Washing your clothes

Too many clothes end up in landfill before they need to because of over-washing or washing disasters.

**Top Tips**

**Wash at a low temperature:**
Most clothes can be washed in warm rather than hot water. Wash clothes inside-out to stop fading and help maintain their shape.

**Use a Guppyfriend washing bag:**
These filter out tiny microfibers from synthetic clothing, stopping them from travelling from your washing machine out to rivers and oceans.

**Air your clothes:**
Often airing your clothes outside is enough to reinvigorate and refresh them.

**Spot-cleaning stains:**
Dampen an e-cloth and sponge away the stain. The e-cloth’s tiny fibres pick up more dirt and bacteria than regular cloths.
Instructions

1. Pick up a garment from the laundry bag or use an item of your own clothing.

2. Using the guide to washing labels and Top Tips on the front of this card, decide about how you would wash and care for this item.

3. Draw the correct symbols onto the washing label below and annotate it with any of the Top Tips that might apply. Or add your own tried and tested methods!

4. Check the clothing label to find out if you’ve chosen the right methods. If not, why? What might you do differently?

Hint: Often washing labels give the wrong information or give contradictory information in different languages! If you find methods that work for you, stick to them!