

# THE SUSTAINABLE LAUNDRY GUIDE

Minimizing **Microplastic Pollution** in Your Home



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**PlanetCare**



# Understanding Microplastics in Laundry



**Every time we wash our clothes **hundreds of thousands of** microscopic plastic fibers are **released** into the wastewater.**

An average **6 kg load** of laundry releases **more than 700,000** microplastic fibers.

## WHAT ARE MICROPLASTICS?

Tiny plastic particles, often invisible to the naked eye, released from synthetic fabrics during washing. Today, over 60% of textiles are synthetic.

## WHY SHOULD WE CARE?

These particles pollute the environment, harm ecosystems, and end up in our food and drinking water.





# DON'Ts

## Practices to Avoid



### Avoid Excessive Washing

**DON'T** wash clothes after every wear unless necessary. Overwashing accelerates microfiber shedding.



### Shun Harsh Chemicals

**DON'T** use detergents with harmful chemicals that can exacerbate microfiber shedding. Choose eco-friendly, gentle detergents instead.



### Steer Clear of Synthetic Microfibers

**DON'T** buy clothing made from synthetic fibers like polyester or acrylic. These materials contribute significantly to microplastic pollution.



### Avoid Overloading

**DON'T** overload your washing machine, as it increases friction and fiber shedding. Follow the manufacturer's load recommendations for better results.



### Avoid Hot Water

**DON'T** use hot water unnecessarily. High temperatures can increase the release of microplastics from synthetic fabrics. Opt for cold or lukewarm water whenever possible.



### Don't Skip This Step

**DON'T** forget to install a **microfiber filter** in your washing machine's drainage system. It helps capture and prevent microplastics from entering wastewater.



# DO's

## Eco-Friendly Laundry Practices



### Choose Natural Fibers

**DO** opt for clothing made from natural materials like cotton, wool, or bamboo. **DO** check clothing labels before purchase.



### Modify Your Washing Habits

**DO** wash clothes less frequently to reduce wear and tear. **DO** use shorter, colder wash cycles to lessen fiber shedding.



### Use Eco-Friendly Detergents

**DO** choose detergents free from harsh chemicals. **DO** look for biodegradable or plant-based options.



### Full Loads and Efficient Machines

**DO** wash full loads as they are gentler on fabrics. **DO** invest in an energy-efficient washing machine.



### Install a Microfiber Filter

**DO** use a filter in your washing machine to capture microplastics. **DO** regularly clean and maintain the filter.



### Air Dry When Possible

**DO** air dry clothes instead of using the dryer. **DO** use dryer balls if you must use a dryer.

# Spreading the Word

We hope you enjoyed this guide. ❤️

It's brought to you by **PlanetCare**, the leaders in laundry microfiber filters that capture over **98% of microfibers**.

*Take the next step in your sustainability journey by exploring PlanetCare today!*

## Don't forget ...

**DO** support and promote brands that prioritize sustainability.

**DO** share your knowledge about microplastics with friends and family.

[www.planetcare.org](http://www.planetcare.org)

