

Singlet Care Instructions

- **Wash Cold** - In general, heat is the enemy of the performance lycra fabric used to construct your singlets. You should wash in cold or warm water, never hot
- **Use Mild Detergent** - Use a mild (non-phosphorous) detergent. Harsh chemicals or phosphates can cause bleeding of colors.
- **Hang Dry** - Avoid hot dryers, and remove the singlet as quickly as possible from the washing machine, allow it to drip or hang dry. Don't use metal hangers, they can leave rust marks - go for wooden or plastic.
- **Presoak It** - If your singlet is especially dirty or has bloodstains, presoak it in a bucket or plastic container with a little bit of laundry detergent. Soaking anywhere from one hour to overnight will help loosen any stains before washing.
- **Lose the Funk** - Let's face it - singlets get stinky. If you have a singlet that has got the funk, add up to a cup of baking soda to your pre-soak, it will go a long way to neutralize odors.
- **No Bleach** - Never use chlorine bleach - it can damage the fabric and dull the vibrant colors sublimated into the fabric.
- **Wash Alone** - Wrestlers compete alone, and their uniform should be washed that way. Other fabrics (especially those with velcro or other fasteners) can damage the lycra fabric or can transfer lint to the singlet.
- **No Ironing** - Hopefully this goes without saying, but don't even think about ironing your singlet.