

capsule

wardrobe

workbook





This is your step by step guide to create the wardrobe of your dreams, without spending a fortune and always knowing what to wear and how to wear it.

At dariadéh we believe that fashion needs to add joy to your life. Getting dressed should be quick, easy and avoid stress so you can focus on what's important in life.

Unfortunately fashion has become quite the opposite for many of us. One day I found myself in front of a full, cluttered wardrobe bursting with garments still not knowing what to wear. It wasn't until I came across the concept of a capsule wardrobe that helped me change the way I dress forever. We created this workbook for you to enjoy for free, because we want you to be excited about getting dressed, no matter where you shop.

Madeline

Founder of dariadéh

YOU'RE IN THE RIGHT PLACE IF...



You have a closet full of clothes, yet struggle getting dressed, always feeling like you don't know what to wear.



You feel like you haven't found your style or feel the way you dress doesn't reflect your personality.



You feel stressed getting dressed, getting dressed takes too long and you'd like to focus time on what's important rather than thinking about what to wear.

OUR PROMISE TO YOU...



Learn how to find your style and reflect it in the way you dress. Find the colors that appeal most to you and create a wardrobe that suits your lifestyle.



Spend less money on clothes and less time on getting dressed. Wear your clothes for a long time and therefore create a sustainable wardrobe.



This guide is absolutely free, no strings attached. What we introduce to you in this workbook works with any garment from any brand and of course with second hand clothing.

01 What is a capsule wardrobe and who is it for?

Learn about the essential idea of a capsule wardrobe and try to understand if a capsule wardrobe could be useful to you.

02 Find your personal style

Guiding you through several individual creative processes, we'll help you understand what your style is and how to bring it to life.

03 Plan your capsule

After assessing your (life)style, planning your capsule will help you prepare for the next steps to go smooth and easy.

04 Declutter

The toughest part of the process for many. Decluttering your old wardrobe will be easy with our tips and tricks.

05 Build your outfits & reasses

You're done! Ready to build outfits and reasses through time if and how your capsule wardrobe needs to be adapted.



01 WHAT IS A CAPSULE WARDROBE?

Capsule wardrobe is a term introduced by Susie Faux, the owner of a London boutique called "Wardrobe" in the 1970s. According to Faux, a capsule wardrobe is a collection of a few essential items of clothing that do not go out of fashion, such as skirts, trousers, and coats, which can then be augmented with seasonal pieces. Many people after have picked up the idea of a capsule wardrobe and since then it has been introduced in many different ways. More recently, in 2014, Caroline Rector, a content creator who'd had enough of the clutter in her closet, began to reduce her wardrobe to 37 pieces, documenting the process on her website [Unfancy](#).

capsule wardrobe

WHAT IS A CAPSULE WARDROBE?

A capsule wardrobe essentially is a concept that focuses on having less clothes but creating many outfits with this selection. A capsule wardrobe should contain timeless essentials that you enjoy wearing and style in many ways.

Browsing the internet you'll find a bunch of videos explaining capsule wardrobes.

[WATCH NOW](#)

get clear on
what matters
by getting rid
of everything
that doesn't.

BEMOREWITHLESS.COM

01 WHO IS A CAPSULE WARDROBE FOR?

As you have already learned, a capsule wardrobe is a method that helps you find your style, organize your wardrobe and have a system to stick to, when getting dressed or buying new items. It's an approach for anyone who feels overwhelmed with creating and maintaining a wardrobe or getting dressed. It's also for anyone who would like to shop less, more thoughtful and have the right clothing for their own lifestyle. That being said, it's an approach that might be too minimal or limited if you're into eclectic, maximalist style and feel limited by the idea of a capsule. Whatever your approach is: you can adapt and make anything introduced to you work for you and your life. Whatever you do with this workbook or don't do: no one's watching.

moderne wardrobe

ASSES YOUR LIFESTYLE

Many of us have closets full of clothing, yet not the right clothing for the lives we live. Owning a bunch of evening dresses when your job requires home office and you're not really a party person might not be the best fit. We often buy things based on an idea in our minds and miss the practicality it needs to have in every day life.

