



A MINI GUIDE TO

# Capsule Wardrobes

[wholeheartedwardrobe.com](http://wholeheartedwardrobe.com)



# Rule #1

JUST KIDDING.

There are no rules, but read on to learn some tips for building (and loving!) a capsule wardrobe.



## Tip #1

### MAKE A MOOD BOARD

Use Pinterest or magazines (try to stay off of Instagram for this one, because what the algorithm serves you can be very influential) to make a collage of styles you're drawn to.

Gather enough images to where you can begin to see themes emerge; 25-30 is usually a good amount. Are you drawn to neutral style or bolder colors? Minimal cuts or voluminous silhouettes? Fun accessories or classic styling?

## Tip #2

## CONSIDER COLORS

It's a myth that capsule wardrobes need to be neutral, and there is a difference between minimalism as a practice (having fewer things) and minimalism as an aesthetic (neutral colors, sleek cuts).



While it is true that many capsule wardrobe fans stick to a neutral color palette for versatility, any color palette will work as long as **you** like it! Write down your favorite colors.

For maximum versatility, try to include complementary colors, which are across from each other on the color wheel (for example, purples and yellows) or analogous colors, which are next to each other on the color wheel (for example, blues and teals).

# Tip #3

## EDIT YOUR CLOSET

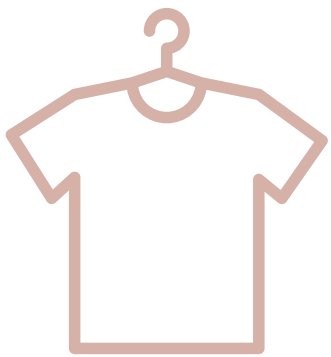
Using your established themes and desired color palette, begin to pull items from your closet. Don't worry about picking the "right" things just yet, simply focus on identifying what items you have that fit your capsule style.



## Tip #4

### BUILD YOUR CAPSULE

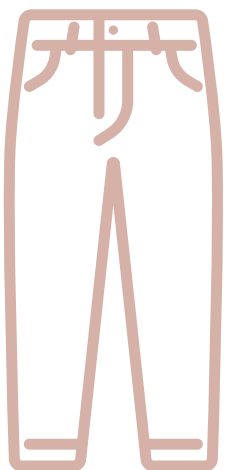
Narrow it down to your favorite items, but I'll make it simple! For a 25-piece capsule that is not inclusive of accessories, aim for:



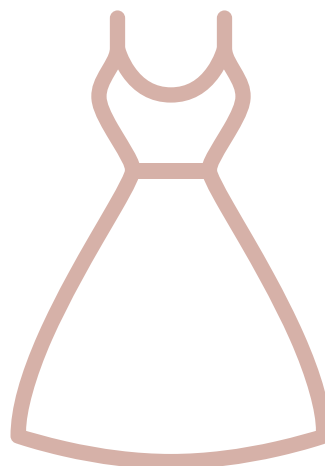
10 tops



4 layering pieces - such as jackets, cardigans, or blazers



7 bottoms



4 dresses

## Tip #5

## REFINE YOUR CAPSULE

Wear your capsule and for a few weeks and see how it feels! This capsule is yours - and there are no rules - so feel free to swap items in and out to make adjustments.



# Tip #6

## IDENTIFY GAPS

Make note of items you wish you had in your closet that would make your capsule more versatile. Maybe you need some additional accessories to add more interest to dresses and tops, or perhaps you have very similar styles of pants and want to mix things up with a wide-leg style. When shopping, consider secondhand, organic fibers and sustainable brands first.



## Tip #7

# TAKE CARE OF YOUR CAPSULE WARDROBE



Wash clothes on  
cold/ delicate



Lay flat to dry or  
use a drying rack



Wear clothing more  
than once before  
washing



# Capsule Wardrobes

are a fun way to discover your personal style while meaningfully reducing clothing consumption.

80 billion apparel items are purchased around the world annually. And on average, each piece will be worn just seven times before being thrown away.

**Capsule wardrobes can help us approach our closets more thoughtfully, for a fulfilling closet that honors ourselves, people and the planet.**