

ENVIRONMENTALIST FASHION

01 BE A MINIMALIST

Commit to a six-month shopping ban, or if that feels extreme, set less stringent limits on the number of new items you're adding to your closet.

BUY SUSTAINABLE ITEMS

02

These items are generally more expensive, so you may also purchase less. Opt to shop at thrift stores to extend the lifespan of clothing and decrease demand for clothing production.

03 REPURPOSE THE ITEMS YOU ALREADY OWN

For stained or torn clothing, find ways to downcycle it into rags, towels, t-shirt yarn, or other DIY projects

It's clear that fast fashion is one of the most significant sources of environmental degradation today, and it's only getting worse. The good news is that there are simple changes you can make in your daily life to make your wardrobe more sustainable. It doesn't have to be difficult; in fact, it can even be enjoyable.