

**YOUR FUN  
GUIDE TO:**



# **QUARANTINE CLOSET CLEANOUT!**

**IN 5 EASY STEPS**



**THE FLYING DISH**

AWAKING FASHION

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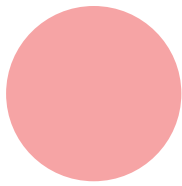
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**HEY!**

**WE ARE  
SONJA & FIORELLA**



**WE'RE GOING TO HELP YOU CLEAN  
OUT YOUR CLOSET!**



**READY?**

# STEP 1 PREPARE

**YOU WILL NEED BOXES OR BAGS**  
(SO YOU DON'T END UP WITH A BIG MESS!)

WE RECOMMEND TO SEPARATE THE FOLLOWING:

## MEND & REPAIR

(ITEMS THAT YOU WANT TO KEEP USING BUT NEED SOME LOVE)

## FRIENDS

(ITEMS THAT ARE IN GOOD CONDITION THAT YOU CAN HAND ON OR SWAP)

## CHARITY

(THINGS THAT CAN GO TO CHARITIES OR SEWING CLUBS CAN USE TO UPCYCLE)

## RECYCLE

(STUFF THAT IS TOO WORN OUT)



## STEP 2 REVISE

# FOLLOW THE METHOD: LOVE - NEED - KEEP®

PICK A PIECE OF CLOTHING. ASK YOURSELF:



DO I LOVE IT?

YES

NO

WHEN WAS THE LAST TIME I WORE IT?

THIS YEAR

CAN'T REMEMBER

NEVER

IS IT RIPPED OR STAINED?

YES

NO

HOW DOES IT FIT ME?

GREAT

NOT GREAT

CAN IT BE FIXED?

YES

NO

CAN IT BE ALTERED?

YES

NO

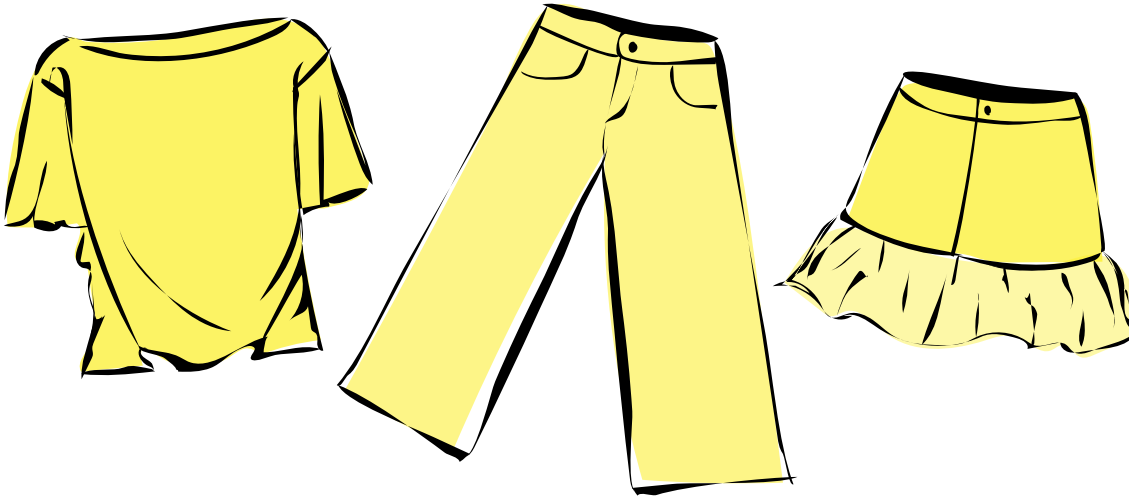
IT'S A KEEP!

REPAIR

FRIENDS/  
CHARITY

RECYCLE

## STEP 3 REPEAT



**ONCE YOU ARE DONE WITH YOUR CLOTHES,  
REPEAT THE PROCESS WITH UNDERWEAR, SHOES AND ACCESSORIES!**

**UNDERWEAR (YES, ALSO THE SOCKS DRAWER!)**

**ACCESSORIES (BELTS, SCARVES, HANDBAGS, ETC.)**

**SHOES (OK, YOU CAN KEEP THE IMPOSSIBLE HEELS AS COLLECTORS ITEMS!)**

## **STEP 4**

# **ORGANISE**

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### **SEPARATE WINTER AND SUMMER CLOTHES:**

**KEEP ONE SEASON AT HAND  
IT WILL BE EASIER TO SEE WHAT YOU HAVE AT A GLANCE AND  
WILL MAKE PUTTING OUTFITS TOGETHER MUCH EASIER!**

