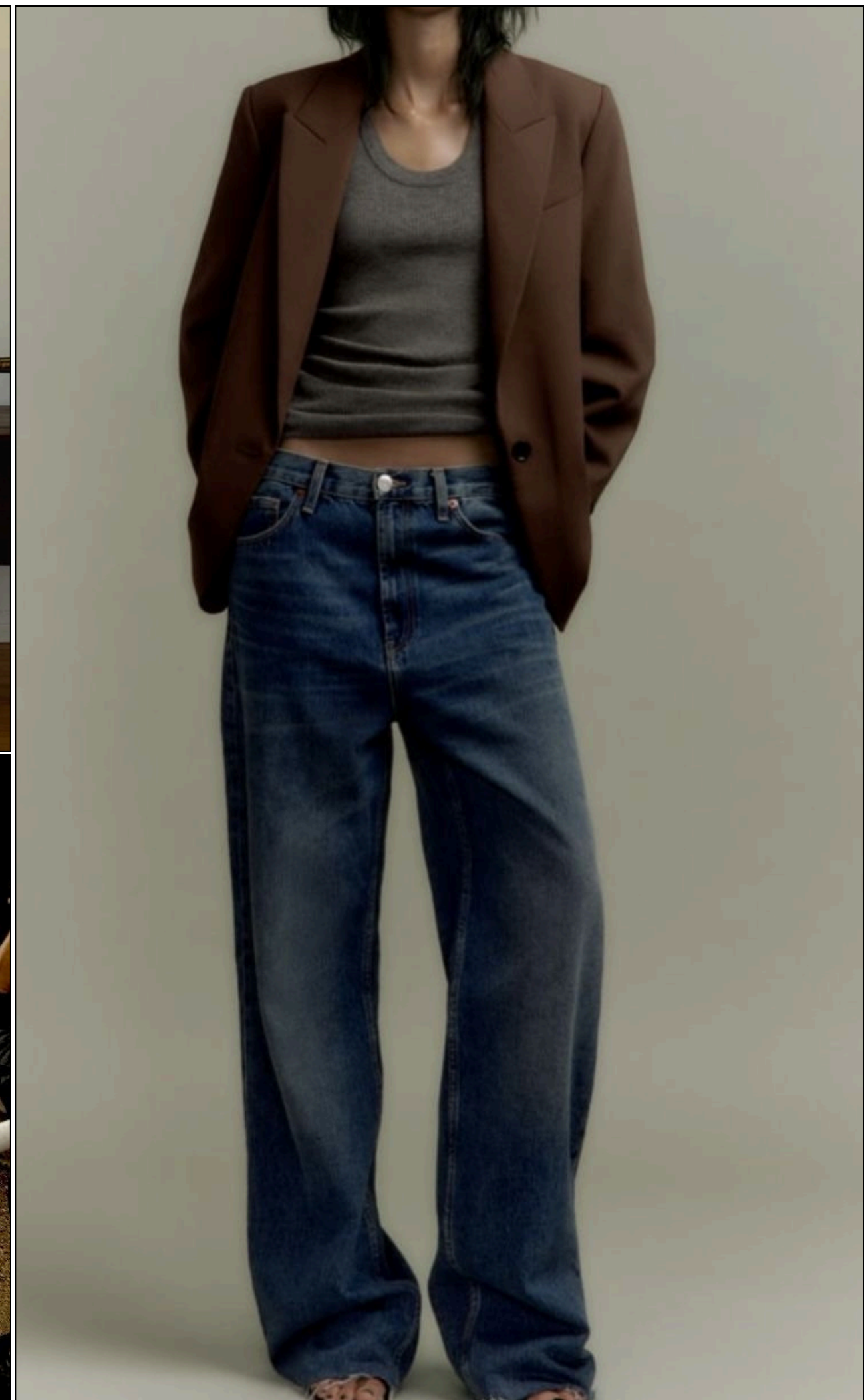


# GOING BACK TO THE BASICS

We’ve heard the term “Capsule Wardrobe” and have seen a movement towards a more minimalist wardrobe. As I’ve gotten older I’ve just wanted to steer back to a rotation of basic items that never fail me. A good piece of clothing is personalized to you, economic, well fitted, and sufficient amongst other garments in your closet. A good basic will be an item that is constantly worn more than multiple times. Nowadays, there are very few Katie Sanders that will call you an outfit repeater and even so it is much more impressive to be an outfit remixer.

Not every fashion trend needs to be followed. The fashion industry is one of the more polluting industries in production and manufacturing. This business comes in at the third biggest polluter, right behind gas, oil sectors, agriculture and food production.

In 2023, the global fashion industry was worth over \$1.7 trillion and even with rising costs it’s worth has steadily increased. Curating a wardrobe that is personalized best for you helps minimize consumption of unnecessary goods and lowers the amount of polluting waste. It’s refreshing to stick to what you truly enjoy instead of getting lost in the process of figuring out what is trending too early or arriving at the trend too late.





