

Items should be turned inside out when washing

Not all items should be washed inside out. Here are some items you should wash inside out to ensure they last longer.

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Even if you sort your clothes by color, you can still throw them in the washing machine without much thought. But making small changes to how you wash certain items can help them look new and last longer. Turning certain items of clothing inside out can help them stay cleaner and prevent fading, pilling, and premature wear. Here are **some items to wear inside out**.



Jeans

Denim—especially dark denim—is notorious for fading and fraying at the cuffs, pockets, and waistbands. Whether your jeans are new or well-worn, turn them inside out before washing to minimize wear, preserve color, and prevent fraying. Don't forget to zip, button, or snap them shut so they retain their shape and don't snag on other items.

Decoration

Items like shirts, sweaters, or jackets with buttons, zippers, studs, sequins, or other accessories should always be washed inside out. Doing so not only protects the garment from damage—like ripped hardware—but also

prevents other delicate fabrics in the garment from snagging, fraying, or pilling.



Shirts, sweatshirts and t-shirts with stickers

Any garment with prints, patches, or embroidery will benefit from being washed inside out. Turning these items inside out helps minimize fraying in the patterns, keeps colors vibrant, and prevents peeling.

Washable and reusable grocery bags

Reusable bags can accumulate dirt and spills with frequent use, and washing the inside out will expose the dirtiest surfaces to detergent and water.

Leggings and other sportswear

Leggings, sports bras, and other athletic apparel are prone to pilling. They also tend to collect sweat and body oils on the inside during workouts, leaving the inside dirtier than the outside. Washing these items inside out will protect the fabric from friction, keep colors vibrant longer, and ensure that the dirtiest parts get the proper cleaning.



Socks

It may sound counterintuitive, but in some cases, turning your socks inside out can actually help them get cleaner. Sweat and body oils accumulate on the inside, so turning your socks inside out exposes the dirtiest part to water and detergent. There is one exception: Socks that are especially dirty on the outside, such as athletic socks or socks worn indoors without shoes.

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