

## 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.<sup>1</sup>

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.<sup>2</sup>



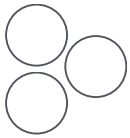
## Block microfibres

*It is estimated that 500,000 tons of plastic microfibers are released each year during washing and end up in our waterways<sup>4</sup>*

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

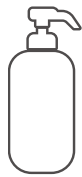
There are, however, a few options that block out some of the microfibers.

- 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!*



Washing



Ironing

## Know the symbols for clothing care<sup>5</sup>



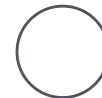
Machine drying



Bleaching



Air drying



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>)