

TOUGH MUDDER WASHING INSTRUCTIONS BY MUDDER-GUIDE.CO.UK

1 Limit the damage



After Tough Mudder, put both your running shoes and your running gear in a plastic bag to keep your sports bag and car from getting dirty.

4 Drying



Keep your Tough Mudder gear away from the dryer and the flatiron!

Just let it dry on a clothesline!

2 Coarse cleaning



On the next day, beat the running shoes and the Tough Mudder gear outside to remove the coarse dirt.

After that, soak them in a bathtub with lukewarm water. Add some shampoo to regain the natural acid-base balance.



GOOD LUCK!

3 Washing



1. Don't put your Tough Mudder shoes in the washer without any protection. Put them into a cloth bag!
2. Wash everything on a cold setting!
3. Softener is a no-go as well as laundry detergent. Both damage the microfibres of your sports clothes!
4. Instead of softener and laundry detergent, use a special detergent for sports gear!

