

# StaebeL Socks User Manual

Product Code: 9900



## **Thank you for choosing Staebel Socks.**

We aim to ensure you are satisfied with your Staebel Socks in terms of both performance and durability. We therefore kindly ask you to spend a few minutes reading through these user instructions to ensure you can take the best possible care of your product.

If you have any questions that are not answered in these user instructions, please contact us at Staebel. You will find our contact details on the bottom page of these user instructions.

## **INSTRUCTIONS FOR USE**

### **Pre-Wash Preparation**

To begin the washing process, turn your grip socks inside out. This step is crucial as it protects the grip elements on the soles and allows for a more thorough cleaning of the interior. If your socks have any visible dirt or debris, gently brush it off before washing to prevent it from setting into the fabric during the cleaning process.

### **Washing Methods**

When it comes to washing grip socks, you have two main options: machine washing or hand washing. For machine washing, use a gentle cycle with cold water. Place the socks in a mesh laundry bag to provide an extra layer of protection. If you prefer hand washing, fill a sink or basin with cool water and add a small amount of mild detergent. Gently agitate the socks in the water, paying special attention to areas that may accumulate sweat or odor.

### **Detergent Selection**

Choosing the right detergent is crucial for maintaining the quality of your grip socks. Opt for a mild, liquid detergent free from harsh chemicals, bleach, or fabric softeners. These additives can break down the grip elements and reduce the effectiveness of the non-slip feature. Some specialized detergents are designed specifically for athletic wear and can be an excellent choice for grip socks.

### **Drying Techniques**

After washing, it's essential to dry your grip socks properly to maintain their shape and functionality. Avoid using a dryer, as the heat can damage the grip elements and cause shrinkage. Instead, lay the socks flat on a clean towel or hang them to air dry. Ensure they are completely dry before storing or wearing them again to prevent the growth of bacteria or mildew.

### **Frequency of Washing**

How often you should wash your grip socks depends on how frequently you use them and the intensity of your workouts. As a general rule, it's best to wash them after every use, especially if you've engaged in high-intensity activities that cause significant sweating. Regular washing not only keeps your socks hygienic but also helps maintain their grip and overall performance.

### **Storing Your Grip Socks**

Proper storage is just as important as proper washing. Once your grip socks are completely dry, store them in a cool, dry place away from direct sunlight. Avoid folding them in a way that puts pressure on the grip elements, as this can cause premature wear. Some athletes prefer to roll their socks to save space and maintain the integrity of the grip patterns.

### **Replacing Your Grip Socks**

Even with the best care, grip socks will eventually wear out. Pay attention to signs of wear, such as thinning fabric, loss of elasticity, or deterioration of the grip elements. When you notice these signs, it's time to replace your socks to ensure you continue to benefit from their non-slip properties and support during your workouts.

### **Additional Care Tips**

To extend the life of your grip socks, consider rotating between multiple pairs. This allows each pair to fully dry and recover between uses. Additionally, trimming your toenails regularly can prevent unnecessary wear and tear on the fabric. If you're using grip socks for activities like yoga or Pilates, consider having a dedicated pair for indoor use to minimize exposure to dirt and debris.