

## Fencing Equipment Maintenance

### How to clean fencing equipment

All white uniform parts (jacket, pants & plasteron) can be washed.

- Regular detergent is fine
- Machine dry is also okay
- NO Bleach!!

Periodically clean out your fencing bag and flip it inside out to get everything out.

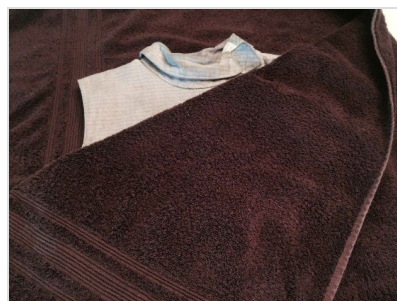
Chest protection can be wiped off with any non-bleach type wipe.

Masks can be washed by dunking them in mild detergent & warm water. If they have removeable padding, that padding can be washed with the uniform parts. Rinse well and air dry.

If you are a sabre or foil your lames can be cleaned up, but must be done by hand. Follow these steps to clean your lame.

#### **7 Tips for Cleaning a Fencing Lame**

1. Get a big bucket or wash and fill it up with slightly warm water.
2. Add one detergent cup full of mild detergent and the same amount of (surprise!) Windex.  
*Note: For a mild detergents, look for those labeled eco-friendly, hypoallergenic, dye- perfume-bleach- free, baby formulas, etc. Instead of Windex you can use ammonia and you'll get the same effect, if not better.*
3. Zip the lame up and put into this bucket and gently bathe it in the detergent/water/Windex mixture. You can let it rest there for 5 minutes.
4. Take it out and rinse several times in a clean, lukewarm water – you can use your shower to rinse it well under a gentle stream of water.
5. Shake off the excess water, put it between two old fluffy towels, and gently dab the remaining water.



6. Hang it on a hanger in the bathroom and let the water drain out.
7. Air drying is your best friend! Avoid direct sun.



NEVER-EVER bonus points:

- **Never Ever put your lame in a washing machine or dryer** – if you do you'll create a crumpled piece of art for an exhibition "Postmodernism in creative fencing gear"
- **Never Ever wash it in a hot water**
- **Never Ever wring out lame after washing** – it may destroy the conductivity.
- **Never Ever put sweaty lame into a fencing bag** – the metal threads are too fragile and can break and oxidize.
- **Never Ever use bleach or other wipes**
- **Never Ever blow dry it with hair dryer** – read Never Ever tip #1.

Lame cleaning courtesy of

<https://academyoffencingmasters.com/blog/7-tips-cleaning-fencing-lame-fencing-mom/>