

Washing instructions against Microplastic Pollution

Synthetic garments lose plastic particles. Particularly during washing, the plastic fibers that break off end up in the wastewater and so far, cannot be filtered out efficiently.

The microplastic particles enter the sea, accumulate toxins, and are ingested by fish and other marine life. The plastic from our clothes thus ends up on our plates and harms not only nature but also us.

Here are ten simple washing tips that help us to change our washing behavior and reduce the pollution of the oceans by microplastics.

1.Wash less

Frequent washing wastes energy and harms our water. Instead, where possible, air out your clothes and wash out stains by hand.

2.Don't tumble dry

The mechanical forces inside a tumble dryer are one of the major culprits of microplastic pollution. Synthetic clothes dry super-fast anyway, so air-dry your clothes instead. If you have to use a dryer, please make sure to filter the condensation water.

3.Use the GUPPYFRIEND Washing Bag

The GUPPYFRIEND Washing Bag protects garments and filters microplastic fibers from synthetic textiles. Thus, it prevents microplastics from entering nature.

4.Wash colder

It is a dogma that has been passed down from one generation to the next: Wash colors at 40°C/ 104°F and bed linen at 60°C/140°F. In the vast majority of cases, 30°C/86°F is sufficient. So, avoid high temperatures and thus protect fibers and nature.

5.Buy less, but better

What do you really need? When purchasing clothes, make sure they are of high quality and last a long time. Take care of your clothes, pass them on, or make sure they get recycled. Every purchase has an impact on the ocean.

6.Filter wastewater

Your washing machine is often the last stop before the microplastics from your textiles enter the environment. Filter your wastewater!

7.Plastic free detergent only

Washing powder often contains liquid polymers and mineral abrasives. These tend to increase friction, leading to more fibers breaking. Look for a detergent without such ingredients and don't use them more than necessary. This way you protect clothes and the environment.

8.Don't wash shoes at the same time

Anything solid washed with your clothes leads to significantly more fibers breaking. Avoid items such as shoes and shin guards. Also using washing balls and soap nuts – even when used with good intentions – results in more plastic in the ocean.

9.Reduce spin speed

A lot of friction happens during the spin cycle. Synthetic textiles dry fast. Skip the spin cycle or at least reduce the rpm (rotation per minute).

10.Separate textiles: hard from soft

Separate textiles with a hard surface from those with a soft surface. If you stop washing things like jeans and your fleece items in the same wash load, you will reduce your contribution to wash-related microplastic pollution. In this way, you protect the environment.