

CAPSULE WARDROBE

HOW TO BUILD A CAPSULE
WARDROBE:

A step-by-step guide to creating a
capsule wardrobe

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Hello and Welcome!

Hi, my name is Leticia Cartem. I am a professional declutterer & Organiser. I am an expert in helping people create more space, order, and clarity in their homes, offices, and lives. With my unique skill set, I can assess my client's needs, work with them to develop a customised plan, and guide them through decluttering and organising.

Naturally, there are obvious ways disorganised closets impact your daily life, such as wasting your time and the stress they cause.

Let's diving in

WHAT IS Capsula Wardrobe



Creating a capsule wardrobe is a great way to simplify your closet

A capsule wardrobe is a collection of essential clothing items that are versatile, timeless, and can be mixed and matched to create multiple outfits. The idea behind a capsule wardrobe is to simplify your wardrobe, reduce clutter, and focus on quality over quantity.

The exact number of items in a capsule wardrobe varies depending on the individual, but it typically consists of around 30-40 pieces, including tops, bottoms, dresses, jackets, and shoes. These items are usually in neutral colours and classic styles, making them easy to mix and match and suitable for various occasions.

The goal of a capsule wardrobe is to have a curated collection of clothes that you love to wear and that reflect your style. In the long run, it can save you time and money, as you won't need to constantly shop for new clothes or worry about what to wear.

Here are the following steps to create a capsule wardrobe:

1. Define your personal style:

Before you start putting together your capsule wardrobe, it's important to define your style. Look for inspiration in fashion blogs, Pinterest, and Instagram. List the clothing items and styles you love and feel comfortable in.

2. Choose a colour scheme: Once you have a clear idea of your style, choose a colour scheme for your capsule wardrobe. You can stick to colours that complement each other and can be easily mixed and matched.

3. Assess your current wardrobe:

Look at your existing wardrobe and evaluate each item. Ask yourself if it fits your style, if it's in good condition, and if you've worn it in the last year. Donate or sell items that don't fit these criteria.

Additional tips for your Capsule Wardrobe

- ✓ Consider your climate: Your climate and weather patterns should influence your capsule wardrobe choices.
 - ✓ Focus on fit: Since you'll be wearing your capsule wardrobe items frequently, it's important that they fit well and flatter your body type.
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Introduce the next section with a subheading

4. **Identify your core pieces:** Your core pieces are the foundation of your capsule wardrobe. They should be timeless, versatile, and high-quality. Examples include a black blazer, a white shirt, and a pair of classic jeans.

5. **Add seasonal pieces:** After identifying your core pieces, add seasonal pieces to your capsule wardrobe. These items are appropriate for the current season and can be mixed and matched with your core pieces. Examples include a lightweight sweater for spring or a wool coat for winter.

6. **Consider your lifestyle:** When creating a capsule wardrobe, it's important to consider your lifestyle. You may need more formal clothing items if you work in an office.

Additional tips for your Capsule Wardrobe

- ✓ **Invest in quality:** Since your capsule wardrobe will consist of a limited number of items, it's important to invest in high-quality pieces that will last.
 - ✓ **Stick to your budget:** Creating a capsule wardrobe doesn't have to be expensive. Set a budget for yourself and stick to it.
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CONSIDERATIONS FOR Creating a capsule

1. **TIP 2:** Start small: If you're new to a capsule wardrobe, completely overhauling your closet can be overwhelming. Start small by choosing key items to build your capsule wardrobe and add to them over time.

2. **TIP 2:** Think about your colour palette: While you should choose colours that complement each other, you don't have to stick to a strict colour palette. Consider incorporating a few accent colours or prints to add interest to your wardrobe.

3. **TIP 3:** Maintain your wardrobe: Once you've created your capsule wardrobe, it's important to maintain it. Keep your clothing items in good condition, rotate items seasonally, and add or remove items as needed.