Clothes should help us navigate through life easily and therefore need to serve a purpose. A piece of clothing that can only be worn on a special occasion that might come up very rarely, is a piece of space, resources and life wasted. This exercise will help you asses what kind of clothing your lifestyle reflects.

Q IF YOU ANALYSE YOUR WEEKDAY, WHICH ACTIVITIES ARE THERE?
(E.G. OFFICE WORK, STAYING AT HOME, WORKING OUT)

Q IF YOU DISECT YOUR WEEKEND, WHICH ACTIVITIES ARE THERE? (E.G. HIKING, READING, BEING OUTSIDE / INSIDE, GOING OUT)

Q IF YOU HAD TO DESCRIBE YOUR LIFESTYLE IN ATTRIBUTES, WHAT WOULD THAT BE? (E.G. LAID BACK, GLAMOROUS, PROFESSIONAL)

TAKE INVENTORY

Thinking about the assesment you just made, spontaneously write down what kind of clothing you're missing in your clothes (e.g. more workout clothes) or which kind of pieces are underrepresented considering your life circumstances (e.g. not enough workout clothes).



WHAT'S MISSING?

02 FIND YOUR PERSONAL STYLE

Your personal style is unique, individual and should bother no one else except you. Many of us have been taught to like certain things, when we simply don't feel like they are "us". Finding your personal style is much more than superficially understanding what you like and what you don't, it's about expressing your very own, unique and special personality. That being said you don't have to wear clothes that scream in order to communicate your style. Whether it's a muted color palette, a twist of retro, romantic details or bold colors: your style can be anything, just like you can be anything.

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THE THREE STEPS

In this first exercise we'll get your creative juices flowing. Go to [Pinterest](#) and sign up if you don't have an account yet.

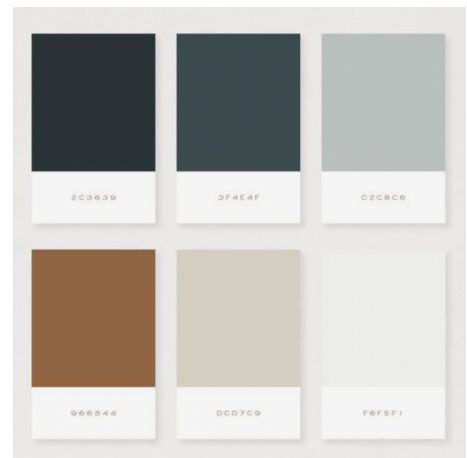
01 STEP ONE

In this first step create a board named "aesthetics" (or whatever name you fancy) and start pinning pictures that you like. Don't filter, don't think too much about it, just intuitively start pinning anything that catches your eye and that looks pleasant to you.



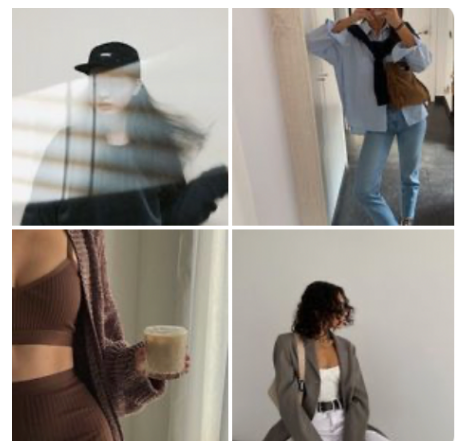
02 STEP TWO

Next create a board called "colors" (or whatever name you fancy) and type "color palette" or "color scheme" into the search function. Pin colors and color combinations on this board.



03 STEP THREE

Finally create a board called "outfits" (or whatever name you fancy) and pin outfits you find and like from Pinterest to this board.



