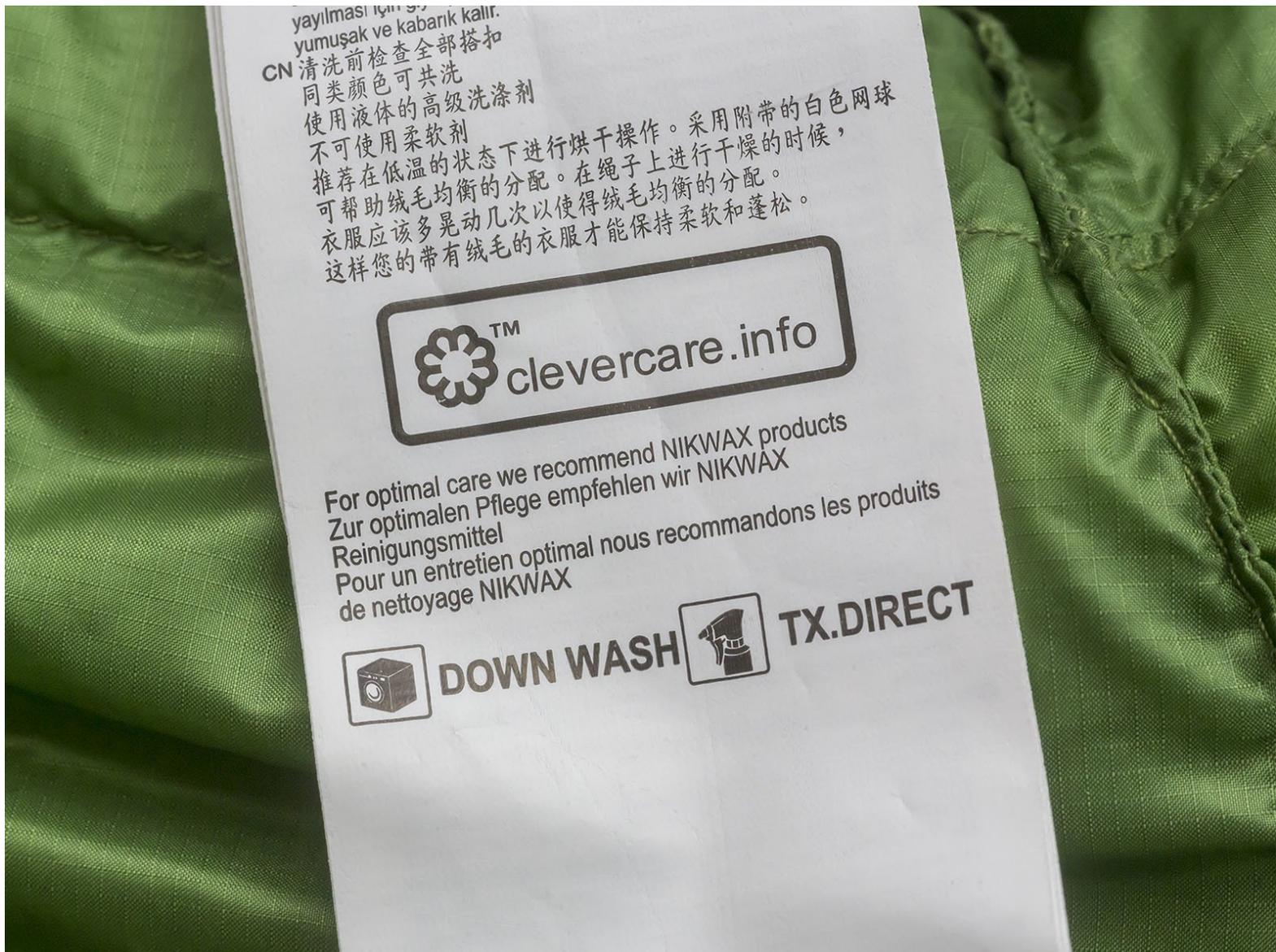




# How do I wash and dry my Vaude down sleeping bag?

Read on to find out the best steps to wash and dry a Vaude down sleeping bag.

