



# CASTrips

## Week 3 Challenge – Sustainable Fashion

#CASatHome

Submit by **Tuesday May 26th** to [wastereduction@castrips.org](mailto:wastereduction@castrips.org)

### What is and isn't sustainable fashion?

**Fast Fashion** - the continuous flow of goods onto the market, signifying cheap, accessible and on-trend clothes

**Slow Fashion** - emotional, ecological and ethical qualities are favored over uniform and bland convenience

**Garment lifespan** - how much and how long a garment is used and how the laundry process affects both the lifespan of the garment and the environment

You can find a comprehensive sustainable fashion glossary [here](#)

For more information on sustainable fashion and its effect on the environment, you should watch these videos:

#### Can Fashion Be Sustainable?



#### How to Engage with Ethical Fashion





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## Tips and Tricks:

1. **Repair** - where possible, repair clothes instead of buying new ones
2. **Swap** - clothes with friends and family, it is a fun and cheap way of getting a new wardrobe and at the same time getting rid of clothes you never wear, organize a swap event with friends or family
3. **Explore** - the charity and second hand shops in your local area - used doesn't mean it's in bad condition
4. **Be selective** - when buying new clothes, choose high quality garments and avoid clothes that contain plastic materials
5. **Last longer** - wash your clothes at a lower temperature and repair where possible
6. **Donate** - unwanted clothes to a charity bin or pass them on to friends or family
7. **Upcycle** - if an item is beyond repair, use it to make another item (a t-shirt can become a reusable shopping bag, for instance) or find a local textile bank and they will upcycle the textiles



## The Kick-Off Question

This week, we want you to conduct a full wardrobe audit!

Start by asking yourself the following question: Why am I auditing my wardrobe and what do I hope to accomplish by doing this? (why is it beneficial?)


Here are some things to consider and look out for when you document and sort out your wardrobe over the week:

- *Unsustainable* - Synthetic fibers are made of oil-based chemicals, for example, Polyester, Nylon, Acrylic, and Polypropylene. They are not completely biodegradable and affect the environment.
- *More sustainable* - All-natural fibers are biodegradable henceforth those are more sustainable. Natural fibers, for example, Cotton, Linen, Wool, Jute, Silk are all more sustainable; they also affect the environment, but less than synthetic fabrics.
- Labels should show whether clothes are made using *Recycled Polyester (rPET)*. Petroleum based synthetic fibers like polyester require less water and land than cotton, but they emit more greenhouse gases per kilogram.
- Look out for *Organic Cotton* (produced without fertilizers and pesticides and with fair labor and production practices) - see [www.global-standard.org/](http://www.global-standard.org/)
- [For more information on sustainable textiles](#)
- *Watch your Washing* - a 6kg domestic wash has the potential to release as many as 700,000 fibers into the environment, which should make you think twice before you pop stuff in the laundry you've only worn once. Washing at a lower temperature uses less energy, and adopting simple habits like turning clothes inside out, will increase wear ability.









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## Bonus Creative Challenge:

### Upcycle Your Clothes – Reject, Revamp, Recycle!

You've done the hard yards getting through your wardrobe and probably filled your charity bags, but there's always one or two items that you just can't throw away. Whether the clothing piece has sentimental value or is just plain cool, something unused or unrepairable, don't head for the rubbish bin just yet! Your challenge is to re-invent one of your pre-loved fashion items this week!

1. **Determine** - your upcycling items (you may want to merge two or three garments)
2. **Utilize** - online tutorials or the know-how of a family member for ideas and tips
3. **Choose** - an idea or pattern
4. **Upcycle**
5. **Share your photos with us!**

#### Ideas to get you started!

[Transform your old jeans](#)

[Repurpose an old t-shirt](#)

[Hot pad, floor pillow, rag quilt - more great ideas!](#)

[Totes cool!](#)

[Make your own face mask](#)

[Learn how to sew](#)

**Take a photo:** Share BEFORE and AFTER photos of your Upcycled creations!

Don't forget to tag us on social media @castrips [#CASatHome](#)