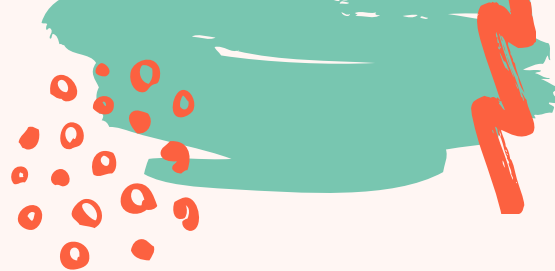


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TAKING CARE OF OUR CLOTHES CAN HELP MINIMISE THE EFFECTS OF THE TEXTILE INDUSTRY ON OUR ENVIRONMENT.

By prolonging the life of clothing and applying the principles of Reduce, Reuse, Recycle to our wardrobes, we can lessen our environmental footprint.

Fewer clothes need to be bought new, and they need to be replaced less often; the carbon emissions caused by clothing production, dying, and shipping are kept to a minimum, and our clothes look nicer!



MAKE DO AND MEND

YOUR GUIDE TO SUSTAINABLE
CLOTHING CARE

Keep this guide somewhere handy: your sewing kit, kitchen sink, bedside table, underwear drawer - so you can easily check how best to look after your clothes, shoes and accessories

 student
christian
movement

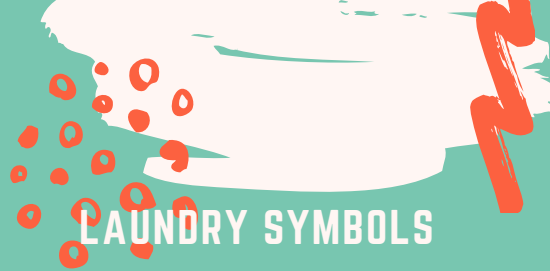
www.movement.org.uk

@SCM_Britain



BASIC CARE GUIDELINES

- Learn to take care of what you have. Read clothing labels and follow them. Wash clothes only when necessary - lots of items don't need to be washed every wear, and you can save water and energy by re-wearing. If a jumper has 'pilled' and is covered with little bobbles, they can be removed with an old razor and it will look like new.
- Learn to be proactive - if you know your jeans tend to wear through at the thighs, reinforce them with a patch or some lines of sewing before that happens. Make sure to keep leather polished - it isn't just for shiny shoes, it prevents cracking and peeling that can't be fixed. Keep knitwear made of wool with a moth repellent.
- Use what you have as a starting point. Altering and reusing old clothes to create new items helps limit waste too. Learning to sew can be great here, but dyeing, iron-on patches, or just taking a pair of scissors to some old jeans can be a good way to get more out of your wardrobe.



LAUNDRY SYMBOLS



Wash at 40 or below. Wash at 30 to lower energy usage!



Handwash only. Use tepid water and gentle soap, like shampoo.



Iron on low heat. Two or three dots mean medium or high heat.



Do not tumble dry. Air-drying is best for the environment and clothes anyway!

RESOURCES

There is so much information on the internet about sustainable fashion and clothing care. There are some great tutorials too!

This video will show you how to darn a hole in a sock or jumper
<http://tiny.cc/darning>

Visible mending is a Japanese way of celebrating fixing - this is a quick look at an example on a denim jacket
<http://tiny.cc/visiblemending>

Looking at your clothes in new ways can be a fun challenge!
<http://tiny.cc/restyling>
[@notbuyingnew](https://www.instagram.com/notbuyingnew)
[@igotitfromthecharityshop](https://www.instagram.com/igotitfromthecharityshop)
[#2020wehaveplenty](https://www.instagram.com/2020wehaveplenty)

SOME SHOPPING TIPS

- Look for the fabric content on the label. Natural fibres require less processing to become usable textiles, limiting chemical runoff and pollution. Look for cotton (organic where possible), wool, linen, silk, leather, and hemp. Lyocell, tencell, bamboo, and viscose (also called rayon) are made of plant fibres but require extra chemical processing; however, they are still a better choice than synthetics such as acrylic, polyester, nylon, and PU (most fake leather). These are made of plastic, involve intensive chemical processing, and shed microfibres when washed which contributes to pollution in our oceans. They also tend to not last as long.
- Buy second hand wherever possible, and support sustainable brands when you can. Many cities and universities will have clothing swaps, bartering groups, vintage stores, and of course charity shops. This helps keep the loop closed and limits waste.
- Remember that it's not all or nothing - the odd jumper from Primark isn't the end of the world!