NEXT: DOCUMENT

In this next step you're asked to document your existing outfit choices. Simply snap a photo every morning before heading out the door and collect them in an "Outfits" folder on your phone. You can also go through your camera roll and see if you already have photos of you wearing outfits that you did enjoy and feel comfortable in.

If you'd like to further document, make a wear count of your clothing. A wear count helps you keep track of every item you wear every day for a given period. This may be in order to identify the types of items and outfits you tend to gravitate towards. Wear counts can be made with excel sheets or by simply putting everything you have already worn once in a designated area of your closet.



WHAT DO I OFTEN WEAR

WHAT DO I NEVER WEAR

03

PLAN YOUR CAPSULE

This is where the real fun part starts! Now that you've assessed your lifestyle, have an idea of what you gravitate to when getting dressed and an idea of what aesthetics you like, it's time to plan your capsule. The more detailed and precise this part of the process is executed, the easier and more smooth the next step (decluttering) will be.

module three

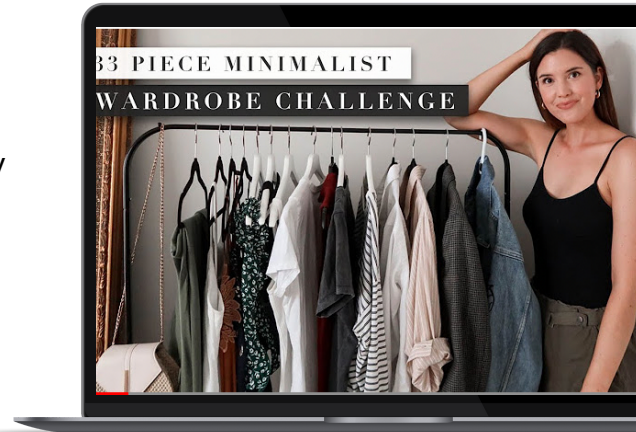
IF YOU'RE INTO RULES...

How you want to set up your capsule is entirely up to you. Here's a few concepts that have proven succesful and practical.

01 PROJECT 333

Project 333™ is the minimalist fashion challenge by Courtney Carver that invites you to dress with 33 items or less for 3 months.

[CHECK IT OUT](#)



02 10 X 10 CHALLENGE

The concept is essentially a mini capsule closet of 10 items that you work with for 10 days and was started by Lee Vosburgh.

[CHECK IT OUT](#)



03 THE 37 PIECE WARDROBE

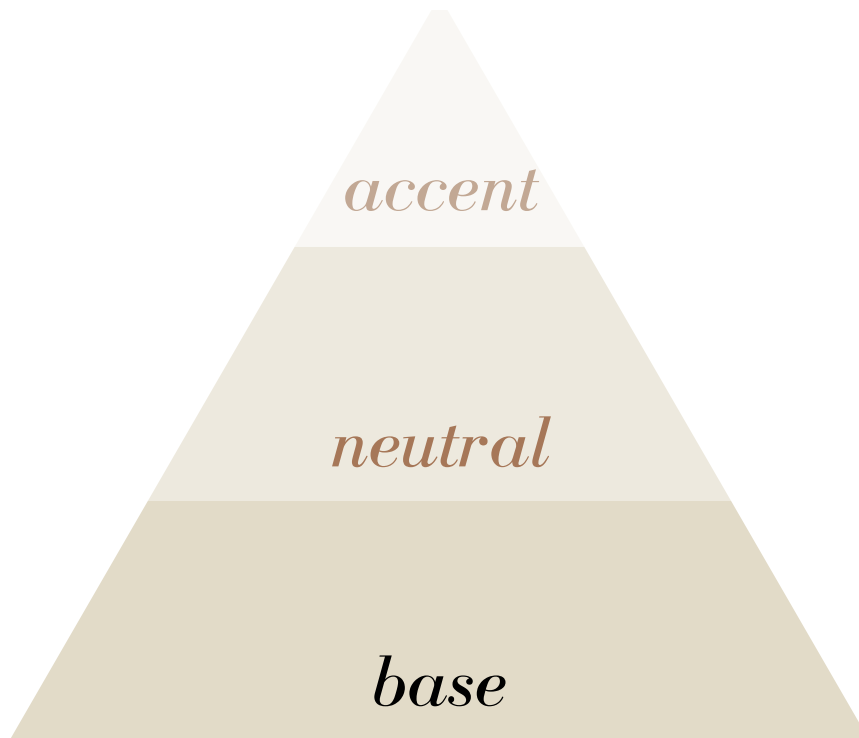
37 pieces of clothing as the ideal amount for a capsule wardrobe was introduced by Caroline Joy.

