



## 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. Ask an objective friend to help with the clean-out. Let's break it down:

### Closet cleaning basics:

- Go through items from drawers, dressers and closets one by one.
- Categorize by type first: sleeveless, short sleeve and long sleeve tops, pants, skirts, dresses, blazers, evening wear, etc.
- Pull everything out and only put back what you want to keep.
- Think quality over quantity.

### 1. How to purge

- Let go of worn, faded, "pilly", or out of style.
- Clean out at the end of winter and summer.
- Don't think summer or winter, think basics.
- Switch only a few items meant for one season.

### 2. Embrace your current size

- If you don't feel comfortable in your clothes, don't keep them.
- Small sizes make you feel guilty that you don't fit into them.
- Keeping larger clothing could encourage you to fall off the wagon.

### 3. Sweatpants, t-shirts, work-out clothing, and pajamas

- Keep the nicest and most memorable t-shirts. Use them as pajamas, but also buy real pajamas.
- Wear sweatpants made for women, not your husband's hand-me-downs.
- Eliminate stretched out or uncomfortable work-out clothing.

### 4. Underwear and lingerie

- Replace stretched out or stained lingerie.
- Get a bra fitting; you'll thank yourself!
- Keep pantyhose in zipper bags, roll leggings, tights, camisoles and tank tops.

### 5. Jewelry

- Fine jewelry is always in style, wear it often and not just for special occasions.
- Hand down fine jewelry or sell for cash to a reliable jeweler.

- Costume jewelry goes in and out of style, so donate often.

### 6. Belts and scarves

- Donate belts that don't fit or are out of style; get a new hole punched in the belt if you lose weight.
- For a lot of scarves, use a hanging shoe organizer; roll the scarves so you can see them.
- Store the thicker scarves with your coats.

### 7. Shoes

- Don't keep shoes that hurt.
- Repair/replace heel tips on good shoes.
- Put dryer sheets in shoes and store shoes without boxes, takes up less room.
- Replace sneakers often; arches break down and make feet hurt.

### 8. Donate unused clothing and accessories

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

### 9. Finishing touches

- Use a clothes tree as a 'halfway-house'; clothing that isn't totally clean or ready for the wash.
- Use two types of hangers: fuzzy for sweaters and sleeveless tops and smooth hangers for items you want to pull off quickly.
- Hang each type of clothing by color: Think Roy G. Biv (an acronym for the seven colors of the rainbow) or simply light to dark.
- Roll clothing when you can to see all pieces.

When you buy a new piece of clothing, donate one (or two). If you try on a piece of clothing and decide not to keep it, don't put it back in the closet or the laundry. Keep a donation bag on the closet floor to deposit unwanted clothing. Donate the bag when it's full and start over.

*"The garment hanging in your wardrobe is the garment of him who is naked; the shoes that you do not wear are the shoes of the one who is barefoot."*

St. Basil the Great  
2021

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