

Martial Arts Gi and Athletic Apparel Strip & Sanitize Guide

Step 1 — Open Packet & Add Mixture to the Bucket

Open the pre-filled “Holy Mountain” stripping mixture packet and pour the entire contents into an empty 5-gallon bucket.



Step 2 — Fill Bucket With Hot Water & Mix

Fill the bucket with hot water and stir thoroughly until the packet contents fully dissolve.



Optional Step 3 — Add Sanitizer

Add 1 cup (8 oz) of Lysol Laundry Sanitizer per 5 gallons of water. Stir again to combine.

Step 4 — Submerge the Gi

Place the gi into the solution, removing trapped air pockets so the fabric is fully submerged.

Push out air pockets so the fabric is fully saturated.

If it floats, weigh it down with a non-staining object.



Step 5 — Soak Time

Total soak time: 4–6 hours.

Stir the water every 1–2 hours.

Step 6 — Rinse, Extra Rinse & Wash

Dump the water (cloudy or dark is normal).

Rinse the Gi and/or athletic apparel thoroughly under warm water until it runs clear.

Wash in the machine normally with detergent only.

Run one EXTRA RINSE cycle in the washing machine to ensure all stripping agents and sanitizer residues are fully removed.

Hang dry or tumble dry low.

Step 6 — Safety Notes

Do NOT mix Lysol sanitizer with bleach.

Safe for cotton, pearl weave, gold weave, and most dyed gis.

Use warm—not extremely hot—water for dark or dyed gis to avoid fading.

Wear gloves if you have sensitive skin.