



How to Remove Odor From Shoes

This guide will show you how to remove odor from shoes.

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INTRODUCTION

What do you do when your favorite shoes start to smell? Do you just spray the insides with Febreze and call it good? What do you do when a week goes by and your shoes start to smell again? If you can't afford to get your shoes cleaned every time they start to stink, here's an easy, cost-effective way to get the smell out. Whether you're a college student, an athlete, or just someone active in their daily life, here's a six-step, simple process to get the odor out of your favorite pair of shoes.



TOOLS:

- [Baking Soda](#) (1)
 - [Dryer Sheets](#) (1)
 - [Disinfectant Wipes \(10-pack\)](#) (1)
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Step 1 — How to Remove Odor From Shoes



- Lift the shoe's tongue up so you can see the inside of the shoe.

Step 2



- Place two dryer sheets in each shoe: one in the far front where the toes are and another in the back where the visible sole is.
- ⓘ Dryer sheets help the shoe smell nice and will keep the baking soda from getting in your shoes.

Step 3



- Pour a handful of baking soda on the dryer sheet covering the visible sole of each shoe.

⚠ Baking soda can make a mess so do be careful when pouring some into the shoe.

Step 4



- Leave the dryer sheets and baking soda in your shoes for 4-8 hours.
- ⓘ If you are in a hurry, one hour is enough to notice a difference with odor removal.

Step 5



- Remove the baking soda and dryer sheets after 4-8 hours.
- Use disinfectant wipes to clean any excess baking soda left in each shoe.

Step 6



- Run the shoes in a washing machine on a cold cycle for a final touch.