit or miss as to how they handle it.

## Changing

This is probably the hardest part about being 24/7. You'll find yourself changing in places that are less than optimal. Even having been 24/7 for a couple years, I still almost get a nervous rush changing in a public restroom. You just make it quick and get it over with. The general rule on changing I use is, "If in doubt, change." Leaks do, and will, happen. Unless you're better at it than every other person who is 24/7 I know, you'll end up leaking, and generally at the worst possible place/time. A good suggestion is to have extra clothes in your vehicle/diaper bag.

### When to Change

Generally, it's unwise to stay in the same diaper for more than about 10 hours and most folks I know who are 24/7 change every 8 hours or so, give or take. A common schedule for me is 8 AM, 3 PM, and midnight. I'd suggest that if you don't need a change every 8 hours, you're probably not drinking enough liquids, and you should consume more. A common guideline is a half an ounce of water per pound of body weight, so someone who weighs 200 lbs, should drink 100 oz of water a day - and yes, water is better for your skin health than soda, or whatever else.

### Notes on Changing When Out and About

Changing when out and about can present additional challenges, namely changing in public restrooms and how to dispose of the diapers. There are many opinions on this; for me it just depends on the situation. At work I tend to just ball them up and toss them in my diaper bag. When, for example, I'm at a park or at the airport, I dispose of it in the trash can in the bathroom. I also highly recommend carrying some 4 gallon trash bags for disposal purposes. If a messy diaper happens, I recommend double bagging. Others recommend Ziplock bags or other sizes of bags; it's really personal preference. For a good rule of thumb, if it's a place I visit all the time, I'm going to pack my diaper out with me (unless I'm traveling, like at an airport), and if it's a place I visit infrequently, I'm going to dispose of it in the trash at the point of changing. If you can't find a place to change, but feel and look fine, don't worry too much and just change when convenient.

### Notes on Hot Weather

Being diapered 24/7 during spells of extreme hot weather can be challenging, in general, if I'm out and active in hot weather, I tend to change much more frequently (around 2-4 hours), I'm

much more generous with the powder (particularly on my thighs and rump). I also shower more frequently, and take more time airing out when at home. Also, don't forget to adequately drink water, if you're not peeing, you're not drinking enough.

## Notes on Powder and on Wiping

You'll notice in here, in all examples, I talk about powdering the diaper, and then using the diaper to spread it around. I do this largely out of expedience, because then I don't need to wash my hands off after I spread the powder around, but before I tape it up. Powder does not work if you do not spread it around by some means. If you prefer to use your hands, by all means use them. The big thing to remember is just spraying some in there, and calling it good, doesn't work.

In this same vein, when wiping yourself or others, use force. The biggest issue I've seen with changes from others is they treat the areas being wiped as extremely fragile, and to be approached with the utmost caution and gentleness. While you shouldn't treat it like stripping paint off an old table, my experience (and that of others) is that if you don't use some force, it won't get you adequately clean.

## Changing Someone Else (or Yourself Laying Down)

When changing diapers, make sure you have enough room to work. You need about 30% more space than the width of the person being changed. Also wipes, even if you're not changing someone out of a diaper (at which point it's really required) are nice. They leave the person being changed feeling clean and not sweaty; powder helps with this as well (though this is a matter of personal preference).

## Cleaning

If you're changing someone out of a used diaper, I like to leave them laying on the diaper while you wipe them down. I tend to work from top to bottom, working very carefully through any skin folds. I then put the used wipes in the diaper and pull it out from under them folding it up. If you're just getting someone ready to be padded, you can spend less time on this step, but I still think it's a nice thing to do.

## Preparing the Diaper

When you unfold the diaper, on many diapers you need to unfurl the leak guards. I like to powder the diaper rather than the person, as it gives a more even coating once taped up.

## Positioning and Pulling Up

You'll want the rear of the diaper about 1-2 inches above the persons hips, as this gives the diaper the ability to use the persons rump to stay on. This is also true for larger folk, but obviously body shape varies greatly, so adjust accordingly. When I pull a diaper up on someone, I sweep the diaper from left to right as I pull it up; this makes sure the powder is spread around and that the leak guards are all in the right place.

