



HOW TO TAKE CARE OF YOUR GARMENTS

Manual

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Our garments are part of our adventures and experiences, taking care of them will keep them performing and long lasting

We want to support this attitude, our aim is to use garments as much and as long as possible, reducing the impact of the product and contributing to sustainable behaviours.

An important aspect of how to take care of garments/products includes also the choice of detergents, maintenance of the washing machine and how products are handled and dried.

Laundry has an important impact on the environment in terms of energy need, chemicals used in the detergents and released then into wastewaters.

General advices for all type of products

- Always check carefully the care instructions on the labels
- Use the complete washing machine capacity to use less energy. Moreover the fabrics will be protected better by each other thanks to less stress in being spin around
- Empty all pockets, close all zippers and Velcro straps, loosen regulation cords
- Treat stains and heavy dirt specifically first (use neutral soap, not bleach)
- Combine similar colours/products (avoid additional chemicals of anti-colour strainers if not necessary)
- Divide the products carefully by content and washing requirements
- Use only the necessary amount of detergent (not too much)
- Use low temperatures whenever possible – better for the item and the energy consumption
- Make sure all the detergent is gently washed out / no residues on the garments
- Dry on air if possible. Dryer is not good for majority of fabrics.
- Dry garments turned inside out to prevent colour fading if exposed to direct sunlight. In general always prefer drying in the shade.
- Keep the washing machine clean (mind residues from detergents, clean filters etc..)
- Use guppy bags for synthetics or high synthetic content garments to trap micro plastics and avoid release in wastewaters
- Always keep away from fire or heaters. Also a big distance sometimes can melt/burn the fabrics.

Care symbols meaning

Please refer to the website of the official care labelling system:

<https://www.ginetex.net/GB/labelling/care-symbols.asp>



DOWN JACKETS

Down keeps us warm in very cold conditions in fact its insulation properties are well known by mountaineers. Due to the capacity to trap air among the finest and soft down feathers, it keeps the wearer light and warm. The down is also highly packable, so still one of the favourite warm-keeper in the mountain sports.

The capacity of keeping warm is called filling power and it's measured in CUIN (cubic inches). Usually a very good (so very warm) filling power is above 750. Moreover a good down jacket should have a ratio between down and feather not below 90/10. Feathers are heavier and they don't trap air as well.

Down needs to be fluffy and soft, it needs to maintain its filling power to keep the wearer warm. This means that very fine down feathers expand within the chambers of the jacket or sleeping bag and trap air. The more air they trap, the higher the filling power, the warmer/light the jacket will be.

Maintaining the properties of this fine down feathers means taking care of the jacket. Sometimes it is good that dirt and sweat are removed, otherwise down can get heavier and less efficient. If during use the down is getting wet, the isolation properties vanish, the down get heavy and clumpy. It collapses within the chambers, so a DWR treatment on the external fabric (and/or on down) is very important and act as a water shield protection.

- Don't wash too frequently. Better to put outside in the fresh air and treat specifically dirt with a wet cloth
- Turn your jacket inside out before putting into the washing machine. Close all zips and Velcro straps
- Make sure there are no little holes where the down could come out
- Use a delicate detergent for down (or wool) (feathers are made of proteins, same as wool)
- Use the appropriate washing cycle for down (if possible) or very low temperature and spinning
- NO SOFTENERS because they reduce the filling power by sleeking the feathers
- Use wool balls for spinning/absorption of excess of water. This will also help with the down clumping
- If possible dry on air (avoiding extra energy consumption)
- If air dried, lay flat and shake frequently. Use your hands to move the feathers and distribute them. It can take up to a week to have a perfectly shaped jacket and a lot of patience in case of small chambers
- Don't dry in direct sun or on heather
- For extra puffiness: once dry put the jacket in the dryer for 10 min or until the jacket is soft and fluffy. Keep the temperature of the dryer low and the cycle gentle
- If tumble drying use low temperature and gentle cycle. It can take more than one hour to dry completely the down
- The warmth of the tumbler helps to reactivate the DWR treatment of the fabrics/down so they can keep the performance stable and longer