# COMFORT

Outside of pijamas, I tend to feel the most comfortable in a pair of nicely fitted blue jeans and a clean white t-shirt. While comfort doesn't always have to be the direct oversized t-shirt and sweats, learning to find comfort in unexpected looks can elevate confidence. Levels of comfort can range from a pair of cotton linen pants to a midi silk dress with a simple sandal kitten heel. Buying a good quality basic might sound harder than it looks. However, reasonably priced items can be found in department stores like H&M, The Gap, and Cotton On. Opposite to popular belief, not all good basics have to come fresh off the rack. A good thrifted basic is always a win. These pieces have not only withstood the trials of time but also come at more economic price. Tailoring also helps elevate these basics. If you have the extra funds to this option, it allows you to mold them into well fitted pieces tailored to your body.



## A GOOD BASIC

What makes a good basic? Curating a wardrobe with good basics all trickles down to the textile materials and the fit of each garment. For day to day items, I tend to stick to clothing that is 100% cotton or almost completely cotton as they feel the most breathable on my skin.

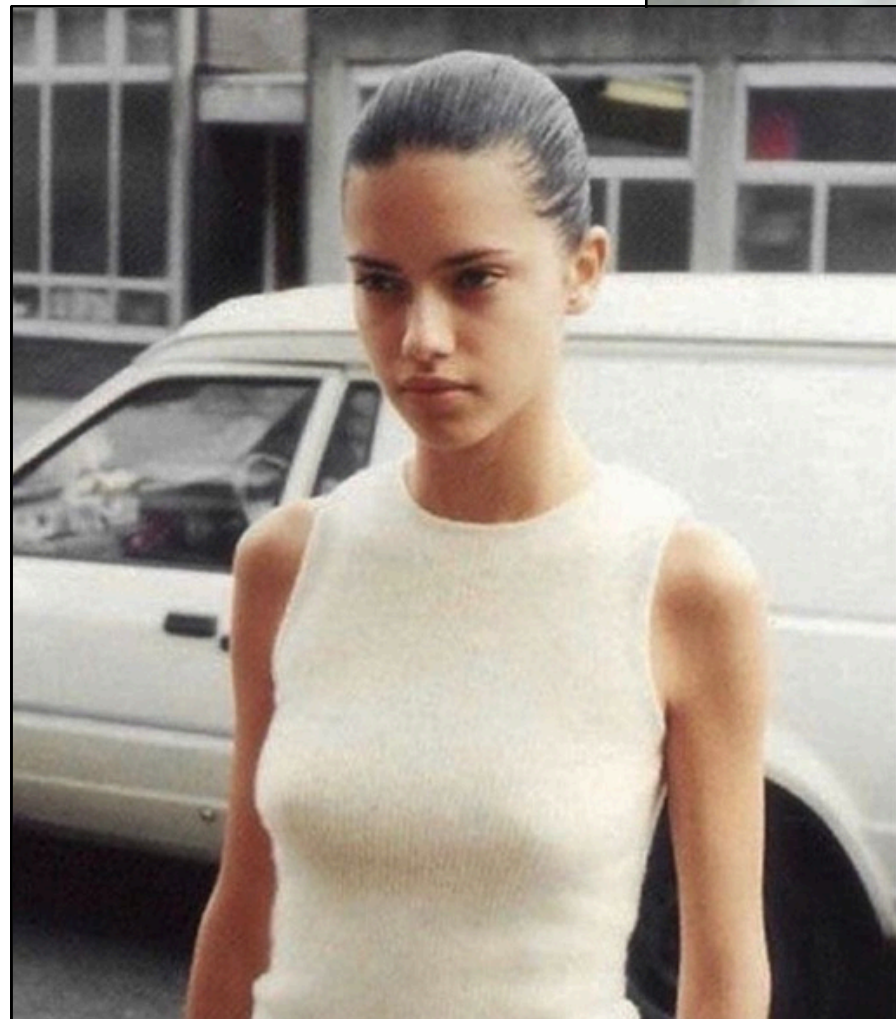
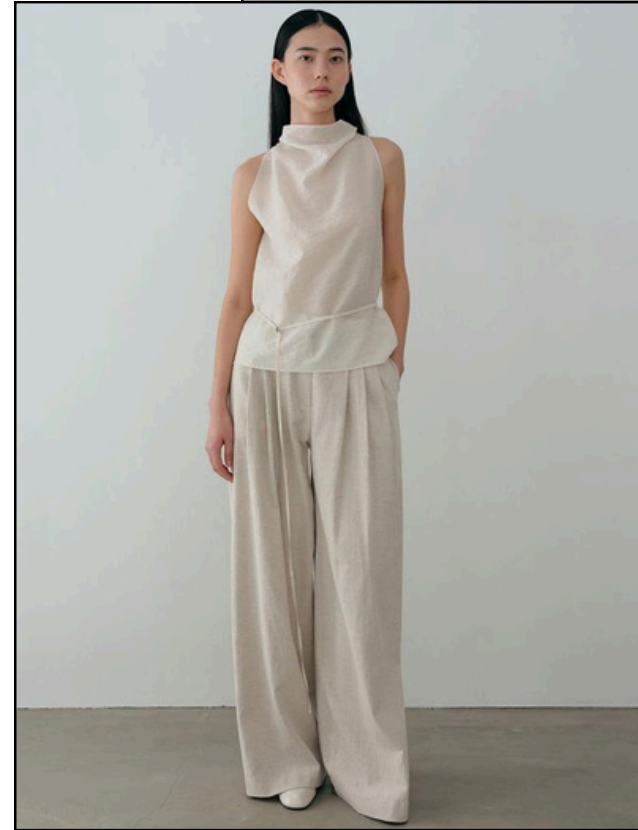


