

Baseball Uniform/Cap Laundering Instructions

Timing is of the essence

The sooner you start the laundering process the better. The longer the uniform is allowed to sit before laundering, the higher chance stains have of setting in and become harder to remove.

Learn the Presoak

Presoaking is essential in getting your uniform clean. After the game, rinse off the uniform in a utility sink to remove as much loose dirt and mud as possible. If you don't have a utility sink, hang the uniform over a clothesline and spray it down with a hose.

Next fill a large sink or bucket with warm – not hot – water. [Add a capful of heavy duty laundry detergent and one cup of baking soda](#); then soak the uniform for at least one hour. It is even better if it can soak overnight. (Soaking with a little Purex, Biz or similar non-chlorine bleach along with detergent works well also)

It is important to know if the water in your area is hard or soft. Hard water contains an excess of minerals that make detergents much less effective in removing soil. If you have hard water, your uniform will be harder to clean and you will need to add some water conditioner to your presoak bucket. This is not fabric softener; it is an additive that helps your detergent work better.

No Steroids – No Chlorine Bleach

Chlorine Bleach has many appropriate uses, just like steroids, but not in baseball. It may be tempting to use chlorine bleach on white or even gray uniforms but it is not effective for polyester fabrics and can even damage the material.

Instead, use an [oxygen or all-fabric bleach](#) to brighten and whiten. Again, allow the uniform to soak for at least one hour to get the best results.

Wash Alone

Baseball may be a team sport but the uniform should travel alone through the washing machine. Do not wash the uniform with other clothes. Most clothes contain cotton or a cotton blend. The lint will come off and cling to the jersey's letters and numbers. After the uniform has pre-soaked, fill the washer with cool water and detergent and launder as usual. **Never use hot water.** Even if the uniform is white, the lettering and numbers are colored and will fade.

Forget The Heat

Never put a sports uniform in the dryer. High heat causes shrinking, [sets in stains](#) and fades colors. [Hang the uniform](#) to air dry away from direct sunlight. Uniforms will usually dry overnight.

Blood, Sweat and Grass Stains

Use cold water. Hot water will only set the stains and make them nearly impossible to remove. The pre-soaking techniques will usually take care of stains. Inspect the uniform before you put it into wash and treat any remaining stains with a pre-treater or by rubbing in extra detergent. A little Ajax dishwashing detergent rubbed into grass stains works extremely well also.

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Cleaning Cotton or Man-Made Fiber Newer Baseball Caps

Newer baseball caps are often made of cotton twill, cotton polyester blends or jersey mesh. These fabrics are strong and durable and usually colorfast. New caps use a plastic form to shape the brim, not cardboard. These plastic forms can withstand a wash without becoming deformed.

To clean, pretreat exceptionally dirty areas with an enzyme-based laundry stain remover. Wash the cap with the rest of similarly colored clothing in cool water. Do not use bleach. If you are very concerned with protecting the shape of the cap, you can use a specially designed hat form and toss it in the washer. Allow the cap to dry in the form or over a coffee can or other head-shaped container. Do not put baseball caps in the dryer.

You have probably heard of washing caps in the dishwasher on the top rack. I would not recommend this because dishwasher detergents are quite harsh and often contain bleach that can ruin your cap. And, the high temperatures are not good for the fabric and may cause shrinkage.

Cleaning Newer [Wool](#) Baseball Caps

Wool caps should be handwashed using cool water and a mild detergent designated for wool. Be gentle and don't scrub or twist the fibers. Rinse well in cool water and roll gently in a thick towel to absorb most of the moisture. Allow to air dry on a head-shaped object. [If you dry your wool cap on your own head, it will dry to the precise shape of your head.](#)