

How to Refurbish White Adidas Continental 80 Shoes

Need help cleaning your pair of Adidas Continential 80's? Here I will show you the easiest, cheapest way to clean your pair of shoes!

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INTRODUCTION

This guide will show you how to clean white Adidas Continental 80 shoes.

I've had these shoes for about 6 months and obviously, they need cleaning to some degree. I don't want to spend a lot of money on a detailed shoe cleaner and want to use accessible items to make it easy for everyone that may use this guide. So, I took a quick survey and asked my friends about the ways they've cleaned their shoes and a few caught my eye. They all said, "If your shoes are leather, use a toothbrush and scrub it with Dawn soap." I took their feedback constructively and plan on using the said method for my Adidas Continental 80's.



TOOLS:

- Toothbrush (1)
- Dawn Dish Soap (1)
- Towel (2)

Large towel and hand towel

Bowl (2)

Plastic bowl preferred

Step 1 — How to Refurbish White Adidas Continental 80 Shoes

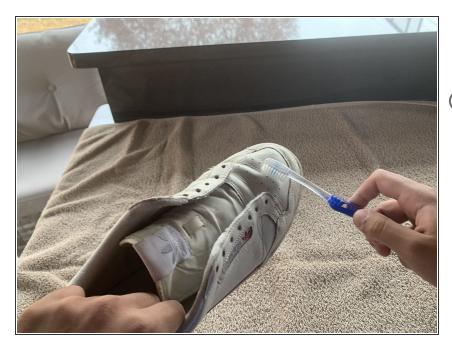


- Take the laces out of both shoes before cleaning.
- The laces can be either handwashed or put through the washer and dryer after the shoes are cleaned.

Step 2



- Wet the brush in soapy water.
- Brush the base of the shoe horizontally and vertically.
- Wet the brush multiple times to keep enough soapy water on the shoe.



- Brush the top and different sections of the shoe.
- (i) Continue with circular, vertical, and horizontal brushing motions to ensure the best results.

Step 4



- Make sure to clean the tongue in the same circular, horizontal, and vertical motions with the toothbrush.
- Use lots of soapy water on the tongue.



- Grab a new bowl with warm water and wet the hand-towel to remove the dirt accumulated by the soapy water.
- Wet and wipe multiple times to remove excess soap from the shoe.

Step 6



 Set the right shoe aside and move on to the left shoe.



 Brush the base and sides in the same circular, horizontal, and vertical motions with the toothbrush.

Step 8



- Brush the top and tongue of the left shoe.
- Continue rinsing and re-wetting the toothbrush in soapy water.



 See if there are any other areas of the shoe you might need to clean again.

Step 10



 Soak the laces in the same soapy water you used to clean your shoes for 30-40 minutes.



- Soak the laces in clean water for 30-40 minutes to clean off the soap.
- Soak the laces at room temperature to prevent the laces from shriveling up.

Step 12



 Let the laces air dry for 1-2 hours or put them in the dryer for 20 minutes.



- Let your shoes sit out to air dry for an entire day.
- Avoid putting shoes in the dryer unless you have protective material around your shoes to prevent damage.

Having clean shoes is important to a lot of people. Know that this technique is a simple, easy technique with simple materials used. There are plenty of more in-depth, expensive techniques that may clean the shoes a lot better than this technique does.