[CHECK IT OUT](#)



CREATE A COLOR SCHEME

Going through your Pinterest boards and the documentation of outfits, you now get to pick your very personal color theme. Here's a little help on how to do it.



BASE COLORS

Base colors are the main colors you'll use to build your capsule on. They will make up the core pieces of your wardrobe, the things you wear the most. They include colors like black, white, ivory, tan, navy, beige.

NEUTRAL COLORS

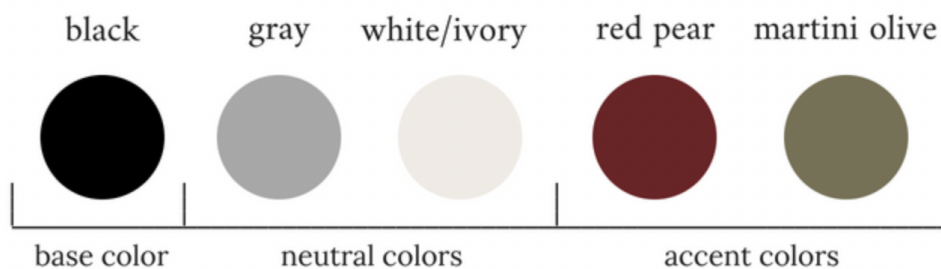
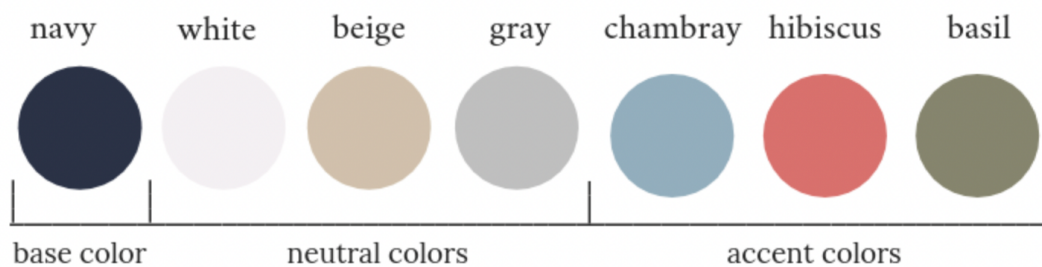
Neutral colors should be complementary to your base colors, meaning that they work well with the base color. For example: if your base color is navy, a neutral color that works with navy is white, as they are both in the cooler shade range.

ACCENT COLORS

The accent colors will be for adding pops of color and interest. The accent colors can change from season to season or year to year and make up the smallest amount of items or sometimes just accessories.

EXAMPLES FOR COLOR SCHEMES

Here's a few examples of possible combinations. How you set up your color scheme is up to you. Wardrobe expert [Anuschka Rees](#) recommends aiming for a 9-shade color palette (3 base colors, 2 neutrals and 4 accent shades) but there's many different approaches to it.



Source: classyyettrendy.com

GO BACK TO STEP 2

Remember your three pinterest boards and documenting your outfits? This is where you go back to, to understand what it is that you like. Go through those boards again and try to find common themes. You could cluster them into colors, styles, styling techniques. For instance: if all boards have common colors showing up frequently that might be a color you should incorporate in your capsule. If most outfits you pinned involve sneakers, that might be an indicator that you enjoy creating outfits with those. You might also notice an overall theme to your pins, like "romantic" or "laid back".

