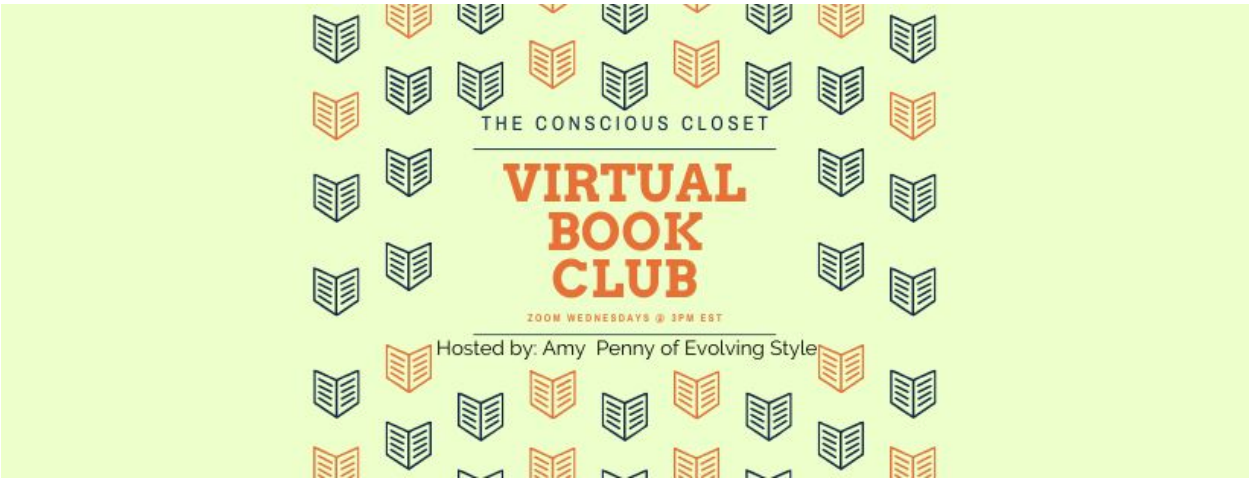

Meeting 1: Intro- Chapter 3

What is a Conscious Closet? (pg. 5)

-A conscious closet is a wardrobe built with greater intention & awareness of our clothes, where they come from, what they're made out of, and why they matter.

Fashion Personality

-Minimalist
-Style Seeker/Maximalists
-Traditionalists

Components

-Clothes you own & love
-New to you- swapped, borrowed, handmade, hand-me-down, resale, thrifted, secondhand & vintage
-Rentals
-Quality- investment/made to last
-Bigger Better Brands- green/ethical ex. Athleta, Eileen Fisher
-Conscious superstars- most sustainable

This is a journey.

Part 1: Goodbye, Fast Fashion

Chapter 1- The Conscious-Closet Cleanout

Purge by season

-If you love it, keep it
-Ignore money- don't feel guilty over past purchases
-Put sentimental items into storage
-Pay attention to what you wear most
Ex- fabrics,stretch, styles

Magic Wardrobe Number- Who knows their number?

-Balance
-Cut dead ends- don't go with anything
-Prune trendy stuff- ex. Lularoe
-Purge underwear/basics
-Learn from never-worns
-Kick out bad fabrics & worn out brands

Give Everything a 2nd & 3rd Try

-Maybes- move to front of closet
-Benchwarmers- store if classic
-Worn out vs. repairable
-Might fit again- tailor or put in a bin

Wardrobe Impact Inventory (see photo in group)
-complete starting before next session

Chapter 2- Your Clothing Reuse Plan

-Donate/give away
-Sell or swap
-repair
-recycle ex. For Days

Chapter 3- How to Do Good with Old Clothes

Do you care if your clothes are sold?

Investigate charities, Donate directly, Buy Nothing Groups

Donation etiquette
-Clean clothes
-Mend/repair
-Don't leave donations outside/unattended

Next Meeting- Wednesday, April 8th
Chapters 4-8