

Laundry Cheatsheet

Skip

- Only wash wool sweaters once or twice per season
- Remove smells by airing things out, ideally outside
- For strong smells, spray vodka on the garment
- Remove small stains with alcohol

Separate

(Optional) Separate clothes into five loads: whites, blacks, warm colors, cool colors, synthetics (add oxygen bleach to synthetics load).

Prep

- Treat stains right before washing (see [Treating stains](#))
- **Fold/roll knits, wool, and silk items and pack them tightly into a mesh bag**
- Spray 50% vinegar on shirt collars or anything that tends to get skin stains

Wash

Do	Optional	Do NOT
<ul style="list-style-type: none">• Use fast cycle (~30 minutes)• Warm water• High spin• Add 1 tbsp of soap flakes into the drum with the clothes	<ul style="list-style-type: none">• Add ¼ cup of washing soda for extra dirty loads• For synthetics, add 1 tbsp of oxygen bleach• Add half a dye-trapping sheet• Add vinegar to the fabric softener tray (with a few drops of essential oils if you like)	<ul style="list-style-type: none">• Use detergent• Use fabric softener• Use chlorine bleach on whites (may strip white dye and make whites yellow)

Dry

Do	Optional	Do NOT
<ul style="list-style-type: none">• Hang-dry if possible (hang wovens on hangers, hang knits on drying rack)• Use 2-3 dryer balls in the dryer• Hang or fold the clothes immediately after drying	<ul style="list-style-type: none">• Add a few drops of essential oils to one dryer ball• Use balled up aluminum foil to reduce static• Use bumpy dryer balls to plump up terry towels	<ul style="list-style-type: none">• Use dryer sheets

Treating stains

	Alcohol	Vinegar	Laundry soap (apply with brush and water)	Oxygen bleach + hot water	Stain solution
Emergency Anything, ink	1				
Simple fats Butter, oil, cheese, gravy		1			
Complex fats Lipstick, mascara, beans, mayo, salad dressing, chili, tomato sauce, chocolate, poop		1	2		
Organic? Coffee, tea, eggs, dairy, ice cream, syrup, mud, soda, deodorant			1		
Organic dyes? Avocado, baby formula, juice, mustard			1	2	
Dyes Wine, berries, blood, grass, vegetables, soy sauce, pee, vomit				1	
Barbecue sauce		1	2	3	
Sweat, body oil				2	1

Shopping list

Product	Ok	Better	Best
Soap flakes	\$0.45/oz (35oz) *has fragrance!	\$0.74/oz (32oz)	\$0.33/oz (200oz)
Sodium percarbonate 100% a.k.a. bleach alternative, oxygen bleach, Oxiclean, Vanish, washing soda + hydrogen peroxide	\$0.20/oz (32oz) *not pure	\$0.28/oz (144oz)	
Sodium carbonate 100% a.k.a. washing soda	\$0.08/oz (55oz)		
Baking soda	\$0.09/oz		
Borax	\$0.24/oz		
Horsehair laundry brush	\$9.99		
Laundry soap bar	\$3.99		
3 spray bottles	\$7.30		
50% vinegar			
70% alcohol			
Vodka			
Oil-based stain solution			
Amodex	\$7.98		
Enzyme stain remover	Zout	Puracy	
Laundry mesh bags	Small		
White terry washcloths			
Rubber bands			
Essential oils			
Dye-trapping laundry sheets	Shout		
Wool balls			
Rubber dryer balls			