

FRONTIER DISTRICT

4-H WARDROBE PLANNING PACKET



Name _____ Club _____

4-H Age _____ Years in Project _____



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What is the Wardrobe Planning Packet?

The Wardrobe Planning Packet includes information and worksheets designed to help you as you plan to add outfits to your wardrobe by constructing or purchasing clothing through the 4-H Clothing Project. This 4-H project will help you learn to customize your clothing – to choose clothing that you like and enjoy wearing. There are several tricks to doing this. By the time you work through the project, you will know what they are and you will begin to know how to select clothing you really enjoy wearing. You will learn to plan your wardrobe or customize your clothing:

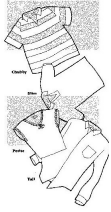
- with styles that make the most of your figure type,
- based on personal style,
- with clothes that flatter your individual coloring,
- with clothes that fit your activities,
- by making the most of the clothes you already have.

You will need to bring this packet with you to 4-H Clothing Conference Judging at the fair. Include pictures of you wearing your garment/outfit as well as, pictures of the pieces of your garment/outfit that you can mix and match with other items in your wardrobe.

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Prepared by Rebecca McFarland, Frontier District Family and Consumer Sciences Agent, Ottawa Office.
August 2011.

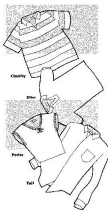


JUST MY SIZE WORKSHEET 1

Name _____	
Club _____	
4-H Age _____	Years in project _____

Clothes look their best and we feel our best when they fit just right! Below is a chart to help you keep track of your body measurements. Young bodies grow and change rapidly, so it is best to check your measurements every three months. Complete this page and take it with you as you shop for clothing. It might even be helpful to give this information to friends and family members that like to give you clothing as gifts so that they can choose sizes for you easily. For information about how to measure, go to our website at www.frontierdistrict.ksu.edu

Use mm/dd/yyyy format	Date:	Date:	Date:	Date:
Height				
Weight				
Chest or bust				
Waist				
Hips (widest part)				
Sleeve length (top of shoulder to wrist, arm slightly bent)				
Neck (for boys)				
Pant length out seam (waist to heel)				
Shorts length out seam(waist to fingertip)				
Skirt length: long skirts				
Skirt length: short skirt				
Dress shoe size				
Casual shoe size				
Boot size				



CLOTHING COLOR & STYLE WORKSHEET 2

Color is one of the most exciting dimensions in nature . . . and in clothing. The secret is to learn which colors make the most of your appearance and which colors you should use in moderation. The place to start is with your own personal coloring – hair (natural color), eyes, and skin (without makeup). Skin tone is the most important factor in determining colors that look best on you, although hair and eye color are also important. Look at yourself in natural daylight. Persons with cool coloring appear to have more blue or blue-pink tones, while those with warm coloring have more golden (even orange) tones.

Getting to Know Myself

My personal color is: (choose one in each category listed below)

Skin

Tone: Light Medium Dark

Undertone: Yellowish Blue-pink

Hair

Tone: Light Medium Dark

Color: Blonde Brown Black Red

Eyes

Tone: Light Medium Dark

Color: Blue Green Gray Black-Brown

My three most flattering colors are:

1. _____
2. _____
3. _____

Name _____

Club _____

4-H Age _____ Years
in project _____

Clothes are selected, in part, to assist you with the type of life you lead. They should be functional for your activities as well as an attractive covering for your body. When planning a wardrobe, then, you must consider the types of activities in which you are involved.

Life Style Analysis

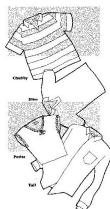
Personal Data (Check the most appropriate description)

Where you live: ___ farm ___ small town
___ urban ___ rural nonfarm ___ suburban

What types of activities are you required to do at home?

List the school and community clubs and organizations in which you are involved:

Date completed: _____



INVENTORY TAKING STOCK

The next major step in building a good, successful wardrobe is to look at the condition of your current wardrobe. What clothes do you already have?

