

# Tips for Laundering CLOTH Diapers

## maximizing Cleanliness, minimizing impact

### 1. Dump

Dump solid material into toilet.  
Put diapers in (dry) pail until wash time.

### 2. Rinse

Optimally run your load once you can mostly fill, but not overstuff, your washer.  
Rinse diapers in warm water.

### 3. Wash

Wash diapers with detergent in hot water. Detergent should be fragrance and color-free with no optical brighteners or fabric softeners. Use additional detergent if you have hard water. Use enough detergent to clean a load of dirty laundry but not too much.

### 4. Rinse

Rinse diapers in warm water.  
Rinse again in warm water.

### 5. Dry

Thoroughly dry diapers in the sun or in your automatic dryer. The sun will save energy and bleach out stains. If you use a dryer, use the lowest temperature that successfully dries your diapers.

*We know that there are a lot of opinions on cloth diaper laundry. To be confident that we're giving parents the best chance to succeed with cloth diapers, we studied the science of cloth diaper laundry. To learn more, visit [www.realdiaperassociation.org/wash/laundry-science.php](http://www.realdiaperassociation.org/wash/laundry-science.php).*

## WHEN TO run a LOAD

- Most people have success washing every 2 or 3 days, washing 12-24 diapers at a time.

- It depends, though, on the size of your washer. Too full a load is not good (inadequate access to water and detergent); too empty a load not good (too much space prevents sufficient agitation).

*For more detailed explanations of each step (like above), visit our website.*



## Diaper association

[www.realdiaperassociation.org/wash](http://www.realdiaperassociation.org/wash)