



N.S.V.V. Radbudo Training Gear - Cleaning Instructions

Our association may provide training gear for various occasions including loaning, events, cross trainings and more. To ensure clean, hygienic and long lasting training gear it is important that the materials are properly taken care of. This document provides the official guideline for cleaning Radbudo gear after usage, based on industry standard guidelines.

Gi Jackets, Pants & Belts

✓ What to do:

1. **Turn the jacket and pants *inside out*** before throwing them into the washing machine.
→ Avoid wear and tear on the outside.
2. **Use enough laundry detergent.**
→ Gis can retain a lot of sweat, dirt, etc. so to clean them out properly it is important not to use too little detergent.
→ **Recommended laundry detergent would be “Ariel Vloeibaar+ active wasmiddel”** (Ariel liquid +active odor defense), as this detergent is specifically made for sportswear and dealing with stubborn and odor causing bacteria. They are for sale at almost all supermarkets and drug stores, and very often on sale for either 1+1 free or 2+3 free.
3. **Machine wash at 30-40° (washing cycle should be at least 1.5 hours).**
→ Higher temperatures will shrink and deform the material.
4. **Hang dry** in a well ventilated area.

✗ What ABSOLUTELY NOT to do:

- × Machine wash at higher than 40°.
- × Use bleach or fabric softener.
- × (1) Tumble drying or (2) Hang drying over hot surfaces (e.g. radiator).
→ Shrinks and deforms the material.

Boxing & MMA Gloves, Hard Shinguards, Headgear

✓ What to do:

1. **Immediately air out after training.**
→ Open the velcro, untie, open the glove as far as possible, take out hand wraps!
2. **Use paper towel or cloth to dry wipe** outside and inside.
→ Removes residue, surface sweat, etc.
3. **Lightly spray a fresh paper towel or cloth with disinfectant, clean in- and outside thoroughly.**
4. **Final dry wipe with a fresh paper towel.**
5. **Let them air dry for at least 5-10 minutes.**
6. **For gloves, store with a paper towel inside** to help with moisture absorption.

Soft Shinguards & Hand Wraps

✓ What to do:

1. **Machine wash at 30°.**
→ Higher temperatures will deform and break the shinguards.
2. **Properly air dry** in a well ventilated area.