

Capsule Wardrobe



**The
Climate
Initiative**

Fast Fashion

Shifting Overconsumption in Fashion: Capsule Wardrobe

Fast fashion has taken over the fashion industry, creating a constant cycle of clothing releases. It has played a significant role in the culture of overproduction and overconsumption of clothing. Due to this continuous trend fluctuation, many people express sentiments like “I have nothing to wear.” However, there is always something to wear– no matter what your fashion style is.

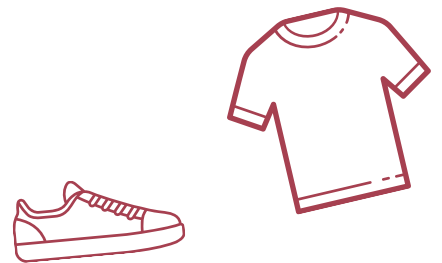
This activity will help you create a timeless wardrobe, otherwise known as a capsule wardrobe, consisting of staple clothing items that can be mixed and matched together to make numerous outfits. The goal of this activity is to inspire you towards beginning your sustainable fashion journey.



What do you need?

Staple clothing items (this will look different for everyone depending on their lifestyle and regional climate). Below are some examples of what might be considered staple clothing items.

- Plain shirts (short and long-sleeved)
- Sneakers
- Boots
- Jeans or Pants
- Shorts/Skirts
- Outer layers
(sweater, cardigan, crewneck, etc.).



Procedure:

Creating a capsule wardrobe is a reasonably straightforward process, but there are some decisions you will have to make regarding what is essential to your timeless wardrobe.

- The first step in creating a capsule wardrobe is to assess your current closet. Separate your clothing items into piles of clothes worn regularly, sometimes, and rarely. Analyze the items in each pile. What do you like about the clothes in your worn regularly pile? Do you notice any patterns in the clothes you tend to gravitate towards? What clothes make the most sense for your lifestyle? Why are you holding on to clothes you rarely wear? Can the clothes in the sometimes and rarely worn pile become daily staples?



Procedure:

- After assessing your clothing items choose 10 to 20 items that you will incorporate into your capsule wardrobe. Ensure the pieces you are choosing make you feel good when you are wearing them. Also, focus on mainly neutral tones; these will be easy to mix and match to create a plethora of outfits. You can have pops of colors in certain clothing items or utilize accessories to bring more color. The important thing is that you build a strong foundation for a timeless wardrobe that suits your needs and style. Note, if you live in a place with seasons, you may want to create a capsule wardrobe for each season and store them away until it is their time to shine! If you are missing any staple items that you need in your capsule wardrobe, you may want to thrift them or opt to buy good-quality pieces from sustainable fashion brands. Capsule wardrobes are meant to be long-lasting so opting for good-quality pieces is essential.
- Finally, it's time to let go of all the items that didn't make it to your capsule wardrobe(s)! This is the start of your sustainable fashion journey, which means the clothes you will no longer need will have to get decluttered sustainably. Rather than disposing of your items, you may give them away within your circle of friends/family, resell, or donate them (make sure to look for shelters or charity stores that need your items first).

You can find visual examples of capsule wardrobes below!

Post and share photos of the process and reveal your capsule wardrobe! Make sure to tag TCI!



Capsule Wardrobe Example



Dress Shirts



T-shirts



Sweaters / Sweatshirts



Jeans

Jackets



Sneakers / Dress Shoes