



# CLASS OF CLEAN

The **College Student's** Guide to Cleaning

## Laundry 101

Dirty laundry holds onto more than just body odor and food stains! It also carries germs that can cause illnesses. Get into a regular routine to stay healthy throughout the school year!

### 1

#### INTRO TO SORTING

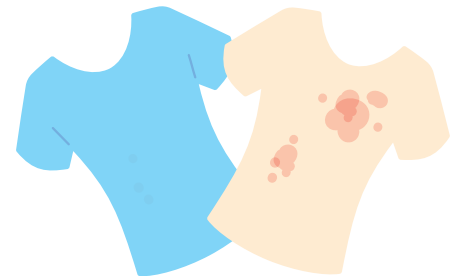
##### SORT BY COLOR

To keep light colored clothes from picking up dark dyes, wash whites separately; pastels and medium colors together; bright and darks by themselves.

##### SORT BY SOIL

Sort those really dirty items away from the slightly dirty ones, since slightly dirty items can pick up the extra soil from the wash water.

\*Remember to empty clothes pockets. Turn clothes right-side out, close zippers and check labels for any special instructions to avoid shrinking or ruining clothing. Refer to the stain guide to pre-treat any stains.



### 2

#### LAUNDRY LAB: WASHING MACHINE SETTINGS

1. Select your load size. The perfect load size will be around a medium load that leaves a few inches at the top of the washer.
2. Follow instructions on washer or on the product label when adding detergent.
3. Choose water temperature. Most can be washed in cold (which is also eco-friendly) but you may need warmer water to remove some stains (check the stain guide).
4. If your washer has a soil level setting, think about how dirty your clothes are. Put dirtier items like sports uniforms and workout gear on a higher soil level than your everyday clothing.
5. Add your liquid detergent either into the drum of the machine, or into the detergent tray. If using fabric softener, add it to the softener tray. If using liquid laundry packets, add the packet to the drum of your washing machine before adding your clothes.



# Laundry 101

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## LAUNDRY APPLICATIONS: DRYING

Read labels for clothing that should be hung or laid dry. To hand dry, put your clothes on a hanger or drying rack. To flat dry, lay clothes on a clean, flat surface.










To avoid shrinking, dry most clothes on lower heat settings. Add a dryer sheet to avoid static cling.



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## FABRIC CARE SYMBOLS AS A SECOND LANGUAGE

Learn how to read fabric care symbols! Your clothes' fabric care labels have the best advice for washing and drying, plus information on ironing and bleaching. Here's how to decipher the symbols.

						
MACHINE WASH	MACHINE WASH PERMANENT PRESS	MACHINE WASH DELICATE	HAND WASH	WATER TEMPERATURE 50°C OR 120°F	WATER TEMPERATURE 50°C OR 120°F	BLEACH IF NEEDED
						
ANY SOLVENT	TUMBLE DRY	DRY NORMAL LOW HEAT	HANG TO DRY	DRY FLAT	DRYCLEAN	IRON ANY TEMP STEAM
WHERE DOTS - ADD HEAT LOW • MEDIUM •• HIGH •••						
						 DO NOT

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## DO I NEED TO WASH THIS?

Not sure when to wash what? Follow the wash schedule below to keep your clothes fresh and clean.

### WASH AFTER EVERY USE

- Underwear
- Socks
- T-shirts, tank tops & camis
- Leggings & tights
- Swimsuits
- Whites & silks
- Clothes with stains

### WASH AFTER 2-3 WEARS

- Jeans
- Bras

### WASH AFTER 3-5 WEARS

- Bath towels
- Pajamas

## WHAT ABOUT THE SHEETS?

Wash bed sheets every two weeks. You don't want to share your bed with dust mites – and their carcasses and fecal matter.

### Laundry Product Checklist

- ✓ Laundry detergent
- ✓ Fabric softener or Dryer sheets
- ✓ Stain remover
- ✓ Bleach