In this list try collecting attributes that would describe your style (e.g. casual, athletic, romantic, earth tones, strong contrast...) and reoccurring details (e.g. jewelry, accessories, certain colors).



ATTRIBUTES THAT DESCRIBE WHAT I LIKE

RECURRING DETAILS

MY CAPSULE WARDROBE

Before decluttering there's a final step: planing your capsule. For this cluster your items into priorities, so you keep the right things. If your analysis in the previous steps has shown that you love black ankle boots, those would be a base piece of which you can also own more than once.

STAPLE PIECES I LOVE (E.G.
ANKLE BOOTS, ROLLNECKS)

ADD-ONS THAT WORK WITH
MY STAPLE PIECES (E.G. SKINNY
JEANS, CARDIGANS)

ACCESSORIES I LIKE (E.G.
STATEMENT EARRINGS, BELTS)

ITEMS I NEVER WEAR AND
DON'T NEED (E.G. LACE, HIGH
HEELS, LEGGINGS)

04 DECLUTTER

Now let's get to work. You've probably waited for this step, because this is where everything you've just gone through really comes into play. You get to declutter your wardrobe to build the wardrobe of your dreams. Before getting started please remind yourself of the responsibility you carry as a consumer. At dariadéh we borrowed Vivienne Westwood's motto "buy less, choose well, make it last" for a reason: we believe in owning less, being super conscious about purchases and wearing pieces for as long as possible.

Blindly decluttering causes pollution and your wardrobe to fill up again with things you might not wear. As much as you are motivated to get rid of many things, think about what to do with them (e.g. donate, sell, recycle) and make sure to be mindful during this process.

mode du four

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Instead of getting rid of everything immediately, pack everything you have decluttered into a box, label it with the date and see if you come back to certain pieces in the next months. If the box has been untouched for a year, donate, sell or recycle.

diva

declutter

the categories

01 Keep

Those are the items that you are going to keep for your capsule wardrobe. Make sure to stick to your color palette and the items you identified as your style / suitable for your lifestyle.

02 Put away / keep for later

If you're unsure about some items or they have sentimental value, don't force yourself to get rid of them. Put them away in a box.

03 Give away, donate, sell

Any item that does no longer serve you and can be repaired, donated, sold or recycled.

QUESTIONS TO ASK YOURSELF WHILE DECLUTTERING

01
DO I LOVE IT?

02
WOULD I BUY IT RIGHT NOW?

03
DO I KNOW HOW TO STYLE IT?

04
HAVE I WORN IT MUCH?

05
WOULD IT IMPACT MY DAILY
LIFE NOT TO HAVE THIS ITEM?



Now that you have decluttered your closet and all items work well with each other, it's time to play. With less items you can now create an endless amount of outfits.

Make sure to reassess your choices, colors and go through this process more than once. Style is never static and so isn't your personality!

Use this list to write down items that are missing in your wardrobe. This will keep you from impulse buys and help you carefully craft and plan your own wardrobe.

ITEMS I MIGHT BUY / THAT ARE MISSING IN MY CAPSULE

READY TO MAKE A CHANGE?

Thank you so much for downloading this workbook and trying our step by step guide to creating a capsule wardrobe. As the founder and art director of dariadéh, my dream is not only to create sustainable, timeless fashion for all bodies, but to empower you to express yourself. Fashion has too long been a suffocating, normative, limiting industry that doesn't only pollute our planet but also pollutes our minds with it's toxic beliefs and normative beauty standards.

Fashion to me is about expression, about freedom, about making up time for what is important. I hope this little guide helped you and no matter if you shop with us or you don't, we all at dariadéh want you to feel good and confident in your own skin.

A handwritten signature in a cursive script that reads "Madeleine".

Founder of dariadéh