

## National Hanging Out Day – 19 April

Each year on 19 April, National Hanging Out Day highlights the simple but powerful benefits of air-drying your laundry. Led by Project Laundry List and supported by a wide range of organisations, the day encourages households to rethink how they dry clothes—focusing on choices that are kinder to both the environment and your wallet.

Modern tumble dryers are convenient, but they come at a cost. They can account for an estimated 6–10% of residential energy use. By choosing to hang your clothes out to dry, even occasionally, you can make a meaningful difference.

### Why air-drying matters - switching to a clothesline offers a range of benefits:

- **Lower environmental impact** – Reducing reliance on electric dryers helps cut your household carbon footprint
- **Cost savings** – Using less electricity means lower energy bills over time
- **Wellbeing boost** – Fresh air and sunshine can have a naturally uplifting, restorative effect
- **Naturally fresh clothes** – Line-dried laundry has a clean, outdoor freshness that's hard to replicate
- **A slower pace of living** – Hanging out washing can be a mindful daily ritual

### How to take part

Getting involved in National Hanging Out Day is easy and accessible for everyone:

- Hang your freshly washed clothes outside to dry
- Install a clothesline or drying rack if you don't already have one
- Try sleeping in sun-dried sheets for a fresh and comfortable night's sleep
- Share photos of your laundry on the line and inspire others
- Exchange tips, tools, and ideas for air-drying clothes
- Join the conversation on social media using **#NationalHangingOutDay**.

### A brief history

National Hanging Out Day has been celebrated since 1995. It was established by Project Laundry List, a New Hampshire-based organisation dedicated to promoting air-drying and cold-water washing as simple, effective ways to save energy and reduce environmental impact.

### In summary

By embracing small changes like air-drying your laundry, you're contributing to a more sustainable lifestyle—one load at a time.