

The care guide to a

SUSTAINABLE COSTUME

One of the best ways to reduce the environmental footprint of a piece of clothing is to extend its lifespan... and that starts with gentle and ecological care!

Maintenance has a big impact on energy, water and chemicals used. It is therefore important to adopt new daily habits.



Make the most of each load by fully filling the machine



Use cold water for washing



Avoid using the dryer, iron and steamer



Cleaning products

Use environmentally-friendly cleaning products.

- **Concentrated** : requires smaller amounts. Favour biodegradable and hypoallergenic brands.
Ex: Unscented Company*, Pure*, Attitude*
- **Baking soda**: two tablespoons in the washing machine helps eliminate odors.
- **Sodium percarbonate**: non-toxic alternative for removing stains from white clothes.
- **Be careful of greenwashing!**
Les Gargouilles, Eco-Strips, etc.



Dry cleaning

Hand wash if possible. Avoid dry cleaning or opt for eco-friendly dry cleaning.

Traditional dry cleaners use perchlorethylene, a product belonging to the family of volatile organic compounds (VOCs), linked to several health problems.¹

Look for green cleaners that use a water cleaning system.

- Omyload
- Nettoyeur Écologique Royal
- Pressing Aquanet
- Daoust Ecoefficient Cleaners

Recognize the dry cleaning symbols so as not to send clothes unnecessarily!





Tips and tricks for the clever dresser

Most of the products below can be found in bulk stores



Make your own disinfectant spray with vodka and water

Basic recipe
1/3 Vodka
2/3 water



Optional: add a few drops of tea tree essential oil with antibacterial properties. See the Les Trappeuses manifesto.²



Block microfibres

It is estimated that 500,000 tons of plastic microfibers are released each year during washing and end up in our waterways⁴

There is no miracle solution to block all microfibers, so favouring natural fibers is the best way to avoid them.

There are, however, a few options that block out some of the microfibers.

- Laundry bag
Ex: Guppyfriend
- Filter
Ex: Microfiber Filter from Girlfriend and Lint LUV-R



Use wool dryer balls

Reduces drying time by 10 to 25%



Use organic liniment to clean and moisturize muddy leather boots

Yes, the same as you'd use for babies' bottoms!

Know the symbols for clothing care⁵



Washing



Machine drying



Air drying



Ironing



Bleaching



Dry cleaning

Sources

*Canadian companies

1: BEGIN, Denis, GUERIN, Michel et DEBIA, Maximilien (2016). Nettoyage à sec, Montréal, Université de Montréal. On website Solub de l'IRSST (<http://www.irsst.qc.ca/media/documents/PubIRSST/RF-914.pdf>)

2: BEAUPRÉ, Marie (2019). Manifeste pour une utilisation sécuritaire des huiles essentielles, Les Trappeuses. (<https://lestrappeuses.es/manifeste-pour-une-utilisation-securitaire-des-huiles-essentielles/>)

3: Daignault-Leclerc, Léonie (2019). Pour une garde robe responsable. Montréal: Les éditions La Presse, 204 p.

4: Ellen MacArthur Foundation, A new textiles economy: Redesigning fashion's future, (2017, <http://www.ellenmacarthurfoundation.org/publications>). (p.68)

5: Government of Canada. Guide to Apparel and Textile Care Symbols. On website Canadian General Standards Board.

(<https://ised-isde.canada.ca/site/office-consumer-affairs/en/modern-marketplace/guide-apparel-and-textile-care-symbols/guide-apparel-and-textile-care-symbols>)