Cotton, wool, silk, linen, and hemp are some of the natural fibers to look for on the inside tag of clothing items. These materials are more unlikely to contain allergens and feel lighter on your body. Even so, there has to be precise care to guarantee duration in your clothing. Following the right care instructions is important as these natural fibers may wear down faster and shrink more in comparison to other synthetic materials.





# CREAMS AND WHITES



Neutrals that consist of creams and whites are timeless. While it can be fun to buy unique colorful pieces that pop, a good item that will withstand the many trends of time will always be neutral. Colors like beige, off white, cream, and bright white can be easily incorporated in multiple outfits. Neutral garments are essential to building a strong foundation in your wardrobe. Whether it's as a first base layering piece or a smooth throw on, this color palette can be functional and versatile throughout all seasons. Neutrals also provide for a clean silhouette if you have trouble figuring what to wear and these light pigments tend to be inherently sophisticated without even trying too much. Numerous of these light earth tones pair with every skin tone and even accentuate features



# BUTTON-DOWN



Valene Shirt in Cotton  
The Row, \$1,450

Étienne Oversized Shirt in lightweight Oxford  
J.Crew, \$98.00

Oversized Cotton Shirt  
Banana Republic, \$75.00

Organic Cotton Big Shirt  
Gap, \$69.95

Organic Cotton Big Shirt  
Gap, \$69.95

Linen Blend Shirt  
H&M, \$26.99

Oxford Shirt  
H&M, \$19.99

Oxford Shirt  
H&M, \$19.99

A classic basic piece that’s versatile for dressing up or down is the button-down shirt. The button-down is light enough to layer it and can easily be integrated in your summer rotation. For the warmer weather an oversized button-down layered on top of a white t-shirt or cotton tank is ideal. By even leaving the shirt open and unbuttoned, it gives a simple outfit a more elevated look even in such a casual manner. Light colored button-downs compliment the hazy summer evenings, over a pair of vintage terry shorts or as a swimsuit cover up. However, they can also be styled continually throughout the year with a pair of dark wash blue jeans or neutral colored trouser pants.

From posh to casual, the button down is a timeless piece worn by all people in different areas and eras of fashion. Being so, there are multiple sites to purchase from all depending on what you’re looking for. Whether it’s the more practical cost-efficient choice or affluent splurge, a button-down is a dimensional styling essential.



# BLUE JEANS

## BLUE DENIM JEANS

There is something to say about a classic denim jean that gives off a warranted sexy and cool sentiment. We often hear “my favorite pair of jeans” to describe a jean that ticks off all the boxes from fit, comfort, and style.

To achieve that ideal fit, it’s necessary to try on said jeans, in different styles and washes. It is imperative to do so as brands have different sizing variations due to their usage of different models based on the customers the brand is targeting. There could be an item that fits seamlessly but has a little material left on the waist or length so tailoring a jean to fit you best is also highly recommended. Comfort in a jean has more to do with how the jean fits than if a jean is tight and restrictive. We must remember that a tight jean could be more comfortable than a looser jean for some people. Though, the materials used to make these jeans are also important to look for. A jean that is 100% cotton or is almost completely cotton will be more agreeable to break in. Not to mention that jeans that are entirely made out of cotton will last longer and give you more wear for your money.

There are a couple pairs of jeans that stay in style even when others circle in and out of the pool of trends. One of them is the classic Levi’s 501 original fit. Introduced in 1873, this Levi’s straight leg jean has been an archetypal piece for many designs in modern jeans. We also cannot forget the advertisements and the jeans for Calvin Klein. The 90’s loose fit jeans finished with the iconic CK logo patch make for a quintessential relaxed fit. The Gap equally does this timeless garment justice. Their high rise ‘90’s loose jean possess a slightly slouched and relaxed fit. This type of jean without effort can become an essential piece in your closet.