### **ORGANISE BY TYPE OF CLOTHING:**

**PLACE CLOTHES BY CATEGORY: TROUSERS & SHORTS, T-SHIRTS & TOPS,  
OUTERWEAR, ETC. KEEP WHAT YOU USE FREQUENTLY MOST AT HAND!**

### **SEPARATE BY TYPE OF ARTICLE:**

**HAVE A DRAWER FOR UNDERWEAR, ANOTHER FOR SOCKS...  
AND KEEP CLOTHING AND SHOES IN SEPARATE SPACES!**



# STEP 5 EVALUATE

**ASK YOURSELF- HOW CAN I IMPROVE MY  
FASHION FOOTPRINT?**

**HOW MANY PIECES  
STILL HAVE TAGS?**

**DID I BUY CHEAP  
OR EXPENSIVE ITEMS?**

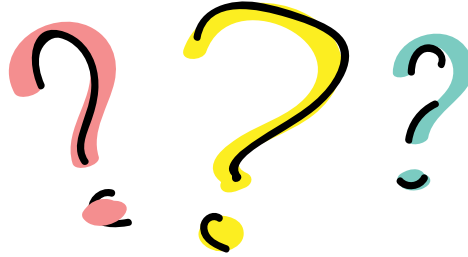
**HOW MUCH DID I  
SPEND ON CLOTHING  
I ONLY WORE ONCE?**

**FOLLOW US  
FOR MORE TIPS  
@FLYING\_DISH\_DESIGN**

**HOW LONG DID MY  
PURCHASES LAST?**

# IN CASE OF DOUBT

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GET RID OF **EVERYTHING** THAT DOESN'T GIVE YOU A **GOOD** VIBE

ONLY KEEP ITEMS THAT **FIT YOU WELL** & MAKE YOU **FEEL GOOD**

DO NOT **KEEP** CLOTHES THAT ARE **TOO SMALL OR BIG**  
HOPING TO WEAR THEM SOMEDAY!

GET **ITEMS** THAT DON'T FIT PERFECTLY **ALTERED**,  
YOU WILL NOTICE THE DIFFERENCE!

IF IN DOUBT...  
ASK A **GOOD FRIEND!**



# TIPS FOR CARE

GOOD CARE WILL MAKE YOUR  
CLOTHES LOOK BEST FOR LONGER!



## READ THE LABELS ON YOUR CLOTHES

THE BEST TIPS ARE RIGHT THERE!

## WASHING AT 30°C & WITH A SHORT CYCLE

IS USUALLY MORE THAN ENOUGH AND ENVIRONMENTALLY FRIENDLY.

## HANGING WITH CARE TO DRY WILL MINIMISE IRONING!

DRY SHIRTS ON HANGERS DIRECTLY!

## USE A LINT REMOVER TO REMOVE FLUFF

YOU WILL INSTANTLY GIVE THE GARMENT A SECOND LIFE!

## KEEP TUMBLE DRYING TO A MINIMUM

IT WEARS OUT THE FABRICS MUCH FASTER.

# OTHER TIPS

## HOW TO KEEP YOUR CLOSET SPACE IN TIP TOP SHAPE!

**DON'T MIX CLEAN AND ONCE USED CLOTHES**

USE A CLOTHES RACK, STAND OR CHAIR

**ADD A NICE FRAGRANCE**

PLACE FRAGRANT SACHETS OR SOAPS IN YOUR DRAWERS!

**KEEP HUMIDITY OUT**

VENTILATE PERIODICALLY AND CHECK FOR MILDEW OR MOTHS

**REPEAT THIS PROCESS EVERY 6 MONTHS**

THE CHANGE OF SEASONS IS A PERFECT MOMENT!



# BECOMING MORE SUSTAINABLE!



**KNOWING WHAT'S IN YOUR CLOSET WILL HELP YOU  
MAKE MORE SUSTAINABLE CHOICES WHEN SHOPPING**

**YOU WILL KNOW WHAT PIECES YOU NEED TO BUY TO BUILD YOUR OUTFITS.  
THIS WILL HELP YOU AVOID IMPULSIVE PURCHASES, SAVING YOU  
MONEY AND THE PLANET.**

**YOU WILL IDENTIFY YOUR WARDROBE BASICS  
AND CAN CARE FOR THEM TO EXTEND THEIR LIFESPAN,  
INSTEAD OF BUYING MORE.**

**YOU CAN BUY GOOD QUALITY BASICS THAT WILL LAST  
INSTEAD OF CHEAP FAST FASHION.**



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