# Mainland Jr Wrestling

### Singlet Laundering Instructions

#### Recommendations:

- Wash all uniforms prior to wearing
- Do not dry clean as it could damage the screen printing
- Wash uniform inside out to avoid damaging the screen printing

#### Instructions:

- Wash uniforms immediately after wearing
- Use cold/warm water, 100 degrees F is preferred
- Use a mild soap
- Remove singlet from washer promptly

### Dry:

- Air drying on a hanger will work fine
- Hang on wooden or plastic hangers
- > If machine dried, set for air only
- > Remove promptly when cycle is finished

#### DO NOT:

- ➤ Do not use metal hangers, they may leave rust marks
- Do not wash in hot water
- > Do not iron
- Do not dry clean
- Do not use chlorine bleach or bleach alternative
- Do not leave wet singlet in a pile- dye may migrate
- > Do not use a fabric softener

## Storage:

- > Dry singlets completely before storing
- > Store in a dry, cool place, avoid direct sunlight