

Laundry Tips FOR THE RIVER



Design by Tamsyn Gill

Gentler, less frequent washing means fewer chemicals and microfibres reach the river

Switch to plant-based, fragrance-free eco laundry detergent/laundry sheets

Sunlight and frost help fade stains and brighten whites



Hang clothes out to air in-between washes



Brush-off mud and spot-clean small marks with washing-up liquid

Wash bulky items, like shoes and shin-pads separately



Try a microfibre wash bag or filter to catch synthetic fibres

Wash at 30° or use the eco setting, and skip or lower the spin speed to save water, energy and money