## Taping

Before we get into taping, consider what each set of tapes does: top tapes keep the diaper on you, bottom tapes make sure the seal between the upper part of the leak guards and your body remain tight. With this in mind I tape, bottom to top, right to left. So, I go: Right Bottom, Left Bottom, Right Top, Left Top. The top tapes should be right on the hip bones, the bottom tapes should be 1-1.5 inches above the bottom of the diaper. Generally the tapes should be angled down slightly, unless it's a landing zone diaper, at which point the tapes should be straight across, and no more than a half inch above the bottom of the landing zone (landing zone diapers are the diapers with a shiny strip of plastic or velcro across the front for putting the tapes on). When taping, it's easier to have the person getting changed roll themselves slightly side to side. I don't believe you should worry too much about taping "too tightly"; you don't want the diaper to fall off, so it needs to be on tightly. Generally, it should be tight enough to deflect the skin without digging in. After taping I like to pull the wing sides down a bit to balance it a bit for comfort. When wearing a properly-fitted onesie, you can get away with the top tapes being looser because the onesie will help hold the diaper up. For single-tape diapers (like ABU Kiddo), position the tapes across your hip bones, then pull the lower part of the wings tight when you reposition to stop leaks and you shouldn't have a significant gap between your thighs and the diaper.

## Changing while Standing

Most folks I know who are 24/7 change most often standing up. What I do is pretty simple: I pull the diaper off, ball it, toss it, then I wipe myself down, pull out a new diaper, stick the stuffer in it, unfurl the leak guards, spread a thin coating of powder on it, then thread it between my legs. I slide it back and forth a couple times to spread the powder around, including moving the back side to side a touch. At this point I position the back a little lower than it will be when I'm done, that way when I pull it up after I'm done changing, it will be tight over my hips. To tape I lean up on any vertical surface to get the bottom two tapes done, then finish with the top tapes, before pulling the diaper up, rebalancing the wings, and then go to put my onesie back on.

## Changing Messy Diapers

For changing your own messy diapers there are effectively two kinds of messy changes: ones where you can shower, which I think anyone can figure out on their own, and the other kind when you've had an accident and need to change in a suboptimal location (or just don't have time to shower at home). In both cases, clean off as much as you can with the back of the diaper, then get the diaper into a bag or pail. If you're just going to shower, well, I think you can figure the rest out. If not showering however, this is where you'd want to have some paper towels handy. Use those to get the bulk of the mess off, then use wipes to finish. Using the paper towels will save you a good 15 minutes of effort and reduce the number of wipes needed by 2/3rds. Instead of paper towels, another option is to use the larger adult sized wipes, but they tend to be more expensive. Even if they are more convenient to use, they are also less available when you need to just pick some up. Like much else in here, try out options, and see what works best for you.

For changing someone else's messy diapers, first prep the area: put a mat down under the person, and get wipes, powder, a fresh diaper, and a trash bag. It's also generally

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recommended you work from front to back; while this is more critical on girls it's a decent tip for guys too. In most cases you also won't be able to hold the person being changed legs-up like an infant.

You'll need to have them help you with this, both to expose the area to be cleaned, and to help keep them out of the mess. Another tip is to dump some powder on top of the mess in the diaper to keep down smell and put a couple wipes over it to prevent skin from contacting the remaining mess in the diaper again. Gloves and nose plugs can also be a big help in cleaning, mostly making you feel less icky about it, and don't hesitate as recommended before to "wipe firmly, and get in there".

## In Closing

There is a large and supportive community of folks out there who also wear 24/7 by need or by choice who will gladly help you with advice and encouragement if you reach out to them. There is no need to go it alone unless you want to.

## Products Mentioned:

Note: This list is accurate as of early 2020, it may change by the time you read it.

ABU (Diapers, Onesies): <https://abuniverse.com>

Tykables (Diapers, Onesies, Clothing): <https://tykables.com/>

Northshore Care (Abena, Crinklz and Dry24/7): <http://www.northshorecare.com/>

Bambino Diapers: <https://bambinodiapers.com/>

Calmoseptine: <https://www.amazon.com/Calmoseptine-Ointment-Tube-4-Ounce/dp/B0064FFP96/>

Smith Nephew Secura Antifungal Creme: <https://www.amazon.com/Smith-Nephew-Secura-Antifungal-Extra/dp/B000LEHYOU/>

Gabels Lilac Aftershave: <https://www.amazon.com/GABELS-Lilac-After-Shave-16oz/dp/B000RWC8WE/>

Dekor Plus Pail: <https://www.amazon.com/Dekor-Plus-Hands-Free-Diaper-Pail/dp/B00F55P1WW/>

Revision	Date	Revision Notes
1.0.0	1-DEC-2017	Initial Release
1.1.0	1-MAR-2018	First Public Release, inc'l public feedback from 24/7 chat on Telegram
1.2.0	1-MAR-2019	Expanded, inc'l section on hot weather, add'l detail in rash section
1.2.5	3-DEC-2019	Expanded, clarified rash and when to change section. Added Change Log