



Regular sportswear apparel

Taking care of your sports apparel is important to maintain its quality and longevity. Here are some general tips for washing sports clothing:

- 1) **Check Care Labels:** Always check the care labels on your sports apparel for specific instructions. They often provide guidance on water temperature, washing methods, and drying instructions.
- 2) **Separate Colors:** Separate dark and light-colored sports clothing to prevent colors from bleeding onto each other.
- 3) **Turn Inside Out:** Turn your sports apparel inside out before washing. This helps protect any logos, prints, or special fabrics on the outside.
- 4) **Use Cold Water:** Washing in cold water helps preserve the elasticity and colors of your sports clothing. Hot water can damage certain fabrics.
- 5) **Mild Detergent:** Use a mild detergent specifically designed for sports or activewear. Avoid using fabric softeners as they can reduce moisture-wicking properties.
- 6) **Avoid Bleach:** Avoid using bleach on sports clothing, as it can weaken the fibers and affect the fabric's performance.
- 7) **Hand Wash Bras:** If your sports bra has underwire or padding, consider hand washing it to maintain its shape and support.
- 8) **Air Dry:** Whenever possible, air-dry your sports apparel. High heat from the dryer can damage elastic fibers and degrade the quality of performance fabrics.
- 9) **Dry Flat:** Lay flat delicate items, like sports bras, to dry. This helps them maintain their shape.
- 10) **Fasten Zippers and Hooks:** Before washing, fasten any zippers, hooks, or Velcro to prevent snagging.

Remember to always follow the specific care instructions provided by the manufacturer. These general tips can serve as a good starting point for caring for your sports apparel.

Polyester sportswear apparel

Polyester is a common material in sports apparel, and taking care of it properly will help maintain its performance and appearance. Here are some specific tips for washing polyester sports clothing:

- 1) **Temperature:** Polyester can generally be washed in cold or warm water. However, always check the care label for specific temperature recommendations.
- 2) **Mild Detergent:** Use a mild detergent. Harsh detergents can break down the fibers of polyester over time.
- 3) **Turn Inside Out:** Turning polyester garments inside out before washing helps prevent pilling and protects any prints or logos.
Separate Colors: As with any clothing, separate dark and light colors to avoid color bleeding.
- 4) **Avoid Fabric Softeners:** Polyester does not require fabric softeners, and using them may reduce the moisture-wicking properties of the fabric. Stick to a detergent designed for activewear.
- 5) **Gentle Cycle:** When using a washing machine, opt for the gentle cycle to minimize stress on the fabric.
- 6) **Avoid High Heat:** Polyester can be prone to heat damage. Avoid using high heat when washing and drying. Air drying is a good option, or use a low-heat setting in the dryer.
- 7) **Remove Promptly:** If using a dryer, remove polyester clothing promptly to prevent wrinkles and maintain shape.
- 8) **Check for Stains:** Before washing, check for any stains and treat them appropriately. Stains left untreated can become more difficult to remove.
- 9) **No Bleach:** Avoid using bleach on polyester, as it can weaken the fibers and cause discoloration.

Following these tips should help you keep your polyester sports apparel in good condition. Always refer to the care instructions provided by the manufacturer for specific guidance on caring for your garments.

Printed (logos, numbers & initials) apparel

EasyWeed is a brand of heat transfer vinyl (HTV) commonly used in creating custom designs on fabrics, especially for garments like T-shirts. Caring for garments made with EasyWeed or similar heat transfer materials requires some specific considerations:

- 1) **Washing Inside Out:** Turn the garment inside out before washing. This helps protect the EasyWeed vinyl from abrasion and reduces the chance of it sticking to other items in the wash.
- 2) **Temperature:** Wash the garment in cold water. Hot water can potentially loosen the adhesive on the EasyWeed vinyl.
- 3) **Gentle Cycle:** Use a gentle cycle in the washing machine to minimize stress on the vinyl.
- 4) **Mild Detergent:** Use a mild detergent without bleach or fabric softeners. Harsh chemicals can damage the vinyl.
- 5) **No Dry Cleaning:** Avoid dry cleaning, as the chemicals used in the process may damage the vinyl.
- 6) **Air Dry or Low Heat:** Whenever possible, air-dry the garment. If using a dryer, use a low-heat setting. High heat can cause the vinyl to peel or crack.
- 7) **Avoid Ironing Directly:** If ironing is necessary, turn the garment inside out and use a pressing cloth. Avoid direct contact between the iron and the EasyWeed vinyl.
- 8) **Store Carefully:** When storing garments with EasyWeed vinyl, avoid folding them in a way that may cause the vinyl to stick to itself. Hang the garments if possible.
- 9) **Check for Damage:** Regularly check the EasyWeed vinyl for any signs of peeling or cracking. If you notice any issues, avoid further stress on the vinyl and consider repairing or replacing it.

Following these care tips should help maintain the quality and appearance of garments decorated with EasyWeed or similar heat transfer materials. Always refer to the specific care instructions provided by the manufacturer of the heat transfer vinyl for the best results.