

HOW TO BUILD A CAPSULE WARDROBE FROM SCRATCH

A Practical Blueprint for Closet Clarity & Daily Ease

1. THE 30-DAY HANGER AUDIT

- Turn all hanger hooks backward on your closet rail.
- When you wear and launder a piece, return it facing forward.
- After 30 days, set aside pieces you have not worn and review them before deciding what to keep, donate, sell, or store.

2. A FLEXIBLE 30-PIECE STARTING INVENTORY

Category	Starting Point
Foundational Tops	5 — 2 crisp poplin shirts + 3 heavyweight cotton tees
Tailored Bottoms	4 — 2 trousers + 2 pairs of rigid/structured denim
Layering Knits	3 — 1 chunky knit + 2 fine-gauge cardigans
Structured Outer Layers	2 — 1 classic blazer + 1 minimalist trench
Versatile Footwear	4 — loafers, clean sneakers, ankle boots, flats

Note: A capsule does not need to contain exactly 30 pieces. Adjust the number for your climate, work dress code, laundry routine, hobbies, and actual lifestyle.

3. THE CAPSULE FLOW CHECK

- **Phase 1 — Base:** Start with a shared neutral such as charcoal, oat, navy, or espresso.
- **Phase 2 — Texture:** Pair contrasting surfaces, such as a chunky knit with crisp cotton or structured denim.
- **Phase 3 — Anchor:** Finish with a simple belt, structured bag, or classic footwear to define the outfit.

4. IN-STORE FABRIC & LONGEVITY AUDIT

- Check the fiber-content and care labels, but do not reject a garment solely because it contains a synthetic fiber.
- Hold the fabric to the light and assess whether its density and opacity suit the garment.
- Gently stretch the fabric where appropriate and check whether it returns to shape.
- Inspect seams, stress points, pockets, zippers, and buttonholes for secure, clean construction.

5. SMART PROPORTION & VALUE RULES

- Use a flexible tops-to-bottoms ratio rather than a rigid 3:1 rule; choose the balance that matches how you actually dress.
- Balance loose silhouettes with more streamlined layers when that suits your proportions and comfort.
- Calculate cost per wear as: $\text{Purchase Price} \div \text{Estimated Number of Wears}$

YOUR NEXT STEP: Use this checklist to audit what you already own, identify genuine wardrobe gaps, and shop only for pieces that add useful outfit combinations.

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