

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 wool suit with viscose lining

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 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.

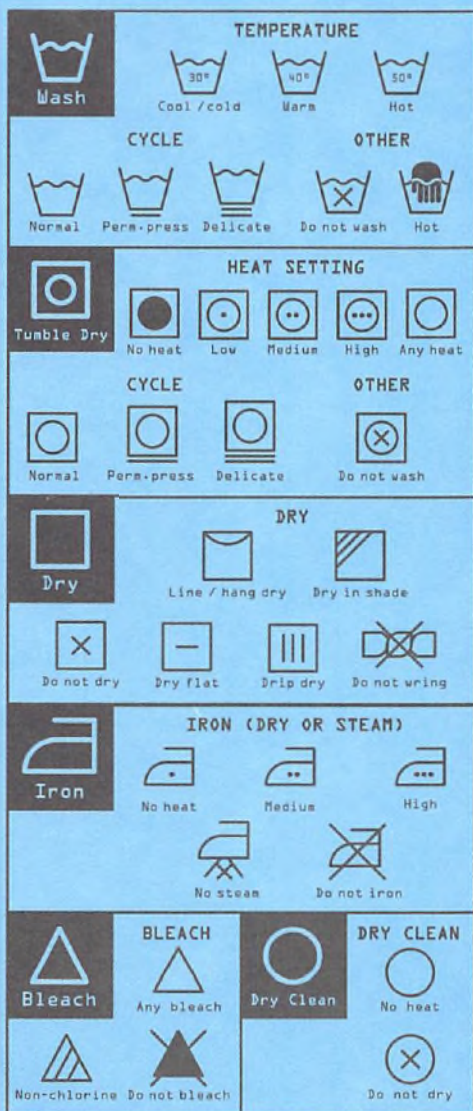
Hint:

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

CARE

Washing your clothes

Too many clothes end up in landfill before they need to because of over-washing or washing disasters.



Top Tips

Wash at a low temperature:

Most clothes can be washed in warm rather than hot water. Wash clothes inside-out to stop fading and help maintain their shape.

Use a Guppyfriend washing bag:

These filter out tiny microfibers from synthetic clothing, stopping them from travelling from your washing machine out to rivers and oceans.

Air your clothes:

Often airing your clothes outside is enough to reinvigorate and refresh them.

Spot-cleaning stains:

Dampen an e-cloth and sponge away the stain. The e-cloth's tiny fibres pick up more dirt and bacteria than regular cloths.

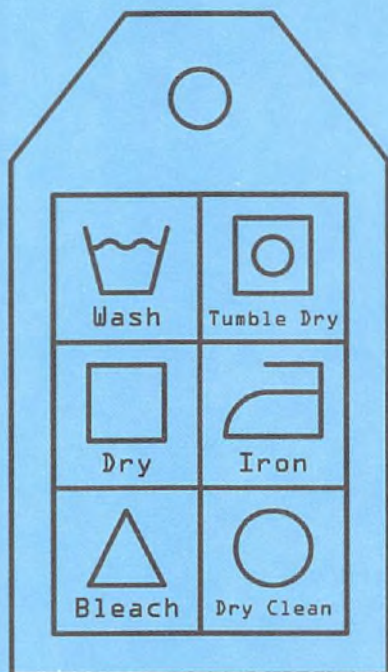
Instructions

1 Pick up a garment from the laundry bag or use an item of your own clothing.

2 Using the guide to washing labels and **Top Tips** on the front of this card, decide about how you would wash and care for this item.

3 Draw the correct symbols onto the washing label below and annotate it with any of the **Top Tips** that might apply. Or add your own tried and tested methods!

4 Check the clothing label to find out if you've chosen the right methods. If not, why? What might you do differently?



Hint: Often washing labels give the wrong information or give contradictory information in different languages! If you find methods that work for you, stick to them!

CUSTOMISE

Assembling modular garments

Designers The Post-Couture Collective have created a range of downloadable modular garment patterns for laser cutting. These can be mix and matched to create unique looks and require no stitching at all!

In the Museum we have laser cut a skirt and T-shirt ready for assembling, but if you want to try downloading and laser cutting the patterns yourself, they are available for a small fee at www.postcouture.cc/diy

What you need:



Laser cut modular panels



Laser cutter



Measuring tape



Computer



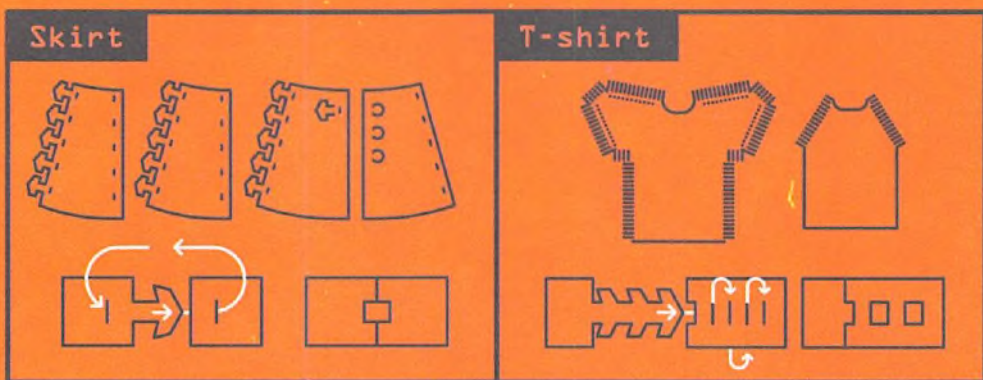
USB pen

Hint: Makerspaces are open access design studios that enable members to access communal digital fabrication equipment. Often you can find help and support if you haven't used these facilities before. In Dundee, DJCAD has a Makerspace with laser cutting facilities.

Design and Production

- 1 Download a digital design file in the clothing size you want. The file can be edited using Adobe Illustrator software.
- 2 Source fabric. To ensure the fabric is suitable for the design, choose one from the list of recommended fabrics on The Post-Couture Collective's website.
- 3 Laser cut the separate pieces in a local Makerspace. The larger garments require a laser cutting bed of 1200cm by 1000cm.

Assembly



- 1 Pick up a garment from the rail and unpick it or select the loose pieces that make up one garment from the table.
- 2 Position the separate garment pieces, deciding which piece goes where.
- 3 To fasten, place the panels together and begin joining the connectors along the seams. It's best to work your way upwards from the bottom of the garment.
- 4 The garments are reversible so you can choose to work inwards or outwards depending on the look you want.