



IMAGE & WARDROBE

15 STEP BY STEP GUIDE TO CREATING YOUR OWN CAPSULE WARDROBE

Do you have too many clothes and yet still nothing to wear?

You can easily have a more organised, paired down and wearable wardrobe by following my easy tips.

What does having a capsule wardrobe mean?

Well it means you can have less garments which mix and match together to create more different looks to work in tune with your lifestyle.

Evidence shows that we women spend on average 14 mins each weekday riffling through our wardrobes and deciding what to wear, waiting desperately for some inspiration to jump out. Too many choices can be overwhelming and lead to decision fatigue.

Simplifying and reducing those choices will give you back your energy and time.

In most wardrobes we will find clothes which, are old fashioned or no longer fit, are a mish-mash of styles and colours, those which actually make us look worse than we think they do, and clothes we had completely forgotten about because we just can't find anything to go with them. Oh! and not forgetting the "why on earth did I buy that, what was I thinking?"

It's time for you to take control, sort it all out and pin down the items you REALLY need.

So put your ruthless head on, grab some bin bags and let's do it.

Out With The Old

Step 1: Pull out all your clothes one by one onto the bed. Any clothes which are ripped, soiled or lost their shape put for mending, wash or bin.

Step 2: If you have any clothes that are folded on shelves repeat step 1 with those too.

Step 3: Arrange all your shoes and boots tidily in pairs outside the wardrobe for now. Put to one side all those you will not be wearing during spring and summer. These should be put in a pile to be stored away in clear boxes. Shoes you no longer wear at all put in a charity pile, any that need repairing that you want to keep put in another pile.

Step 4: Clear and clean out the bottom of your wardrobe, it is amazing how much dirt accumulates. Throw out any rubbish, broken hangers, price tags, carrier bags etc. Any clothes which have fallen off hangers and got lost down there?

Step 5: Remove from the rails any extra hangers they are taking up too much space. Also bin any wire coat hangers as they are not good for your clothes. Instead use velvet hangers or wooden ones with grip on the edges (these can be sourced online). Wooden hangers take up a lot of space so be mindful of this depending how much wardrobe space you have; your clothes should have room between them and not be all crammed in and creased.

Step 6: Tidy any odds and ends, belts, scarves and other accessories which may be getting in the way or tangled up. You can use clear storage boxes if you have space to store them, or a drawer, folding neatly. Alternatively, you can use an accessory rack which can hang outside the wardrobe.

Step 7: Consider obtaining transparent shoe and boot boxes, and space saving bags or storage boxes for the winter items you will be putting away for a while.





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Step 8: Also consider buying shoe trees for shoes and boots before boxing them up to keep them tidy and to protect the leather or fabric, and to maintain the shape and fit. Treat them all to a brush, spray or polish first, particularly to nourish the ones you will be putting away until next winter.

Step 9: Give your wardrobe one last freshen up. Now you have cleared out the cobwebs and the clutter, and you can see what you actually have, it's time to sort out what's hot and what's not.

In With The New

Step 10: Take each item off the bed and one by one decide a) do you wear it often? b) do you love it? c) does it fit well? d) is it a good colour on you? e) do you have lots of pieces that you can wear with it?

Step 11. Hang all the clothes which tick the boxes above and that you now know you will regularly wear back into your wardrobe. Separate them into sections, dresses, jackets, trousers, tops etc and then into colour ways within those sections This way you will see more clearly what you have and be able to go straight to it. Same for any folded sweaters etc.

The idea is that all the styles suit fit and flatter, and that all the colours work together. For example, for every pair of trousers, jean or skirt you should have at least five different tops that you can wear with them. Those five tops, whether shirt, full sleeve Tee, sweater etc, should also go with all your other bottom pieces. Likewise, jackets and cardigans to go over dresses, tees to layer under dresses etc.

Be ruthless here and make sure that every piece you have left in your wardrobe does need to be there.

Step 12. A good trick is to turn all the hooks on the hangers to face out on the rail and as you take items out to wear hang them back in afterwards with the hook facing inwards. After a period of time review which items clearly haven't been worn.

Step 13. Return all the boxed shoes that you will be wearing over the spring and summer tidily to your wardrobe. Make sure you will be wearing them all with your outfits, otherwise they should be put away or be given to charity.

Step 14. Grab a pen and paper and make a shopping list of any gaps you have eg not enough smart tops or need a 'wear with all' cardi.

Step 15: Any more wardrobes? Phew! looks better already, so time for a cuppa before grabbing bin bags and boxes to take to the charity shop or store away elsewhere. Do it NOW so that you don't change your mind!

