



What to Use to Clean the Inside of a Football Helmet

Mild Detergent

Dissolve a teaspoon or so of mild detergent in a large bowl of warm water. Dip a soft, lint-free cloth into it and wring the cloth out so that it is barely damp. Wipe down the inside of the football helmet, making sure to remove all visible stains as well as getting into any hidden spaces. Soak a clean cloth in clear, warm water and use this to wipe away all traces of the detergent. Let the inside of the helmet air dry.

Hydrogen Peroxide

Mix a teaspoon of hydrogen peroxide in a gallon of water and either spritz it throughout the inside of the helmet and wipe it dry with a clean cloth, or soak a cloth in the solution, wring it out and then wipe down the inside of the helmet. Let it air dry either way. Hydrogen peroxide is a known bacteria fighter, so this offers an extra level of cleanliness.

Disinfectant Spray

Hold a can of disinfectant spray at least 6 to 8 inches away from the inside of the football helmet and give it light but thorough spray. Do not soak the inside of the helmet, but do make sure that you cover it evenly and thoroughly. Let the helmet air dry so that the disinfectant spray can work to destroy mold and bacteria.