



# 4-H Fabrics & Fashions

## Consumer Education

Advanced Level (15-19 Years)

### Your Clothing Plan

Being a wise shopper doesn't just happen. Here are some definite steps you can take that will help you make wise clothing decisions.

#### **Study your clothing needs.**

First, think about what your activities are, what styles you like, how you would like to look, and how much money you have to spend on clothes.

Use the questions below to evaluate your clothing needs.

- My favorite color is: \_\_\_\_\_
- My body shape is:
  - Small     Average     Large
- My activities include:
  - School     Church     Job
  - Sports participation
  - Spectator sports
  - Informal Party     Formal Party
  - Others
- My favorite outfit to wear for church is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- My favorite outfit to wear for school is:
   
\_\_\_\_\_
   
\_\_\_\_\_

- My favorite outfit to wear when I participate in sports is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- My favorite outfit to wear when I watch sports activities is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- My favorite outfit to wear when I go to informal parties is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- My favorite outfit to wear when I go to formal parties is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- My favorite outfit to wear for other occasions is:
   
\_\_\_\_\_
   
\_\_\_\_\_
- I have approximately \$ \_\_\_\_\_ to spend on clothes this year.

You can be more precise about your clothing needs later. Read about color choices and wardrobe planning. Add details as you discover them. Discuss your clothing allowance with your parents. Think about

your wardrobe as a continuing process that grows as your activities change.

### ***Check your closet***

Take a look at the clothes you already own. You can add to your wardrobe while making good use of what you already have. Just fill in the gaps.

Take some time to inventory your wardrobe. Begin making wise clothing buys by learning from your past successes and mistakes. As you look through your closet, decide what you like about the clothes that you wear often. Color? Fit? Comfort? Consider what you dislike about those that don't get much wear. Think about how much fashion has influenced your clothing choices.

### ***Make a clothing plan***

Now that you know what you have and what you need, you can make a clothing plan. Most people cannot spend a lot of money on clothes all at once. Plan to update your wardrobe gradually. Decide when you will shop for certain items. Add to your wardrobe at beginning- or end-of-season sales.

### ***Making the plan***

Now that you know what you need and when you will shop for it, make your plan. You can spread your purchases out over the year. If you have a yearly clothing allowance, decide if your allowance is enough to buy the clothes you need. If it isn't, decide how you can adjust your plan.

Save money by making some items, or look for items that are less expensive. You

may find that you can recycle something that is already in your wardrobe. Here are some other ideas that will help you stretch your clothing dollar:

- Limit the colors in your basic wardrobe. Choose two or three colors that look good on you and that coordinate with each other. Work your plan around these colors so that more things go together.
- Plan separates that mix and match in color and texture to expand your possibilities.
- Use fabrics that can be worn year-round – gabardine, medium-weight knit, denim, etc.
- Add new fashion color and variety to your wardrobe with inexpensive accessories.
- Keep your clothes clean and in good repair. Always consider the price of upkeep before you buy. An item labeled “Dry clean only” will prove to be more expensive than one that can be washed.

Sometimes it may be appropriate to rent clothes. If you need a tuxedo for the prom or a special event, renting may be better than buying. Clothing for special occasions, such as banquets, formal dances, and weddings are often rented. The rental fee is always less than the cost of buying. The cost of renting is determined by the cost of the garment and its life expectancy.

However, remember that the amount you pay in rental fee is gone forever and unavailable to apply toward building your wardrobe. Repeated rentals soon add up to the total cost of the garment.