



## **Tips for De-Cluttering Your Wardrobe**

**Cathy Player 22/06/10**

Try to think of it like a treasure hunt. It's amazing how many great things you'll find that you thought were lost forever. So jump in and clean that wardrobe.

### **Empty the wardrobe**

If you are cleaning out a bedroom wardrobe, put the contents on the bed. That way, you'll have to finish the job before you go to bed. You will need a box or some black bags for stuff you're throwing away or maybe donating to charity.

If you're not as strong as Wonder Woman or Superman, use a small to medium sized bag, and fill it. You don't want to get hurt lifting a heavy bag full of de-cluttered items. Some people also have a box for items they want to put in a garage sale.

### **Clean your wardrobe**

While it's empty, wash it down and clean the shelves and floors. Remember you wouldn't put clean clothes into a dirty suitcase! And since de-cluttering is a huge job, you won't be in a hurry to do it again. So you might as well do a good job and clean your wardrobe properly.

### **Reduce your clutter by half**

Start to sort things once you've finished cleaning your wardrobe. That way you'll have a major part of the job done first. Start at the top of the pile and work your way down. Try to get rid of at least 1 or 2 items for everything you keep. Try clothing on, especially if you haven't worn that item for a while. If it doesn't fit, it goes into the donation box or the bin. Be honest and while you may keep one item that doesn't fit to inspire you to lose weight, make sure it's no more than one. If you do actually lose that weight, you deserve new clothes anyway.

### **Out of style clothes**

Fashions change - so if what you find is seriously out of style and in less than excellent shape, consider throwing it out. Clothes that are pilled, stained even just a bit, and threadbare need to be thrown out. If you wouldn't wear the outfit, neither would someone else so make sure it doesn't go in the charity bag.

If you have a potentially vintage piece of clothing, you may be able to sell it to a specialty store that features vintage clothing. To be eligible for resale at these stores, it will need to be in excellent condition, and usually a brand name or made by a designer. But don't be surprised if you find your potential classic item isn't taken for resale.

Remember - your goal is to clean out that wardrobe and if you have any doubt about the resale value of that article of clothing, donate it or bin it.

### **Putting it Back**

Only put clothing back in the wardrobe that is appropriate for the season. If you decide to keep something that is not in season right now, store it in a plastic container that can maybe go under the bed, the spare room or even your garage. Space bags are another alternative.

Then make sure to put your clothes back in a specific order. Put the pants first, then skirts. Next goes short sleeved shirts, then long sleeved shirts. Jackets followed by dresses are next.

If you have formal dresses or gowns, they go in last. If you keep your clothes sorted by length, you will be able to find each article of clothing more easily. You could even sort each category of clothing by colour.

### **Shoes**

Sorting shoes takes the same types of rules that sorting clothing does. If they're uncomfortable or don't fit, toss them or donate them. Only donate shoes in excellent condition, however. And only donate shoes if you know you don't have any foot problems. Spray them down with disinfectant spray before you donate, as well. And think about putting one pair aside for gardening.

### **The Rest of the Wardrobe**

Because a wardrobe can become a catch-all for many different items, now is the time to sort these back to the place where they belong. If you no longer want or need that shoe box or worn out pair of gloves, out they go. Before you know it, your wardrobe will be clean and organised. You will feel good about the way it looks and be able to find clothes and other items more quickly, which is going to save you both time and energy in the long run.