Moldy towel? Wash, treat, or replace.

Use this sheet before washing a towel with mildew-like marks or musty odor. It helps you avoid unsuitable chemicals, document one careful treatment, and decide whether the towel is worth keeping.

1 | Decide whether the towel is worth washing

Choose replacement or specialist advice if any apply:
☐ Heavy or widespread visible growth ☐ Fibers are brittle or falling apart
☐ Sewage / contaminated-water exposure ☐ Cannot be safely machine washed
☐ Musty smell persists after an appropriate rewash ☐ You should avoid mold exposure for health reasons

If none apply and the towel is washable, continue with a careful detergent wash. A dark stain alone does not prove live mold remains.

2 | Record your laundry plan

Check	Your notes
Towel / date	_____
Fabric + care label	_____
Marks / odor observed	_____
Wash temperature + detergent	_____
One approved fabric treatment (if any)	_____
Drying method + final check	_____

Wash sequence: Do not shake or dry-brush visible growth. Check the care label → use measured detergent → wash at the warmest permitted setting → assess stains before high-heat drying → dry fully. Only use a laundry additive if its label, the towel's care symbols, and the washing-machine manual support it.

After this wash: ☐ Keep and monitor ☐ One more approved treatment ☐ Replace ☐ Ask a textile specialist

7-day towel drying & odor tracker

Track the towel's condition after each use. A consistently damp towel, damp closet, or washer odor can explain why mustiness returns.

3 | Log drying and odor for seven days

Day	Fully dry after use?	Odor noticed?	Location / notes
Day 1	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 2	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 3	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 4	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 5	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 6	☐ Yes ☐ No	☐ Yes ☐ No	_____
Day 7	☐ Yes ☐ No	☐ Yes ☐ No	_____

4 | Find the moisture source

☐ Towels hang open on bars or racks ☐ No damp towels in closed hampers
☐ Washer gasket and dispenser checked ☐ Linen shelf is dry and airy
☐ Bath exhaust / room ventilation works ☐ Persistent odor investigated

5 | Safety reminders

Never mix bleach directly with vinegar, ammonia, peroxide, or unlabeled cleaners. Only use bleach with detergent as its laundry label directs. Never mix vinegar and hydrogen peroxide or layer wet concentrates. Never use a homemade bleach soak ratio: follow the actual product label and care symbols. If chemicals were mixed accidentally, stop, leave fumes, do not neutralize or open pressured containers, and seek appropriate exposure advice. US Poison Control: 1-800-222-1222; use emergency services for severe breathing symptoms.

Source guidance & limits

CDC home laundry: cdc.gov/hygiene/about/when-and-how-to-clean-and-disinfect-your-home.html

Clorox fabric compatibility: clorox.com/learn/how-to-get-mold-mildew-out-of-towels-sheets/

Whirlpool washer care: whirlpool.com/blog/washers-and-dryers/washer-smells-like-mildew.html

Poison Control mixing guidance: poison.org/articles/chlorine-gas

This worksheet is general guidance, not a test for mold species, proof of disinfection, or a substitute for specific fabric, appliance, or medical advice.