



How to Do Laundry Without Ruining Everything

Your No-Stress Clothing Survival Guide



We've all been there - shrunk shirts, missing socks, or everything turning pink.

This guide's your laundry-savvy friend who's seen it all... and still keeps white T-shirts white.



Sort It Like It's Hot

Yes, it matters. No, you don't have to go full perfectionist.

- **Whites** with whites.
- **Darks** with darks.
- **Colors** that scream “bleeder” (like red) get their own party.
- **Towels & sheets** go together. They're the heavy lifters.
- **Delicates** (like bras and lace) deserve their own gentle cycle or a mesh bag.

If it's new and bold-colored, wash it solo once or twice unless you want that tie-dye effect.





Don't Just Dump In Detergent

More detergent $\neq$ cleaner clothes.

- Read the label. Really. Start with the smallest recommended amount.
- Using pods? Toss one in first, before clothes go in.
- Liquid? Add to the dispenser or fill water halfway in a top-loader first.
- Powder? Dissolve first for best results (and no clumps on your hoodie).

Smells funky even after washing? You're probably using too much detergent. Back off and let your machine breathe.





Temperature = Strategy

- **Cold:** Most things—saves energy, prevents fading/shrinking.
- **Warm:** Everyday clothes (especially if sweaty).
- **Hot:** Towels, sheets, underwear—kills germs.

Hot water can set in stains. Treat stains first, then wash warm or cold.





Treat Stains Like a Crime Scene

Act fast. Every second counts.

- Blot—don't rub.
- Use stain remover or a dab of detergent directly.
- Soak in cold water for blood, sweat, wine, or food.
- Grease? Dish soap. Seriously.
- Ink? Try rubbing alcohol or hand sanitizer.

If you wouldn't sit on your toilet barefoot, clean it.





Delicates Deserve Respect

- Use mesh laundry bags for bras, underwear, tights, etc.
- Wash on “delicate” or “hand wash” cycle, cold water.
- Air dry flat or on a rack (never the dryer—those straps weren’t made for tumbles).

Hook bras before washing so they don’t strangle your sweaters.





The Dryer Is Not a Free-For-All

- Read labels. If it says “air dry” or “lay flat to dry,” do it.
- Use low heat for synthetic fabrics or anything stretchy.
- Use medium/high for towels and sturdier clothes.
- Shake clothes before drying—reduces wrinkles.

Want your clothes to last longer? Skip the dryer more often.





Where *Do* the Socks Go?

- Clip pairs together before washing.
- Use a mesh bag just for socks (game-changer).
- Always check the rubber gasket (front-loaders) or under the agitator (top-loaders).

Buy one kind of sock. Life-changing.





Shrunk, Stiff, or Smelly?

(It's troubleshooting time)

- **Shrunk clothes?** Soak in warm water with hair conditioner, stretch gently.
- **Stiff clothes?** Too much detergent or skipped fabric softener.
- **Smelly clothes?** Run an empty wash with vinegar + baking soda to clean your machine.

If your laundry's acting up, fix the cause before the next wash. A clean machine = cleaner clothes, every time.





Bonus: Clean Your Washing Machine

(Yes, That's a Thing)

- Once a month: run hot water + vinegar or a washer cleaner pod.
- Wipe down seals and detergent trays.
- Leave the door open between washes so it doesn't get funky.

A dirty washer makes dirty laundry. Give it a monthly spa day with hot water + vinegar, wipe it down, and leave the door open so it stays fresh.



