

**COMPETENCY #1:** Define wardrobe planning.

**CONCEPT:** Knowing what constitutes a wardrobe will help to make better decisions in planning one.

### LECTURE/DISCUSSION

A wardrobe plan is a strategy, game plan or formula for meeting your clothing needs. It can be simple or very detailed, but it should be designed to meet your own needs.

Having a wardrobe that works for you means you can find something to wear quickly each day, and you have clothes that are appropriate for your lifestyle. It means you like the clothes you have, and many items can be worn together.

The approach to wardrobe planning is the same for every person, men, women, student, parent, executive, or anyone else. It is the same approach for those with a limited budget, and those with no limit on their budget.

The steps for planning a wardrobe are easy to follow:

1. EVALUATE YOUR LIFE STYLE

Write down your usual routine for a 2 week period. Include what you usually do in the day, evenings, your activities and hobbies. Write down where you spend time, and what you like to do.

2. BEGIN WITH BASIC CLOTHES AND KEEP IT SIMPLE

- a. Form a foundation of basic clothing items, such as jeans, T-shirts, shirts, shoes, or the clothes that you would wear most often.
- b. Add items to stretch your basic wardrobe - jackets, dress pants, skirts, dresses, etc.
- c. Keep wardrobe small. If it is planned carefully and co-ordinated, you will have more to wear.

3. CHOOSE FLATTERING NEUTRAL OR BASIC COLORS FOR YOUR BASIC CLOTHING ITEMS.

Add others colors after the basic items are purchased. Example: buy floral jeans after basic colored jeans are purchased.

4. YOUR LIFE STYLE DICTATES WARDROBE EXPANSION AND CHANGES IN THE BASIC PLAN.
  - a. If you are involved in sports, you will need clothing to fit the particular sport.
  - b. If you work in an office you will need office clothes. If you work in a day care center, you will need clothes for work, but the clothes you need will be dictated by the job you have.
  
5. BUY CLOTHES IN STYLES AND COLORS THAT FLATTER YOUR FIGURE TYPE.
  - a. Heavier figures may look better in skirts than pants etc., consider the techniques for flattering your figure discussed in the Personal Fashion unit.
  
6. WORK WITH A COLOR SCHEME
  - a. Choose two or three colors that look good on you, and stick with them.
  - b. As you shop, if you stay in your color range, you will find everything can be worn with more than one item.
  - c. It will take awhile to convert to your new color scheme, but eventually it will pay off.
  - d. Choose flattering neutral or basic colors for coat, suits, blazers. shoes, etc. Brighter colors can be used in accent accessories.
  - e. Acquire additional blending colors in tops, shirts, blouses, and sweaters.
  
7. AVOID FADS AND LOOK FOR QUALITY.
  - a. The basics in your wardrobe should be classic styled clothes such as jeans, sweaters, jackets.
  - b. Fads are fun to add to your wardrobe but be cautious. This years fad may be next years frump and if you have invested heavily in fad clothes, you will be left holding the bellbottoms, and an empty wallet.
  - c. Clothing items you will wear many times are worth a little more investment. A basic wardrobe item like a sweater will stay in style and can be worn over and over. You would get your money's worth if it cost a little more. Jeans, jackets, basic style shoes or boots are larger ticket items, but figured over the life of the item may not cost you much per wearing.
  - c. Learn how to shop for bargains and watch sales to get the most of your wardrobe dollar.