



Closet Decluttering for Women: Top Ten Tips

All women deserve happy closets. Happy closets make us feel good about our bodies and are easier to navigate and maintain. You deserve nice things; not a closet full of clothing you don't wear.

Closet Basics:

- Sort items from drawers and dressers and closets separately – one at a time.
- Categorize by type: short sleeve, long sleeve, pants, skirts, blazers, evening wear, etc.
- Don't think summer or winter, think basics. Switch only a few items meant for only one season.
- Think quality over quantity.
- Buy one; donate one (or two).

1. Purge your wardrobe

- At the end of winter and summer
- If it's worn, faded, "pilly", or out of style, donate it.

2. Donate unused clothing.

- If it still has the tag on it and you haven't worn it in two years, donate it or give it away.
- Look for women career donation centers.

3. Embrace your current size

- If you don't feel comfortable in your clothes, don't keep them.
- Small sizes make you feel guilty.
- Buy new clothes when you lose weight.

4. Sweat pants, t-shirts, work-out clothing, and pajamas

- Keep the nicest and most memorable t-shirts. Use them as pajamas, buy also buy real pajamas.
- Wear sweatpants for women not men.
- Eliminate stretched out or uncomfortable work-out clothing.

5. Underwear and lingerie

- Replace stretched out or stained lingerie
- Get a bra fitting!
- Keep different colors of pantyhose, leggings, or tights in separate clear zipper bags.

6. Jewelry

- Fine jewelry is always in style, wear it often and not just in the evening.
- Costume jewelry goes in and out of style, so purge often.
- Narrow your jewelry down to a manageable amount by handing some down to relatives, donating or selling it.

7. Belts

- Donate belts that don't fit and aren't in style.
- If you've lost weight, get a new hole punched in the belt!

8. Scarves

- Store flat in zipper bags with air pressed out. Takes up less room.
- Try new ways to use them (e.g. tie onto a purse).
- Donate the ones you don't use.

9. Shoes

- Repair/replace heels on good shoes.
- Put dryer sheets in shoes.
- Store shoes without boxes, takes up less room.
- Replace sneakers often, arches break down.

10. Finishing touches

- Keep a donation bag on the closet floor to deposit unwanted pieces. Don't put them back in the closet or the laundry.
- Two types of hangers: fuzzy for sweaters and sleeveless tops and smooth hangers for items you want to pull off and go.
- Categorize by color: Think Roy G. Biv (an acronym for the seven colors of the rainbow)

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