

Technical Garment Care

They come with many different names such as Coolmax, Dri Fit, ClimaCool, Playdry, Sphere Dry etc. They are all made from a new generation of polyesters.

The new technical clothing is great at what it is intended to do. This is to wick moisture away from the body so it evaporates faster and keeps the garment from sticking to your body. The evaporation also helps cool your body down in hot weather.

It also has some stretch, which allows it to move with your body so you can perform better.

It is a delicate fabric though, so here are a few hints to help maintain it better:

It can snag easily and if it happens to you do not cut off the snag but pull on the fabric around it to help pull in the snag.

Watch out for your rings, chains, belts and wood benches - they seem to catch the fabric fairly easily.

Wash with similar clothing and avoid anything with Velcro on it.

Drying can be done in a few minutes in the dryer or just hang to dry - it doesn't take long to dry.

You can get this material in fitted or loose cuts and different thickness. This is for layering purposes especially in cold weather. The thinner more fitted items are worn next to the body and the thicker, looser fit one is worn on the outside.

If you only own one piece of a wicking product and are going to put on more than one layer make sure that the garment next to your skin is that one piece. (Then run to the store to get some more). It will keep you dryer and not hold the moisture against your body like cotton does. If you are active in the cold weather this can be a big help in stopping from getting the chills since the moisture has been transferred to the outer layers.

Enjoy!

Ken Friesen