TIROLWOOL Responsive Insulation

The Tirolwool insulation uses up to 45% of locally sourced wool fibres coming from the Tyrolean Mountain sheep and the Villnösser Brillenschaf. Wool is a natural fibre with a complex construction, built by nature evolution, protecting the animals from cold, snow, wet and overheating. These properties are still active in the insulation technology. Our wool fibres are treated by a chlorine free finish in Italy to eliminate a part of the external scales, doing so the insulation jacket can be washed without enhancing the natural felting properties of the wool.

Wool fibres have the capacity to neutralize odours, and so even if used during sport, the items do not need a wash after every activity.

Tirolwool Jackets need also special care.

- Hang your jacket outside in fresh air after every use, this will support the natural property to neutralize odours
- Don't wash too frequently
- Take care of how you put the jacket into the laundry: empty all pockets, close all zippers, loose tightened cords, close Velcro flaps to avoid that the trims on the jacket stress the fabric
- Use a wool detergent (wool is made of proteins)
- NO SOFTENERS
- Use wool wash program if available
- Low temperatures and gentle cycle
- After washing do a short fast spinning (max 800 – if not wool program) in the washing machine to remove excess water (use wool balls for water absorption if you want). Wool is naturally hydrophobic so water will collect on the surface of padding leaving stains on the fabric
- Lay flat and air dry. Do not use tumbler
- Reapply DWR finish of the outside fabric when water drops stop to roll off for additional protection during use



SYNTETICH PADDINGS/FILLINGS

Synthetic paddings imitate the natural properties of down. They are composed by very fine polyester fibres that trap air in them insulating from cold weather. They are also very light and packable but less than down. In the other hand however they don't lose their insulating properties when damp or wet. That's why sometimes they are preferred even if garments are heavier and less warm.

Paddings need to be fluffy and soft to maintain their insulating power. Using correct detergent can help in not collapsing the fibres trapping air. Even if not afraid of water, a DWR treatment on the external fabric is very important because protects the wearer from getting wet in the inside.

Synthetics are easy care compared to down but they also need some special attentions, especially on drying. They dry very quickly in the air so you can enjoy your activities sooner.

- Don't wash too frequently. Better to put outside in the fresh air and treat specifically dirt with a wet cloth
- Turn your jacket inside out before putting into the washing machine. Close all zips and Velcro straps
- Make sure there are no little holes where the padding could come out
- Use a delicate liquid detergent for synthetics
- Use gentle washing cycle and very low temperature and spinning
- NO SOFTENERS because they reduce the insulating power by sleeking the fibres
- Use wool balls for spinning/absorption of excess of water.
- Dry on air (avoiding extra energy consumption) because too much heat of the tumbler can ruin the padding
- Don't dry in direct sun or on heather
- Put 5 minutes in the tumbler to reactivate the DWR treatment of the fabrics so they can keep the performance stable and longer. Ironing and steaming is forbidden because they can melt the padding fibres



SHELLS – WATERPROOF/WATER-RESISTANT (GORE-TEX and POWERTEX)

Shells technologies are built to protect the mountaineers from rain, wind and snow. Waterproof fabrics are made with a membrane that works as a shield for water and wind but at the same time allow moisture (water vapor) to pass through, thanks to its breathability. The membrane is obtained by a polymer (plastic) that is mold in a very thin and flexible layer. It is then glued with different fabrics based on the final properties. 3 layers fabrics are made by external fabric, membrane and internal lining all glued together. Same for 2.5 layers where internal lining is substitute by a lighter film. 2 layers instead should be paired with a separate lining so the outcome is not a single fabric. Fabrics are then sewed and stitches are covered with a glued tape. This is to avoid water penetration from the little holes of the needle/thread.

