

How Often To Wash . . . Everything

{on Stain Removal 101}

Get more information at <http://www.stain-removal-101.com/how-often-should-i-wash.html>

Clothing			
Bathrobe	2 weeks	T-shirts and tank tops	Each wear
Bras	3-4 wears	Underwear	Each wear
Camisoles	Each wear	Winter gear (hats, gloves and scarves)	1 month
Coats	2 months (1 month for kids)	Household Items	
Dresses	1-2 wears	Aprons	2-3 wears
Hosiery, stockings and tights	Each wear	Bath mats	2 weeks
Jackets and blazers	5-6 wears	Bath towels	3 uses <small>(maximum)</small>
Jeans	4-5 wears	Bed sheets and pillowcases	weekly
Leggings	1-2 wears	Blankets	monthly
Pajamas	3-4 wears	Comforters and bedspreads	Monthly if stays on bed each night, 3 months if taken off before bed
Pants and shorts	3-4 wears	Crib bedding (including mattress pad)	Twice a week
Shapewear	1-3 wears	Curtains	6 months
Skirts	3-4 wears	Dust ruffles	3 months
Socks	Each wear	Hand towels	Daily
Sportswear (and exercise clothes)	Each wear	Kitchen towels	Daily
Sweaters (cotton, silk and cashmere)	2 wears	Mattress pad	Monthly
Sweaters (wool and synthetic)	5 wears	Pillows	3 months
Sweatshirts	5-6 wears	Shower curtain	3 months
Swimwear	Each wear	Sleeping bag	End of each trip
Tops and dress shirts	1-2 wears	Throw rugs	3 months
		Wash cloths	Each use