

STOP MICROPLASTICS! #1 WASH BETTER



WHEN WASHING SYNTHETIC TEXTILES, PLASTIC FIBERS ARE RELEASED INTO THE ENVIRONMENT.

"#1 WASH BETTER" ARE TEN EASY RULES THAT GUIDE US TO REFLECT ON OUR WASHING BEHAVIOR TO REDUCE MICROPLASTIC POLLUTION. FOR FURTHER INFORMATION VISIT WWW.GUPPYFRIEND.COM.

**GUPPY
FRIEND®**

WASHING INSTRUCTIONS AGAINST MICROPLASTIC POLLUTION



WASH LESS

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



DON'T TUMBLE DRY

The mechanical forces inside a tumble dryer are one of the mayor 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 condensed water.



USE THE GUPPYFRIEND

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



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.



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.



WASH SHORTER

The longer you wash, the more fibers break. All washing machines have a short washing program. Use it.



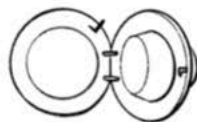
PLASTICFREE DETERGENT ONLY

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 more than necessary. This way you protect clothes and the environment.



DON'T WASH SHOES

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 - result in more plastic in the ocean.



REDUCE ROTATION 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).



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.