Revitalise your wardrobe

Most of us only use 30-40% of the clothes in our wardrobes. Sorting out what you already own might give you ideas about how to make better use of it.

**HOW LONG DO CLOTHES TAKE TO DECOMPOSE IN LANDFILL?**

- **A wool jumper**: 1 to 5 years
- **Cotton socks**: 1 week to 5 months
- **A silk tie**: 1 to 5 years
- **A mixed fibre wool jumper (51% wool, 30% alpaca, 19% polyamide)**: 200+ years
- **A viscose t-shirt**: 1 to 6 weeks
- **A synthetic gym top (90% polyester, 6% elastane, 4% polypropylene)**: 200+ years
- **A wool suit with viscose lining**: 1 to 5 years
- **A denim jacket**: 10 to 12 months
- **A linen shirt**: 2 weeks
- **Ethylene vinyl trainers**: 1000 years
- **Biker leather jacket**: 25 to 40 years
Instructions

1. Empty your wardrobe.

2. Think about how you use your clothes. How often do you wear each garment? What do you need from your wardrobe?

3. Sort your clothing into 5 separate piles:

   **Love:** these are the treasured garments you want to keep.

   **Store:** group these into a pile for ones to re-visit in 6 months' time, a pile for keepsakes and a pile for off-season.

   **Pass on:** these can be donated to a charity shop or clothing bank, gifted to a friend, or re-sold.

   **Repair, Customise or Alter:** these are things that still have life in them. Use this set of cards to support repairs or alterations.

   **Recycle:** these are things that are damaged beyond repair.

4. Put away all the clothes you want to keep and start to plan donating, repairing or recycling the others.

5. Now you can fill in the gaps with things you really need. Consider following the #30wears campaign which advises you not to buy a garment unless you’ll wear it 30 times.

Hint: It can be hard to know where or how to recycle your clothes. Find your local recycling service by checking out Recycle Now: In Scotland, recycleforscotland.com In England, recyclenow.com