



Teton Training Center

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How to Properly Wash Your Gi

We can't take credit for the below recommendations, but we sure appreciate them!

--By Anthony Peranio.

<https://wbbjj.com/how-to-properly-wash-your-jiu-jitsu-gi>

We all love our BJJ Gi's and we all hope that we can make them last as long as possible. It is not only important to properly care for your Gi to make it last for many years, but the proper care of your Gi will also prevent you from being the loathed "stinky person" to roll with.

When you get home throw everything you sweat in into the washing machine, including your compression shorts/rash guard/cup/jock.

Throw in 1 – 1.5 cups of distilled white vinegar, make sure you get your collar, arm pit, crotch areas on your Gi.

Depending on your washing machine: pre-soak or rinse without spinning in the vinegar + warm water. Let it sit and drain. (If I get home at 10pm I'll let the vinegar work until I get up in the morning).

*Then, add a cup of baking soda to the load and a small amount of detergent. **Too much detergent that doesn't get rinsed out is what collects additional funk.***

Wash on heavy cycle with cold water. Use the second rinse if your machine has it. If your Gi is still a little funky, repeat the process.

If you don't want to do this whole process every time, do it every third wash and wash it heavy with Tide Sport in between, but again, don't use too much detergent and rinse an extra time. Get vinegar and baking soda if you can. I get huge containers of baking soda for pool maintenance for under \$10, and the vinegar is equally cheap. If you get a brand new Gi, washing it in vinegar first will help set the color better.

Additional Tips

- Never use bleach! Bleach eats cotton fibers and will reduce the lifespan of your gi. To remove stains try using an organic oxidizer (like Oxyclean).
- After training, do not let your soiled gi sit. By washing your gi within 6 hours of training, you will prevent stains, mildew, and mold from setting in the fibers.
- Wash your gi after every session!
- Never wash your belt.