

WARDROBE AUDIT

A Wasties How-To Guide

Have you ever found yourself staring at a closet bursting with clothes, only to feel like you have absolutely nothing to wear? We've all been there. Streamline your decision making and unlock your personal style with our step to step guide for auditing your wardrobe.

Why do a wardrobe audit?

- 1** **Clear out the clutter:** Knowing what's already in your wardrobe helps you avoid buying the same items you already have.
- 2** **Identify unworn items:** It prevents you from buying garments you don't already gravitate towards and, consequently, will never wear.
- 3** **Easy styling:** Helps you buy pieces that are easy to style with clothes you already own.
- 4** **Discover your style:** It's an opportunity to get to know your personal style.
- 5** **Share the love:** Passing on clothes to an op shop or a friend ensures they find a new home with someone who will love and appreciate them.

When's the best time to do a wardrobe audit?

Different seasons require changing out your wardrobe a few times a year. We like to do a good pre-season sort as this increases the chance of our donated garments finding a new home. (Op shops can't sell or store out-of-season clothing so hold on to them for the right time.)

How to do a wardrobe audit:

1 CLEAR LAY EVERYTHING OUT:

Divide your closet content into different categories that make sense to you, one of our crew likes to organise by type such as pants, t-shirts, dresses etc, while another organises by use (workwear, evening wear, activewear, loungewear, etc).

2 CREATE SUBGROUPS:

Further divide your initial groups based on factors that work best for you, like colours, patterns, frequency of wear.

3 TRY ON:

Style naturally evolves, so try things on to see if they're still right for you:

- Does it bring you joy?
- Does it suit your refined style?
- Does it fit?
- Is the garment ripped or stained?

Put aside garments that don't tick your boxes.

4 ORGANISE:

Now it's time to decide what to do with each item, and for this, you have a few options...

- Keep and hang back up in your closet
- Keep and put in a suitcase for the right season
- Prepare it for donation by making sure it's clean and good condition

For the damaged items:

- Repair it yourself
- Take it to a repair cafe, laundrette or tailor

For items too worn or beyond repair:

- Save to use as rags
- Put it in your rubbish bin

USEFUL TIPS:

Make it fun! Invite friends over to help give styling advice.

Break it up: Auditing your entire wardrobe in one go can feel overwhelming. Break the audit up over a couple of weeks by only focussing on one category at a time, such as auditing your trousers or activewear.

Make a maybe pile: Having a maybe pile is essential for the pieces you're not quite ready to let go of. Put them away, if you don't find yourself reaching for them within a month, it's time for them to go.

Suss out the dopamine! Dopamine dressing is all about wearing items that make you feel happy! Dopamine items can range from something that is sentimental to you like a sweater a family member made for you, or maybe a pair of trousers that make you feel excellent.