There are many ways to look at or inventory your clothing. One of the easiest ways is by the seasons of the year – winter, spring, summer, and fall. This is the manner in which retail stores generally handle, display, and advertise clothing and accessory items. Of course, some clothing items are season less as they are worn year-round. Since summer follows closely on the heels of spring and fall glides into winter, it's easy to group these four seasons of the year into two categories: spring/summer and fall/winter.

You may take inventory of your wardrobe in any manner. Your parent or project leader might suggest another technique to use. If you use the seasonal technique describe above, decide which of the two categories you would like to work with first. Of course you can inventory your entire wardrobe, but it may become very time consuming. You may even find a way to sub-divide your wardrobe inventory! If you are having trouble deciding which seasonal category to inventory, consider these questions:

- For which season does my wardrobe seem to need the most attention?
- Which season are we currently in? (Most of your clothes for the current season should be easy to find since they are not packed away with out-of-season clothing.)
- Is there a special event coming up soon for which I will be needing some new clothes or to make some changes in my wardrobe: school starting? vacation? new job? trip?

Name _____

Club _____

4-H Age _____ Years
in project _____

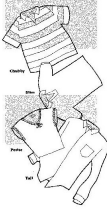
When you have evaluated this part of your wardrobe, plan to return at a later date and complete your inventory by adding the remainder to your chart.

Now, turn to the next page and you're ready to start! Here's how you do it. Go through your present wardrobe, item by item, and make a written list according to the clothing categories given. Follow the chart closely. Each clothing item should be classified on the basis of style – A-line skirt, trench coat, V-neck sweater, etc.; color; where you wear it; the season; its condition; and your attitude toward it.

If the inventory chart does not provide enough room under a category, or if there are other categories not listed in which you have clothing items, add these on an extra sheet of paper with a notation on the chart. Include the inventory and additional sheets in our project notebook.

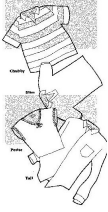
NOTE: *The Wardrobe Inventory is a key step in the completion of this project. Much of your success depends on how well you complete and use the inventory information. If possible, plan to spend a full free day researching your wardrobe; at least set aside several hours at a time without interruptions. It may be necessary to try on most of your clothes, especially if you have not had them on for several weeks/months or have had a recent growth spurt. You may want to ask a parent or relative to help you with fitting and assistance in determining when clothing items need to be retired or recycled.*

Wardrobe Inventory (Worksheet 3)



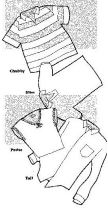
	What I Have (fill in)			When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)			
	Quantity	Color		Style	Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Can wear again	Needs repair	Yes it fits	No, it doesn't fit	Like		Dislike
Coats/Jackets/ Rainwear																		
Suits																		
Blazers/Tops/ Shirts																		

Wardrobe Inventory



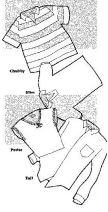
	What I Have (fill in)			When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)		
	Quantity	Color		Style	Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Can wear again	Needs repair	Yes it fits	No, it doesn't fit	Like	
Sweaters																	
Pants/Shorts/ Jeans																	

Wardrobe Inventory

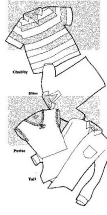


	What I Have (fill in)			When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)			
	Quantity	Color		Style	Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Can wear again	Needs repair	Yes it fits	No, it doesn't fit	Like		Dislike
Skirts/Dresses																		
Active Sportswear																		
Underwear																		
Socks																		

Wardrobe Inventory



	What I Have (fill in)			When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)		
	Quantity	Color		Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Can wear again	Needs repair	Yes it fits	No, it doesn't fit	Like	Dislike	
Shoes/Boots																	
Ties/Belts/Bags																	
Scarves/Gloves/ Hats																	
Other																	



MAKING THE MOST OF YOUR WARDROBE

Taking inventory of your wardrobe can be a real treasure hunt! Did you find something you forgot you had? Maybe even a few items you would like to forget! Now that you know what you have, it's time to identify how you use each item.

Clothing and accessory items work together as a team; therefore, successful dressing involves teamwork. Building a look, or your clothing presentation, starts with planning. Begin by selecting one clothing item such as a pair of blue pants; then add a shirt and/or sweater and other items must serve as a team member and contribute to the total look.

