



How to care for your kit

Kit should not be washed after every use, once a term should be fine for most fencers - and less often for children who have not reached puberty. Use your better judgement but it is important to keep the kit usable rather than perfectly white. Glove & Lames need even less frequent washing. But please air out your fencing equipment after every session.

Washing Your Whites: (Jacket, Plastron and Breeches if you have them)

- *Zip up all the zippers and Velcro before washing.
- *Wash at 30 degrees or colder using regular detergent. (Fragrance- free if possible)
- *NO BLEACH, ever! No fabric conditioner.
- *Hang to dry, do not tumble dry as this will reduce the life of the garment and the club needs to use these for many years to come. Please do not dry in direct sunlight if possible.

Washing your glove and lame:

- *Hand wash only – NEVER put any of the metal kit in the washer or dryer as this will either damage it beyond use or reduce the life of the garment.
- * Please only wash when necessary and be gentle with the material.
- *Use a cleaner designated for delicate fabric (an equal part of ammonia cleaning solution can be added) and soak for about 15- 20 minutes. Again, no bleach.
- * Rinse thoroughly!
- *Do not use hot water, use cold or lukewarm water only
- *Do not use a brush to scrub them or it may affect conductivity.
- *Leave in a warm, well-ventilated place to dry - Never dry in direct sunlight.

The above is best practice and will prolong the life of the garment. Some manufacturers have different instructions. You are free to do what you want when you buy your own kit, but please keep to the above with club kit.

Not all masks can be washed – please seek further advise from the club if your mask needs to be cleaned.