

# Tips for *conscious fashion*

Some of us could care less about fashion. For others of us, what we wear is all-important – an integral part of our being. An external expression of everything we love, appreciate and wish to emanate.

Clothing doesn't contribute a large piece to the carbon emissions pie (transportation, commercial/residential buildings and diet do) – but the fact of the matter is that it still contributes. So sustainable clothing might not solve climate change, but it will help. And here are some tips to help you! And remember that thoughts on conscious consumption of clothing can often be applied to other products, too.



## **Rent your party clothes**

Why spend large sums of money on something you might only use once?



## **Climate-smart with second hand**

To buy a garment that someone else is tired of is climate-smart. You save as much as 97 percent compared with if the same garment had been newly produced. Moreover, it has not consumed a lot of chemicals and water. Give away clothes you do not use.

## **Swop to something new**

Why not arrange a clothes swapping day or dress party? Everybody bring a nice and fresh garment that are hanging unused at home. For someone else it could be the perfect addition to the closet.

## **Recycling - a sustainable trend**

Fleece Sweaters can be made from old PET bottles. Now can also woolclothes be made by mixing in recycled wool fibers into new garments.

## **More material**

As consumers, we may require organic cotton, but it will not be enough. We simply need to use less cotton and use more materials, such as hemp mostly grown without chemical pesticides and fertilizers. Also flax and wool are materials that are better for the environment than conventionally grown cotton.

## **Unique garments with re-design**

Re-design is the design of your old clothes and fabrics into new ones. With simple methods you can combine garments into unique products. The variations are endless.

## **Slow Fashion – fewer but better clothes**

Is for the fashionistas what slow food is for gourmets - an approach to clothing that gives priority to fewer, nicer clothes, better quality, with less environmental impact. It's about fashion must be sustainable.