



How to Refurbish White Adidas Continental 80 Shoes

Need help cleaning your pair of Adidas Continental 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 hand-washed 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.

Step 3



- Brush the top and different sections of the shoe.
- ⓘ 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.

Step 5



- 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.

Step 7



- 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.

Step 9



- 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.

Step 11



- 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.

Step 13



- 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.