

Wardrobe Diet



**The
Climate
Initiative**

Fast Fashion

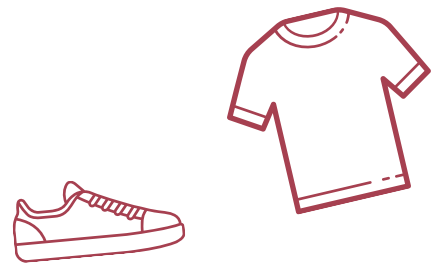
How to Evaluate Your Closet and Consumption: Wardrobe Diet

Fast fashion is defined as inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends... this produces a cycle where clothes are overproduced and over-consumed. Once the trends end, these clothing items end up at thrift stores or donation shops. However, if they do not find a home elsewhere, eventually they end up in landfills where they pollute the earth. This activity will challenge you to utilize a minimalist wardrobe to reflect on your consumption habits. The goal is for you to see how much can be done with minimal clothing items. Ultimately, allowing you to reevaluate your wardrobe and consumption habits for a more sustainable practice.



What do you need?

- 6 clothing items: tops, bottoms, sweaters, etc.
(undergarments and sleepwear not included in the limit)



Procedure:

To have a successful wardrobe diet experience, you'll need to keep some things in mind. For example, what is the weather like in your area? Try to choose your items based on what makes the most sense practically. Another tip, choose staple wardrobe items that can be mixed and matched with each other. Finally, this exercise can be done for one week, two weeks, or a whole month. Note that your 6 clothing items are the only pieces of clothing you will utilize during this timeframe. It's up to you to decide how much you want to challenge yourself.

- To begin, decide what items make the most sense for your location and needs, then gather them together. You may want to create a look for each day ahead of time or decide as you go. To make the challenge more difficult, incorporate a theme for some of your looks, such as an outfit for a special occasion. Additionally, you may use this exercise to challenge your fashion comfort zone. Try including an item with a bold color, pattern, or style and implementing it into your wardrobe. With this in mind, set an intention for yourself to accomplish throughout the timeframe of your challenge.



Procedure:

- A fun way to track your minimalist wardrobe is to take outfit pictures. This can be done for yourself or to share on your social media. If you choose the social media track, you can do an OOTD (outfit of the day) each day and update your followers (it may encourage others to do the same!). Or you can upload a photo compilation of your outfits at the end of the challenge! Once the challenge has ended, you can look back on each outfit and see how well you did in terms of the goals you set for yourself. If you decided to set a theme, how well did you accomplish the theme with your pieces? If you decided to challenge your fashion comfort zone, how well did you incorporate the wildcard piece? For the experience as a whole: What did you learn? What was helpful? What was difficult about it? How did you feel during the challenge? Depending on the route you choose, you may want to write this down as a journal entry, or if you decide to document it, incorporate them into your social media posts. These are all questions that serve the bigger purpose of reevaluating your wardrobe.
- Although the challenge is conducted for a certain time, incorporate the lessons and values in your day-to-day life. Remember that this activity is meant to lessen your consumption of clothing items and reevaluate what you need in your closet. Going forward, make clothing purchases that make sense for your needs and not solely because it is trendy. Evaluate whether you genuinely like the item, if it can be used often, and if you still see yourself using it one year from now.

Share your experience with TCI and tag us on social media!