To get the most from the clothing you have, it's important to recognize and identify items that look nice together. Clothing that can be mixed and matched with more than one other item helps to extend the wardrobe. You have probably seen someone demonstrate how you can take two or three outfits and mix and match the individual items to multiply the number of outfits. We call this clothing coordination.

Clothing and accessory coordination is a very important part of good wardrobe planning. Without it, you really will have a closet full of clothes with nothing to wear!

On pages 12-13 (Garment Plan) you will find an activity which will help you identify how the clothing item(s) you plan to acquire will fit into your current wardrobe.

EVALUATING CLOTHING NEEDS AND DESIRES

Give yourself a big pat on the back and put a smile on your face! You have just completed the two most important steps in

planning and building a good wardrobe: the inventory and the garment plan.

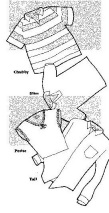
As you acquire new items and retire others, update your inventory sheet. The big job of taking inventory is behind you, and you are ready for the important decisions regarding the clothing items you need or want. Spend some time examining your Wardrobe Inventory.

- Can you identify your wardrobe strengths?
- Does your wardrobe have some weaknesses and specific needs?
- Are there clothing items that need to be replaced?
- Do you have clothing items you do not use but would like to wear if you had something to wear with them?

By answering the questions above, you will be on your way to determining a Clothing Plan of Action.

A Clothing Plan of Action must also include specific information about the garment style and color in addition to the occasion and season. Here is your opportunity to use the information you gained from Clothing Color and Style Worksheet (page 3).

You may want to include your parent(s) in some of the decision-making processes such as How I Can Obtain and When and How Much I Can Afford – especially if their money is involved or other assistance is needed (such as transportation to the shopping area). Complete the Price You Pay worksheet (page 16) after the items are acquired and/or recycled.



MAKING A WISE PURCHASE

How do you know which clothing item(s) to acquire first? The column When I Need: (Month) should provide the best clues. Let's take an example. If your only bathrobe was chewed up by the dog and you are planning an overnight stay at a friend's house, the bathrobe may take priority over the other items listed. The time involved in make a robe may be too great, so it will be necessary to purchase the robe.

Weigh each clothing item listed on the basis of need and your individual or family circumstances. You may find it helpful to rank each item with a number to the left of the column to indicate the order for adding to your wardrobe.

Getting the most out of your wardrobe budget takes skill – not the wave of a magic wand. Good shoppers plan carefully, investigate the market, look for quality merchandise, and then purchase wisely. Be sure to try on clothing items before purchasing. Look at yourself in a mirror; check all views (back, front, sides). It may be necessary to sit down or walk around to determine comfort as well as fit. Take along a good friend, parent, or relative who will give you an honest opinion about fit and style.

Getting the most of your money is important. Whether you purchase a pair of socks or a winter coat, quality is the name of the game!

Before you purchase any clothing item, examine its workmanship. Plan to purchase the best quality possible, keeping in mind how you plan to use the item and for how long. Many stores can give you any new fashion look at a price to fit almost every pocketbook. Be sure to take the time to look around the store and read garment labels and hangtags. Hangtags and

labels provide a wealth of information related to quality and care as well as purchase.

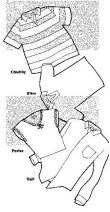
Purchasing clothing can be fun and exciting' it is also a challenge. Ask your leader and/or parent for additional help and information to help guide you through this important process.

Where to Find Clothes

- ✓ Department Stores (JC Penney, Dillard's, Kohl's)
- ✓ Specialty Stores (The Western Store, Madelyn's)
- ✓ Trendy Fashion Stores (The Gap, Maurice's, American Eagle)
- ✓ Discount Stores (Wal-Mart, Target)
- ✓ Internet
- ✓ Used Clothing Stores
- ✓ Garage Sales, Auctions
- ✓ Hand-me-downs from friends or relatives

Advantages and Disadvantages

- ✗ High cost for designer or brand names vs. low cost "generic" brands
- ✗ Lots of choices of styles and sizes vs. few choices
- ✗ Current popular styles vs. not-so-stylish clothes
- ✗ Able to try on clothes for fit before you buy them vs. not being able to try on before you buy it
- ✗ Wear it right away vs. having to wait for clothes to be delivered
- ✗ Local store that is easy to get to and you can return items easily vs. traveling to another town to shop
- ✗ Store that has frequent sales vs. one where you always pay full price



GARMENT PLAN

WORKSHEET 5

CONSTRUCTION

Name _____

Club _____

4-H Age _____ Years
in project _____

Explanation: This exercise is designed to help you identify how the garment(s) and/or accessories you plan to acquire will be used in your wardrobe. You may think of this as a tool to help you think about how the item(s) can be coordinated with other items in your present wardrobe.