In general there are different membrane technologies, but all of them are built to keep water and wind out and to allow moisture to go outside, in order to keep the wearer as much as possible comfortable and dry. To make this happen, the surface of the external fabric must stay dry, that's why a water-repellent finish is applied. A soaked surface reduces in a significant way the breathability of the item.

It's very important to take good care of shells to protect the external fabric, the membrane and the seam tape. All these parts are glued so wrong washing and detergent can melt the glue. Also fast temperature changes can ruin the product.

- Sweat and dirt can compromise the performance of the garment and reduce breathability/comfort. As soon as you note sweat and dirt stains it might be time to wash your item
- Take care of your waterproof gear on a regular base and correctly to maintain performance
- Water should create little drops on the surface and not be absorbed. If soaking the external fabric you will feel wet. It is just a sensation created by the cold water. The membrane will protect you but it's necessary to reapply the DWR treatment as soon as possible
- Check always the care instructions on label
- Before washing don't turn inside out to protect the internal film
- Take care of how you put the jacket into the laundry: empty all pockets, close all zippers, loose tightened cords, close Velcro flaps to avoid that the trims on the jacket stress the fabric
- Treat stains first (avoid chlorine/bleach, use neutral soap)
- Use a delicate detergent for technical fabrics without additives
- NO SOFTENERS (do compromise the performance: breathability and DWR and will melt the glue)
- Low temperatures and low spinning to protect the item/fibres
- To re-activate the DWR treatment put 10min low temp in the tumble dryer, or iron low temp with a cloth between iron and fabric (only external fabric!)
- Make sure the garment is clean before to reapplication of the DWR
- Choose carefully the product, PFC free for a lower impact



Specific for GORETEX:

- For small homemade reparations use Gore Kit
- For specific Gore-Tex washing instructions <https://www.gore-tex.it/gore-tex-wash-instructions>
- (Special care: Shakedry Gore products do not apply DWR treatments)



FLEECES and SYNTETICH PRODUCTS

Synthetics blends can transform in a lot of different shapes. They can be soft fleeces, stretch t-shirts or anti-cut pants fabrics. They have incredible properties and are also quite easy to care. Most of them are quick drying so tumbler is not needed. Moreover they are very sensitive to high temperatures.

All items made of synthetic fibres should not be kept in the laundry bag when humid after the activity. Put them on air to get rid of moisture and dry them out.

Sport textiles should be washed gently by low temperatures, this avoids stressing the fibres, the fabrics and the finish. A gentle wash will release less micro particles in wastewater. Use guppy bags, and make sure you use the full loading capacity of the washing machine, this protects the garments during washing movements and uses less energy.

- Wash turned inside out to not ruin the surface and create pilling or snagging
- Close all zippers and Velcro straps, loose regulations
- Protect light weight fabrics (t-shirts - underwear) with a separate guppy bag in case of washing together. Don't wash either with garments with sharp trims
- Use an appropriate detergent
- NO softeners
- Make sure your washing machine is clean
- Wash with gentle cycle and low temperatures
- Rinse well to get rid of all the detergent
- Low spinning is enough because synthetic fibres do not absorb much water
- Dry on air possibly



ALPINE MERINO WOOL - Base layers and wool items

The alpine wool base layers are built to feel comfortable on your skin, protect you from cold and warmth, keep you fresh (as wool does not develop odours), protect you from chill outs when sweating.

Base layers are light weight fabrics and need to be handled with care. Our base layers are built to be machine washed. Pure wool items do not release micro plastics, wool blends with polyamide and polyester do release less micro plastics than pure synthetics.

Other wool items are generally knitted, like gloves, scarfs and beanies. The surface is delicate because snagging can happen frequently. Hand washing is preferred also to have a better control of the water temperature that should be cold.

Beside all those benefits all wool garments can be easily aired out after use, and so you do not need to wash the garment after each activity. Bacteria do not grow easily on wool. Wool fibre helps to save energy, time and resources.

