From the Wool Research Station:

What causes Pilling?

Pilling occurs when friction and agitation raise the surface fibers and matt them into little bobbles. Most frequently under the arms of sweater and other places where body parts tend to rub together.

FABRICS MADE WITH SHORTER FIBERS WILL PILL MORE BECAUSE THE ENDS ARE EXPOSED AND WRIGGLE FREE WITH LESS AGITATION.

YARNS MADE WITH LONGER STAPLE FIBERS ARE LESS LIKELY TO PILL

THE HIGHER THE TWIST IN THE FIBERS, THE LONGER IT WILL TAKE TO PILL

YARNS WITH MORE 'PLYS' WILL PILL LESS THAN AIRIER LOW PLY YARNS

TO REDUCE PILLING, WASH YOUR GARMENTS INSIDE OUT TO MINIMIZE ABRASIONS

MOTHS

The larvae feed on natural fibers

Moths can up to 100 eggs over 3 weeks before they die

Lavender and Cedar are natural moth deterrents

Keeping your clothes fresh by airing and shaking them out will help prevent infestations

Sealing woolens in plastic bags will help protect them

Moths thrive in warmer temperatures and love dark undisturbed places to lay eggs

Affected knitwear shoud be frozen for at least a couple of day and the garment washed. Just washing will not kill the larvae. Clean all surfaces to avoid re-infestation.

Felting

Felting occurs when the microscopic scales are agitated with hot and cold water. The change in temperature opens the scales and 'schocks' them closed again, tangling and matting them together.

Sudden temperature change paired with agitation aids felting so premixing your water will help stop felting.

Gently squeeze garments, do not rub

Check out the washing machine wool cycle prior to using it on your prized garments

If had washing, fill sink with warm water, then put in garments, let cool gradually. Make sure rinse water is same temperature as wash water.