On what basis did you choose the item(s) you plan to construct? Check the most appropriate answer(s).

- ☐ It is an item I have never had in my wardrobe.
- ☐ It is a new color, design, or texture for me.
- ☐ I am replacing an item that is too small, too large, worn out, I didn't like.
- ☐ I need a special occasion item for _____.
- ☐ I don't need the item but want to add it to my wardrobe because I like it.

List clothing pieces in your wardrobe which can be worn with the item(s) you will construct for this project. Refer to the wardrobe inventory and list my category, color, and style. Add additional lines if necessary.

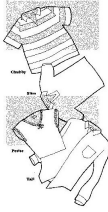
Items you constructed

Items on your inventory that can be worn with constructed items

How often will you be able to wear the constructed item(s)? Check only one.

- | | |
|---|---|
| <input type="checkbox"/> Year round to school | <input type="checkbox"/> In the summer for casual occasions |
| <input type="checkbox"/> Year round for dress-up | <input type="checkbox"/> In the winter for casual occasions |
| <input type="checkbox"/> In the summer for dress-up | <input type="checkbox"/> Year round for all occasions |
| <input type="checkbox"/> In the winter for dress-up | |

Date completed: _____



GARMENT PLAN

WORKSHEET 6

BUYMANSHIP

Name _____	
Club _____	
4-H Age _____	Years _____
in project _____	

Explanation: This exercise is designed to help you identify how the garment(s) and/or accessories you plan to acquire will be used in your wardrobe. You may think of this as a tool to help you think about how the item(s) can be coordinated with other items in your present wardrobe.

On what basis did you choose the item(s) you plan to acquire? Check the most appropriate answer(s).

- ☐ It is an item I have never had in my wardrobe.
- ☐ It is a new color, design, or texture for me.
- ☐ I am replacing an item that is too small, too large, worn out, I didn't like.
- ☐ I need a special occasion item for _____.
- ☐ I don't need the item but want to add it to my wardrobe because I like it.

List clothing pieces in your wardrobe which can be worn with the item(s) you will acquire for this project. Refer to the wardrobe inventory and list my category, color, and style. Add additional lines if necessary.

Items acquired

Items on your inventory that can be worn with acquired items

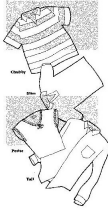
How often will you be able to wear the acquired item(s)? Check only one.

- | | |
|---|---|
| <input type="checkbox"/> Year round to school | <input type="checkbox"/> In the summer for casual occasions |
| <input type="checkbox"/> Year round for dress-up | <input type="checkbox"/> In the winter for casual occasions |
| <input type="checkbox"/> In the summer for dress-up | <input type="checkbox"/> Year round for all occasions |
| <input type="checkbox"/> In the winter for dress-up | |

Date completed: _____

What I Need/want

13



TLC – THE LAUNDRY CONNECTION WORKSHEET 7

Name _____

Club _____

4-H Age _____ Years
in project _____

OK, you have thought a lot about the kinds of clothes you like to wear and then spent some more time shopping for good quality clothes. If you sew, you have even more invested in this project – the time it took you to put everything together all by yourself!

The secret to making clothes last is taking good care of them. When you change clothes at the end of the day, you need to decide what to do with them. Are they wet? Dirty? Stained? Torn? Wrinkled? Is there a button missing? Do they smell? This worksheet will help you make The Laundry Connection by giving you helpful hints on how to keep your clothes looking great!

