

How Often to Wash Clothes

Underwear & Socks → Wash after **every wear**

Workout Clothes → Wash after **every wear**

Occupation Clothes → Trades, Fastfood, Daycare, etc after **every wear**

T-Shirts, Tops, Dress Shirts, Dresses, Skirts, Blouses, Shorts, → Wash after **1–2 wears**

Bras → Wash after **2–3 wears**, let rest between uses (but every time after workout)

Jeans/Denim → Wash after **3–4 wears** (or sooner if dirty/smelly)

Sweaters → Wash after **3–4 wears** (shorter if nothing under, longer if layered)

Pajamas → Wash after **3–4 wears** (more often if sweaty, sick, or no shower before bed)

Bed Sheets & Pillowcases → Wash **monthly**

Duvets/Comforters → Wash every **3–4 months**

Blazers & Dress Pants → Wash/Dry Clean after **5–7 wears** or if stained/odorous

Formal Wear (suits, gowns) → Wash/Dry Clean **as needed** (based on stains/odors)

Jackets & Coats → Wash **seasonally** or as needed

Hats, Gloves, Scarves → Wash **seasonally** (or when visibly dirty. Weekly for kids)

Tips for Clothes Between Washes

✓ **Hooks or a “half-clean” section** → Keep a designated spot in the closet or on hooks for clothes that have been worn once but can be worn again. (like airing out bras)

✓ **3-bin system** → Use hampers or crates labeled:

1. Dirty
2. Wear Again
3. Multiple Wears (like jeans, sweaters, blazers).

✓ **Sniff test** → Before hanging back up, check armpits/collars for odor. If it passes, it can stay in the “wear again” area..

✓ **Rotate** → Move “wear again” items forward so they don’t get forgotten or mixed with freshly laundered clothes.