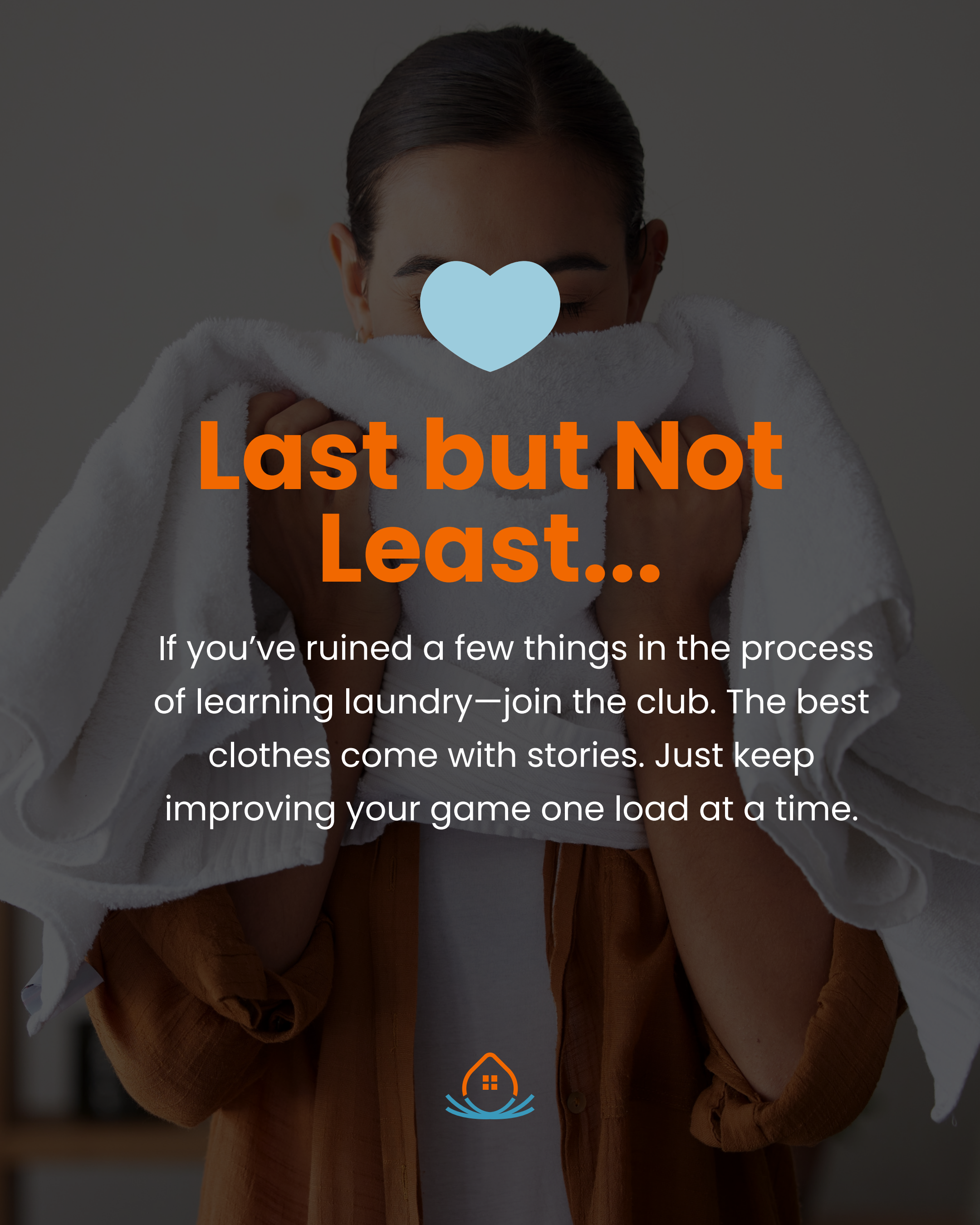


When in Doubt, Check the Tag

- “Hand wash only” means what it says.
- “Dry clean only” is serious (unless you’re ready to risk it all).
- Symbols = secret code. A triangle means bleach. A circle means dry clean. A square with a circle? That’s your dryer.

Don’t know what it means? Google it before you ruin it.





Last but Not Least...

If you've ruined a few things in the process of learning laundry—join the club. The best clothes come with stories. Just keep improving your game one load at a time.



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