*“If time is money, then
I’m broke. I think a lot
of us are.” — .*

-JEFF SHINABARGER

Here's a general checklist for a capsule wardrobe:

Tops:

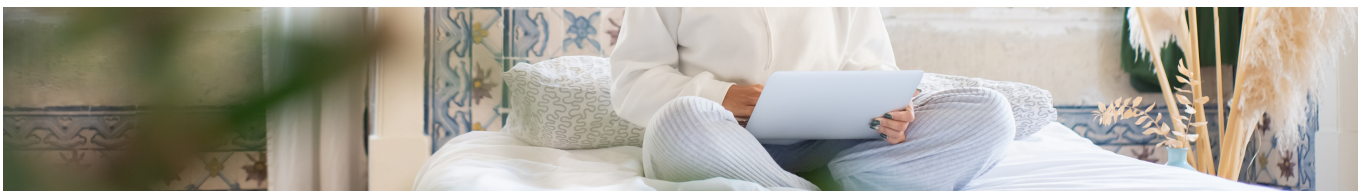
- Basic T-shirts in neutral colours (white, black, grey)
- Button-down shirts in neutral colours
- Sweaters or cardigans in neutral colours
- Blouses or tops in prints or accent colours
- One or two dressier tops for special occasions

Bottoms:

- Classic jeans in a dark wash
- Black pants or trousers
- Khaki or beige pants or trousers
- Skirts in neutral colours or prints
- One or two dressier bottoms for special occasions

Dresses:

- One or two dressier dresses for special occasions
- One or two versatile dresses that can be dressed up or down



Here's a general checklist for a capsule wardrobe:

Outerwear:

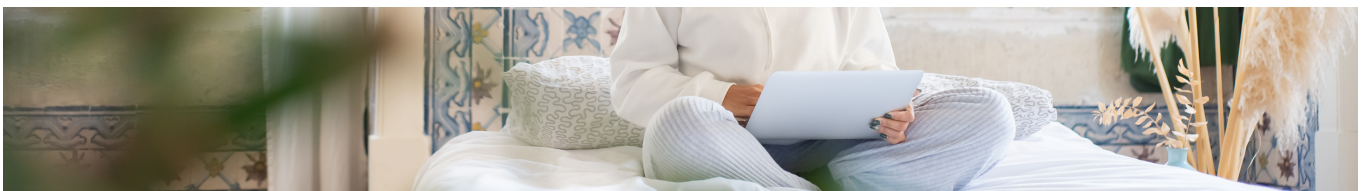
- Trench coat or raincoat
- Wool coat or jacket
- Denim jacket or blazer
- Leather or suede jacket
- Lightweight jacket or vest for transitional weather

Shoes:

- Classic black or brown boots
- Sneakers or trainers
- Comfortable flats or loafers
- Sandals or open-toe shoes for warmer weather
- Dressier heels or shoes for special occasions

Accessories:

- Scarves in neutral colours or prints
- Hats for warmth or sun protection
- Belts to cinch in waistlines
- Jewellery to add interest and variety
- Bags or purses in neutral colours or accent colour



Your Capsule Goals & Vision

Insert a goal or vision

Insert a goal or vision

EXERCISE #2

Your Capsule Wardrobe

This portion contains the main things you must consider about your capsule wardrobe.

1. Define your personal style

2. Choosing a color scheme

3. Define your Budget



EXERCISE #3

Your Tools & Resources

This portion can contain the main tasks or goals, in the form of bullet points or a short, descriptive paragraph.

CHECKLIST #1

- ☐
- ☐
- ☐
- ☐
- ☐



CHECKLIST #2

- ☐
- ☐
- ☐
- ☐
- ☐

Thank you!

By the end of this ebook, we hope you'll have the tools and inspiration you need to create your capsule wardrobe and enjoy all its benefits.

So let's start!

With enormous love and gratitude,

XO

Leticia



Do You Need More Help?

[Schedule a Call Today](#)



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