



Birdiewear Care Guide

1. Read the care label

First things first, always check the care label on your Birdiewear. Different materials require different methods of washing and drying. Paying attention to these instructions ensures your clothes maintain their elasticity, colour, and all special performance properties.

2. Turn garments inside out

Turning your Birdiewear inside out before washing helps protect the outer fabric and printed logos. Since most of the sweat and oils accumulate on the inside, this method also allows for a more effective clean. Plus, it reduces friction between garments, helping prevent pilling or wear and tear.

3. Wash cold

High-performance fabrics used in Birdiewear, such as polyamide, elastane, and polyester, can lose their elasticity in hot water, check the care label in most cases 30 degrees is the best choice for training gear, but if the care instruction allows it 40 degrees is also good, especially if the clothes have gotten very sweaty or visibly dirty. Choosing a cooler temperature saves energy and is also better for the planet and your energy bill.

4. Don't use fabric softener

Fabric softeners can clog the fibres of moisture-wicking fabrics, reducing their ability to breathe and wick sweat away from your body. This can make your workout gear feel less comfortable and reduce its effectiveness. Fabric softener can also damage the elastane in fabric, causing it to start pilling.

5. Use gentle detergents

Heavy-duty detergents are often too harsh for delicate sports fabrics. They can damage the fibres or strip the garments of their performance features, like moisture-wicking

capabilities. Choose a detergent that's free from harsh chemicals and fragrances to maintain the integrity of your sportswear.

6. Air dry whenever possible

The heat from dryers can be too intense for performance fabrics, leading to shrinking, stretching, melting or loss of elasticity. Instead, air dry your sportswear by hanging it up or laying it flat in a well-ventilated area. Since performance wear often features quick-dry capabilities, it dries quickly in normal room temperature.

7. Avoid ironing

Most Birdiewear fabrics do not require ironing, as they're designed to resist wrinkles. Applying heat from an iron can melt or damage the synthetic fibres in your workout clothes. If ironing is necessary, use a low heat setting and place a cloth between the iron and the garment.

By following these simple care tips, you can ensure that your Birdiewear stays in top shape, providing you with the comfort, performance, and style you need for every workout.