

WARDROBE ON THE GO

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This summer if you're on the go, you can pack a wardrobe for any situation. The trick is using capsules for match-ability.

Capsule dressing is an easy-to-use wardrobing system that can enable you to:

- Save time, money and space.
- Have something for every occasion.
- Create a "put together" look at all times.

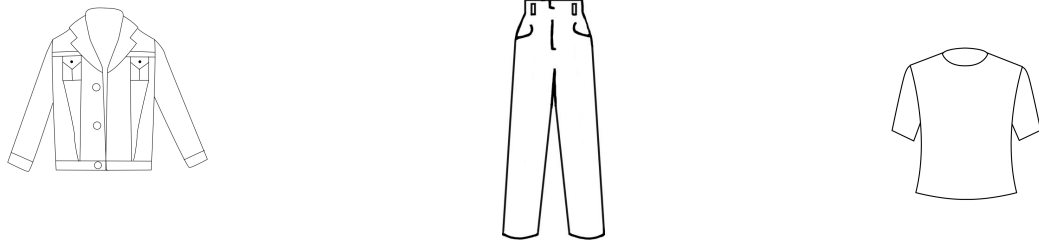
First, establish what lifestyle functions are necessary, and for how many occasions within a week you will need each.

Business	_____
Business Casual	_____
Smart Casual	_____
Sports / Leisure	_____
Elegant Evening	_____

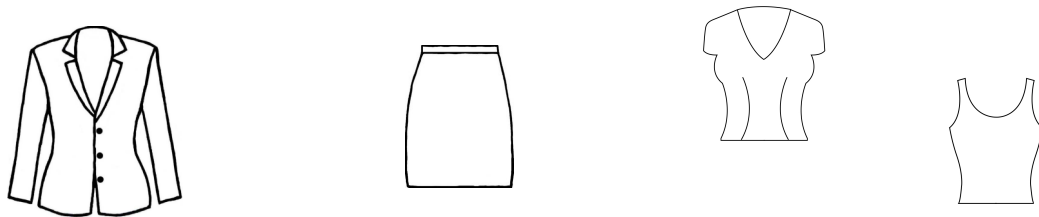
For a **1-occasion** lifestyle function you will need:

1. Outer piece: a jacket, sweater, over-shirt or wrap
2. A bottom: pants, skirt, or shorts
3. A top: tank top, t-shirt, blouse, or shirt.

Here is an example of an “evening at the cottage” 1-occasion capsule.

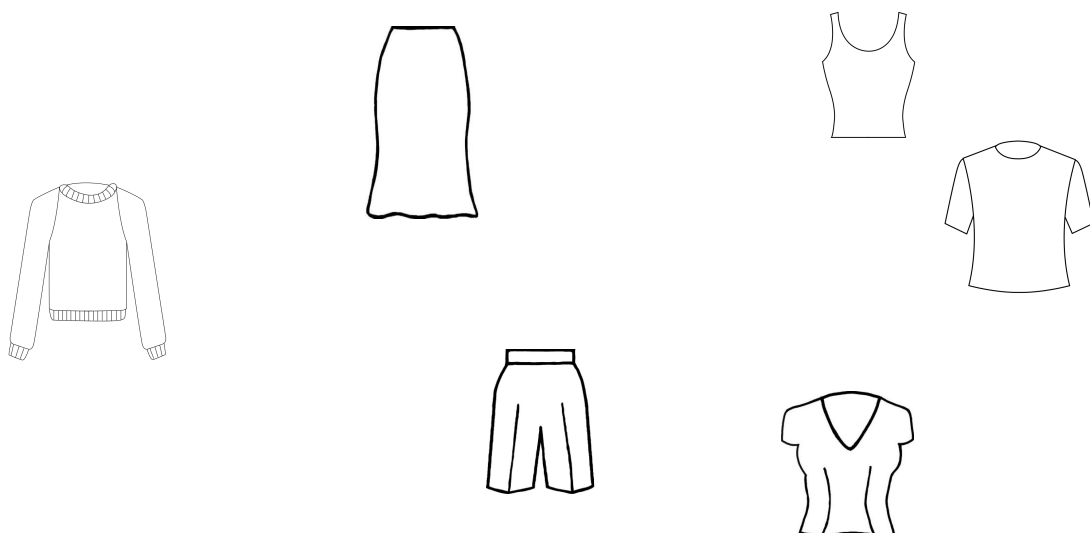


For a **2-occasion** lifestyle function, just add one top. Here is an example of a “business meetings” 2-occasion capsule.



Once you have this base, for each item you add, the number of outfits increases exponentially.

By simply adding one more bottom and one more top, you will have enough outfits for up to **6 occasions**. Here is an example of a “smart casual” capsule that will go for up to 6 occasions.



For each lifestyle, you can then add the following:

- Shoes
- Bag
- Jewellery
- Belt
- Scarf

Compatibility of colours and fabrics will help maximize the number of outfits.

Here are some tips for choosing colours.

- Each capsule should have one-to-three colors that coordinate.
- Use colors that harmonize with your own natural coloring.
- Neutral colors are long-term and are good for investment items.

The chart below can help you choose the most appropriate colors.

Colors	Image
Neutral – dark and cold <ul style="list-style-type: none">• Black, gray, navy	Professional, authoritative, powerful, formal, sophisticated, conservative.
Neutral – light and warm <ul style="list-style-type: none">• Brown, taupe, tan, camel	Professional, elegant, practical, sincere, calm, inviting.
Light <ul style="list-style-type: none">• Ice white, soft white, ivory, eggshell	Light-hearted and open in a casual outfit. Professional and sharp in a business shirt. Elegant in an evening outfit.
Basic <ul style="list-style-type: none">• Green, blue, purple, burgundy	Creative, comfortable.

Accent • Red, orange, yellow, fuchsia	Active, fun, noticeable, advancing, outgoing, warm, vibrant.
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Fabrics are the key to outfit coordination. The finer and silkier the fibres, the more elegant and dressy the fabric. Match the refinement of the fabric to the end use of the garment.

- Highly refined fabrics – fine wools, silks, cottons – are used for business.
- Moderately refined fabrics – tweeds, fine linen, suede – are used for business casual and smart casual.
- Low refined or rustic fabrics – hemp, cotton denim – are used for sports and leisure.
- Refined fabrics with sheen or lush texture – satin, velvet, lace – are used for evening.

Use this capsule system to get the maximum number of outfits from the minimum number of items. It will help you have a wardrobe that's ready to go!

Karen Brunger is Director of the International Image Institute Inc., and is a Past President of the Association of Image Consultants International.