Care Labels

Ready-to-wear garments have built-in laundering instructions. Care labels are required by law on all ready-to-wear clothing. If you follow those guidelines, you should be able to keep your clothes looking great for quite a while. If your garment fades or falls apart after cleaning it and you followed these care instructions EXACTLY, you may be able to return it for a refund. However, if you don't follow the recommended directions, you may ruin a favorite outfit.

If you are purchasing fabric to make your own clothes, be sure to look at the fiber content and care instructions printed on the end of the bolt. Write them down on a piece of notepaper or on the pattern envelope. Then, be sure to staple a small swatch of your fabric to the care instructions. That way, you won't forget what the garment is made of and how to care for it.

Look at the fabric care symbols on the following page and write the care instructions below of your new clothing project.

Buymanship Project

Washing Instructions:

Construction Project:

Washing Instructions:








































Drying Instructions:

Drying Instructions:

Ironing Instructions:

Ironing Instructions:

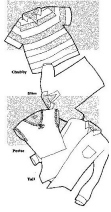
Your Guide to Fabric Care Symbols

 MACHINE WASH	 BLEACH	 TUMBLE DRY	 DRY	 IRON	 DRY CLEAN
TEMPERATURE		HEAT SETTING		TEMPERATURE	
 Cool/Cold  Warm  Hot	 Any Bleach (when needed)  Only Non-chlorine Bleach (when needed)	 No Heat  Low  Medium  High  Any Heat	 Line Dry/ Hang to Dry  Drip Dry  Dry Flat  Dry in the Shade  Do Not Dry  Do Not Wring	(Dry or Steam)  Low  Medium  High OTHER  No Steam  Do Not Iron	 Dry Clean  Do Not Dry Clean
CYCLE		CYCLE			
 Normal  Permanent Press  Delicate/Gentle	 Do Not Bleach	 Normal  Permanent Press  Delicate/Gentle			
OTHER		OTHER			
 Do Not Wash  Hand Wash		 Do Not Tumble Dry			

Courtesy of:

The Soap and Detergent Association
 1500 K Street, NW, Suite 300
 Washington, DC 20005
www.cleaning101.com

Developed in cooperation with the
 Federal Trade Commission



THE PRICE YOU PAY

WORKSHEET 8

Name _____

Club _____

4-H Age _____ Years
in project _____

Determine the Cost of Your Garment

Include the cost of everything that you are buying NEW just for this project, such as socks, hose, belts, shoes, etc. If you are planning to use things you already have at home, GREAT! That's a savings of time and money. Don't worry about figuring that into the total.

Constructed Garment/ Outfit

Supplies	Cost	Full Price!	On Sale?	If on sale, how much saved?	Already had at home.
Fabric	\$				
Elastic	\$				
Buttons	\$				
Thread	\$				
Pattern	\$				
Shoes	\$				
Accessories	\$				
Miscellaneous	\$				
TOTAL COST	\$				

Buymanship Garment/ Outfit

		Description
Garment	\$	
Shoes	\$	
Accessories	\$	
Miscellaneous	\$	
TOTAL COST	\$	

Intermediate and Senior Levels determine cost per wear by completing the form on the back of this page.

4-H CLOTHING & TEXTILES COST PER WEAR FORM

4H Member: _____	County or District: _____
4-H Club: _____	Age as of Jan. 1: _____

		P			W	C	M	A= C x M	Cost per Wear = (P+A)/W	
List all garment items.	Constructed (by who) or Purchased	Retail Cost and [Your cost]	Fiber Content	Care and Maintenance	Number of times item will be worn during year	Number of times item will be cleaned	Maintenance cost <i>(use \$.50 for machine washed items; list dry cleaning price)</i>	Annual Cost	Cost per wear	Disposal plan <i>What will you do with this garment/item when you are through with it?</i>
Example: Jacket	Constructed (Me)	\$150 [\$50]	100% wool	dry clean	45	4	\$10.00	\$40.00	(\$50+\$40)/45 =\$2.00	Donate

Determine the Cost-Per-Wear – Intermediate and Seniors ONLY

Include the cost of everything that you are buying NEW just for this project, such as socks, hose, belts, shoes, etc. If you are planning to use things you already have at home, GREAT! That's a savings of time and money. Don't worry about figuring that into the total.