

# THE FRESHMAN SURVIVAL GUIDE

COMPLETELY  
REVISED AND  
UPDATED

## LAUNDRY SURVIVAL

### **SORT**

Separate your laundry into three categories: 1) lights 2) darks 3) colors and wash them in different loads or else you'll end up with gray t-shirts and pink socks.

### **CHECK YOUR POCKETS**

You don't want to wash your cell phone or your wallet for obvious reasons but a stray lip balm or pen can ruin an entire load of laundry and a single Kleenex will coat everything in tiny bits of fluff.

### **ANY DETERGENT WILL DO**

The more expensive ones do more tricks—stain prevention, color saving,—but even them cheapest ones are going to get your clothes clean. Read the back to see how much to use or just look inside the cap, there will be a line that shows you (See? We said it was easy). A front-loading machine will have a special dispenser drawer that the detergent goes in. For a top loader let the washer fill a little, add the detergent then add your clothes.

### **WASH**

There will be a number of settings on the washer, normal or regular will serve the laundry-rookies best. Some washers will also give you water temperature choice...choose cold, it's an all-purpose setting that saves energy, cleans fine, and is easier on your clothes. You can choose hot for towels, underwear and gym socks to kill germs and odor.

### **DON'T OVERLOAD**

It's tempting to stuff the washer or dryer as full as possible but resist.  $\frac{3}{4}$  full is usually the limit for effective cleaning or drying.

### **CAN IT GO IN THE DRYER?**

Almost everything can for guys (but not your wool sweater, your linen shirt or your silk boxers). Girls, read the label. Women's clothing tends to be trickier and uses a wider variety of special care fabrics. As you take stuff out of the washer give it a shake to reduce wrinkles and if you're not sure if it can take the heat read the label, anything that might not survive a trip through the dryer should be air dried. Cotton can take high heat, especially your towels & jeans but some polyester will actually melt so a medium setting will be safest for most everything else.