- Don't wash the alpine merino base layers and tees with garments which have zips, cords, Velcro and any kind of buckles. Those trims would stress the light weight jerseys and could cause little holes or snagging
- Check the care instructions on labels
- Wash only when necessary and preferably hang outside in fresh air
- Turn inside out
- Use a delicate wool detergent (wool is made of proteins)
- Use wool wash program and low temperature and gentle cycle
- Air dry. Do not use tumbler and do not put on heater. High temperatures can felt the fibres
- If necessary dry flat on a towel and roll it to squeeze out excess water
- Mid/heavy weight wool knit items should be dried flat. Wool is very heavy when wet and by hanging the garment you can make it longer
- Pay attention on moths. They really like wool fabrics, especially if already worn. Keep your wool items in a sealed bag off season



ALPINE HEMP

The Alpine Hemp collection is dedicated to climbing clothes. Thanks to its properties, hemp is one of the strongest natural fibers. This makes it perfect for garments subjected to abrasion and tension.

Hemp production has a long tradition and is part of our heritage. For centuries it has been cultivated in our mountains. It was especially used for climbing ropes. During the last decades the production has been moved to China where high quality hemp is cultivated.

The cultivation doesn't need a lot of pesticides and chemical products. Moreover the process requires less than 1/3 of the water needed for cotton. This fiber is very good for the environment and has a lot of interesting properties. The sturdy roots promotes the ground oxygenation and the plants can reclaim polluted lands improving the productivity thanks to nitrogen. They can also capture very well carbon from the atmosphere.

Hemp is obtained by the plant stem. The fiber is highly hygroscopic, this means the fabrics are highly breathable and thermoregulating. It's very fresh in summer and quite warming in winter. It's very strong and durable but at the same time comfortable and soft to the skin. The fabrics don't generate electrostatic charges, are hypoallergenic and antibacterial.

- Check the care instructions on labels
- Wash turned inside out
- Protect light weight fabrics (t-shirts - underwear) with a separate guppy bag in case of washing together. Don't wash either with garments with sharp trims
- Use a neutral detergent
- NO softeners. The fabric get softer with continued use
- Make sure your washing machine is clean
- Wash with gentle cycle and low temperatures
- Rinse well to get rid of all the detergent
- Low spinning is enough because hemp dries very quickly
- Dry on air possibly. Tumbler is not good for hemp
- Hemp is similar to linen and since it's very stiff can get crumpled easily. It can be ironed at low temperatures, possibly still damp.



GLOVES

Gloves are often composed by many different materials and pieces, this requires a very careful care. Gloves are also subjected to sweat due to the tight fit to the hand. Due to their construction and dimension the inside is difficult to ventilate and within this closed room bacteria and bad odour can grow very fast. This happens mainly to waterproof gloves.

We suggest to air dry the gloves whenever needed and to not keep them in wet conditions in closed spaces (backpack, closet). Turn the inside out if possible.

Wash them gently – also by hand, or by a gentle washing program to remove the sweat and dirt.

- Hand wash preferred
- Wring out from fingers to wrist the excess water
- Dry with fingers looking up
- When almost dry wear the gloves and close the hand to bring it back to the original shape
- Pay attention to wet leather because can stain if in contact with other fabrics

SOCKS

Socks are an important accessory for our adventures. They protect the feet thanks to their construction, keeping them stable and cushioned in the shoes.

The merino wool in the materials keeps you warm and thermoregulated. The socks are breathable, anti-odor, elastic and resistant thanks to the polyamide in the structure.

The care should follow the fiber composition so should be a mix of the synthetic and wool care.

- Check the care instructions on labels
- Pay attention to sharp trims that can damage the socks. The washing machine drum can also create pilling
- Don't turn inside out. Usually the inside is more delicate than the outside on socks with knitted graphics
- Use a delicate wool detergent (wool is made of proteins) or a neutral one
- Wash with gentle cycle and low temperatures
- Air dry. Do not use tumbler and do not put on heater. High temperatures can felt the wool fibres and melt the synthetic ones