

How to Clean Hockey Equipment

Step 1

Fill a bathtub or large sink with hot water. It should be about a third full and should not be so hot that it hurts to touch the water. Your hands will need to be in the tub for a fair amount of time, so be aware of the temperature.

Step 2

Add about 1/4 cup of laundry detergent to the bathtub while the water is running. This will allow the detergent and water to mix.

Step 3

Put the hockey gear in the soapy water and make sure all of it is completely covered with water. Allow it to soak for 30 to 45 minutes.

Step 4

Drain the tub, clean out the soap, and then rinse all of the gear out with room-temperature water to get all of the detergent out of the gear.

Step 5

Squeeze the water out of any gear that you can, including the jersey, socks and other loose items. Hang all of the equipment on a dryer rack, a shower stall, a door or in a closet. Anything that cannot be hung up, prop up in the bathtub to dry properly.

Step 6

Spray the inside of your hockey bag with a disinfectant such as Lysol or Febreze, and then wipe it dry. Make sure all of your gear is dry, then place it all back in your bag.

Tips

- Use an unscented laundry detergent since many players don't enjoy their gear smelling like flowers.
- Air-dry your equipment in order to prevent damaging your equipment in the dryer.
- If you are short on time, put some of your hockey gear in the dryer. The exceptions to this are skates, helmets, jerseys and socks.
- Allow washed gear to dry completely. Damp or wet gear invites mold which can intensify the unpleasant smells.

Things You'll Need

- Bathtub or deep sink
- Hot water
- 1/4 cup laundry detergent
- Drying area