



Moanalua High School Menhune Marching Band & Color Guard

PLEASE READ CAREFULLY

CARE Instructions for the military uniform:

- **Do not cut hem** or make any permanent alterations to the uniform.
- Do not use sticky tape or fabric glue when hemming.
- The uniform is machine washable. Use cold water cycle.
- Please wash sequins separately, preferable by hand. If machine wash, use the “gentle/delicate” cycle. Lay out to dry on flat surface on a towel or hang dry.
- To protect the uniform & sequins from fraying and causing excessive wear, we recommend use of a felt material to cover the Velcro’s “hook” side (the rough side).
- Do not iron.

Thank you for your cooperation and understanding!

For any damages to the uniform, you will be charged a replacement cost.

TIPS to provide feet protection:

(especially for the Aloha Week parade)

Using one or a combination of the tips below will help prevent chafing & blisters:

- Break in new shoes for 30 minutes a day for a few days.
- Body Glide (see Picture A below) a brand commonly used with athletes/runners; anti-perspirant or petroleum jelly (such as Vaseline) can be used to reduce foot friction and prevent blisters. Place product on feet, especially on high friction areas such as the back of the heel and small toe.
- Avoid cotton socks. It absorbs moisture and can be more abrasive. Recommend use of synthetic socks such as nylon socks, polyester or CoolMax which wicks moisture away.
- Heel lifts (example is shown in Picture B below) if prone to heel blisters.
- In-soles (example is shown in Picture C below) may be used to reduce blisters.
- Mole skin (example is shown in Picture D below) on high friction points to prevent rubbing.



A



B



C



D