

# GEAR CLEANING & ORGANIZATION GUIDE

## QUICK-CLEAN CHECKLIST (WEEKLY)

- Air out gear immediately
- Spray with a vinegar + water mix
- Wipe helmets/gloves with disinfecting wipes
- Wash base layers



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## DEEP-CLEAN ROUTINE (MONTHLY OR AS NEEDED)

- Full wash of gear in the tub/washing machine
- Wash on gentle, cold cycle (no heat!)
- Wipe out helmet with mild soap and water

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## DRYING + STORAGE HACKS

- Use a dedicated gear rack (store-bought or DIY PVC pipe)
- Set up in a ventilated space garage, mudroom, or laundry room
- Add a fan or dehumidifier nearby for faster drying

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## PRO TIPS FROM HOCKEY MOMS

- Rotate 2 sets of underlayers for back-to-back practices
- Add “gear reset” day to your monthly routine
- Keep an emergency pack: wipes, mini spray, extra socks

WANT EVEN MORE HELP STAYING ORGANIZED DURING HOCKEY SEASON? CHECK OUT THE FULL HOCKEY MOM GUIDE, MEAL PLAYBOOK OR BUNDLE [HERE!](#)