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## INTRODUCTION

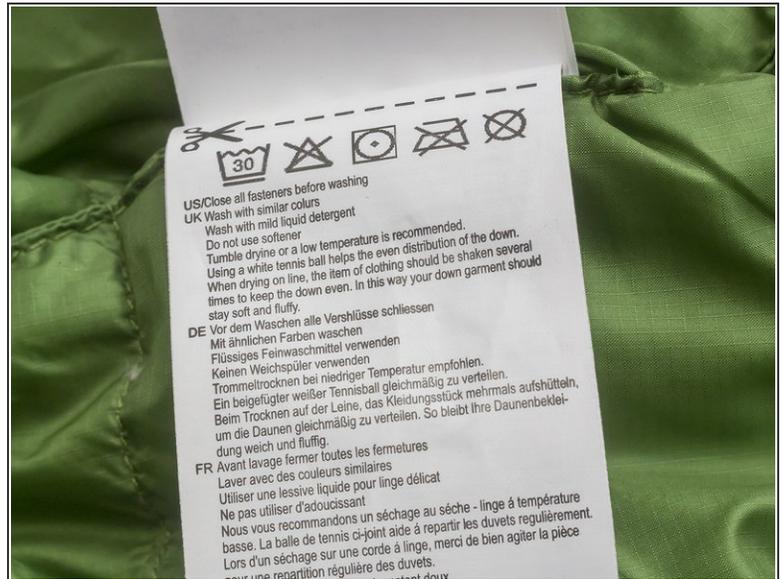
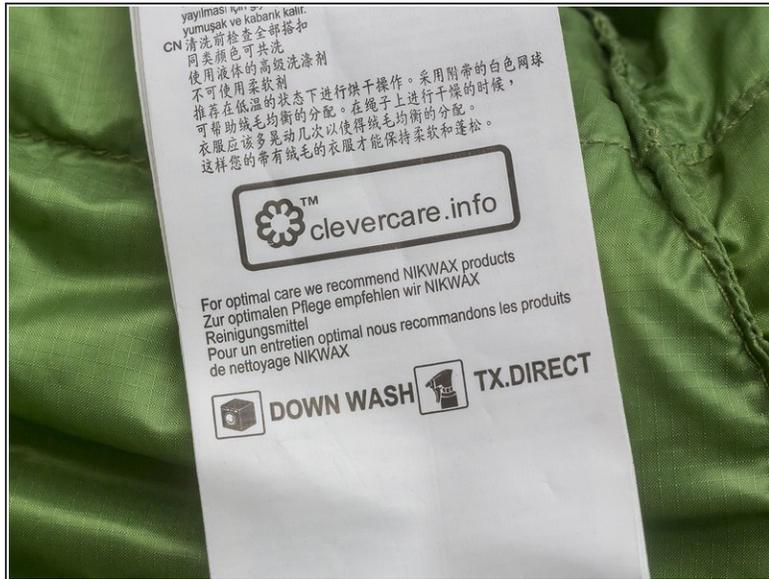
As a rule of thumb, you should wash your sleeping bag after sleeping in it about 20 times. We recommend to use Nikwax Down Wash Direct for washing. While cleaning it also reconditions the water-repellency and revitalizes the isolating characteristics of the down fill. Read on to find out the best steps to wash a down sleeping bag.

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### TOOLS:

- [Liquid light-duty or functional detergent](#) (1)
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## Step 1 — Read the care label on the product



- Read the information on the care label (sewn into the footsack). In our example, down cleaner from Nikwax is recommended as well as a waterproofing spray. You'll find the wash and care symbols on the back side of the care label.
- ⓘ Details to the care symbols for washing, bleaching, drying or ironing you will find here:  
<http://help.vaude.com/care-instructions/...>

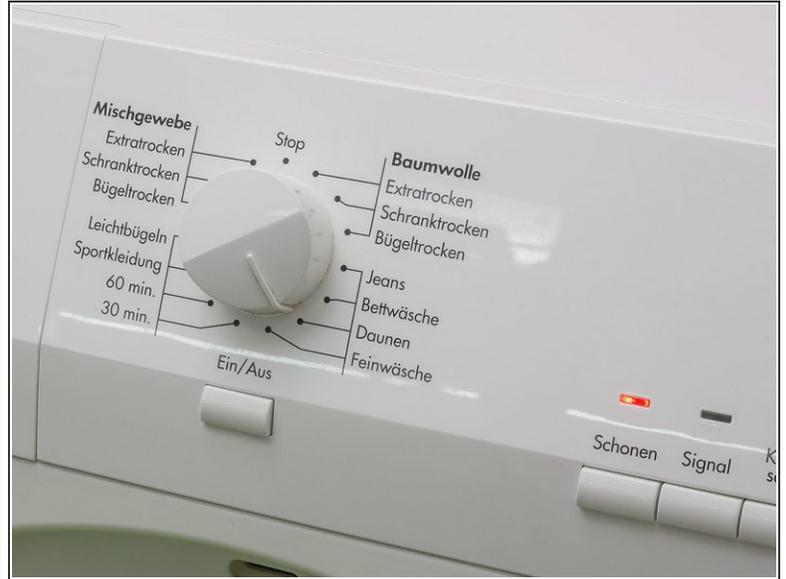
## Step 2 — Washing



- Set the washing machine to 30 °C with a gentle cycle and put the correct amount of cleaner into the dispenser.

⚠ Please follow the instructions for use printed on the cleaning product that you've chosen.

## Step 3 — Drying



- Set the dryer to a low temperature (30 °C). Put two or three tennis balls into the dryer along with the bag to restore the loft to the down. Dry it well and then leave the bag open for a day at a well ventilated and dry place. Shake out the bag occasionally to distribute the down.
- ⓘ If you don't have a dryer, you can hang your sleeping bag on a drying rack in the sun. Turn it often and shake it out while it's drying to distribute the loft evenly. Repeat this procedure until the sleeping bag is dry.

## Step 4 — Waterproofing if necessary



- If the outside of the sleeping bag needs to be re-waterproofed, you should choose a spray-on waterproofing. This way you can ensure that you only waterproof the outside while leaving the inside untreated so that it can absorb moisture and direct it outward.

 Please follow the instructions for use on the waterproofing that you've chosen.