**Fashion that doesn’t cost the earth**

***Tips for clothes shopping more sustainably***

**Did you know?**

* The fashion industry is responsible for 8-10% of global emissions - and British shoppers buy more clothes than any others in Europe. [https://www.bbc.co.uk/news/science-environment-60382624](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bbc.co.uk%2Fnews%2Fscience-environment-60382624&data=05%7C01%7Ccarly.watson5%40nhs.net%7Cdaaee469bccf41414cf308dba89dfaa4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289168679028067%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HZFmMat%2FON%2B2PIPJxCGuKbaHOnmV%2Bp2egZs2S6J9Tc4%3D&reserved=0)

Here are some practical tips which will help you to shop more sustainably and save money too:

1. **Shop second hand**
* **Apps:** there are lots of clothing apps that make buying and selling pre-loved clothes incredibly easy, such as [Vinted](https://www.vinted.co.uk/), [Depop](https://www.depop.com/gb/), [Ebay](https://www.ebay.co.uk/?mkevt=1&mkcid=1&mkrid=710-53481-19255-0&campid=5338221031&toolid=10001&customid=45843X1573846X8de804004e12b2169aeeacf19c88130a), [Gumtree](https://www.gumtree.com/) and [Shpock](https://www.shpock.com/en-gb). I have used all of these platforms before to both buy and sell clothes and other items**.** My top pickis Vinted! The app is very easy to use from both a buying and selling perspective, but is especially great from a selling perspective as the buyer pays for postage and Vinted sorts the shipping! I frequently use Vinted to buy clothes, toys, and other items. I have had positive experiences with the app and found great pre-loved (sometimes never used) clothes and saved a lot of money in the process.
* **Real life:** Charity shops, jumble sales and clothes swapping events are all great ways to find pre-loved items in person and allows you to try before you buy which you can’t get with the apps (unless you manage to try the item on in the shop first before buying second hand online).There are some great charity shops in Islington down Upper Street (not far from the Laycock Street office).
1. **Check sustainability rating of the labels you’re buying from**
* There are websites such as [Good on You](https://goodonyou.eco/) where you can search a label and check their sustainability rating and discover new brands to buy from that are sustainable. Before buying your next item, why don’t you check the label’s sustainability rating first?
1. **Buy less!**
* Limiting yourself to a maximum of eight new items a year could reduce the fashion industry’s emissions by 37% in the world's major cities (see [research by Leeds University and Arup](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.arup.com%2Fperspectives%2Fpublications%2Fresearch%2Fsection%2Fthe-future-of-urban-consumption-in-a-1-5c-world&data=05%7C01%7Ccarly.watson5%40nhs.net%7Cdaaee469bccf41414cf308dba89dfaa4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289168679028067%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7OJjl3vCsbmLufHE7%2FfzK%2BgJzgWxtWP2AX88tnVz1rY%3D&reserved=0)).
1. **Take stock of the clothes you have and plan before you buy**
* Taking stock of the clothes you already have is a helpful way of rediscovering forgotten items and making you think about what new clothes you really need (before going out to buy them). Always consider giving away, donating, or selling preloved clothes. Some shops also offer a discount for recycling clothes with them. For example, [ARKET](https://www.arket.com/en_gbp/about/environment/recycle-with-arket.html) will take clothes, shoes and home textiles in any condition for recycling, and provide you with a 10% discount.
1. **Remember clothes can be mended!**
* Remember that you can mend clothes! To do it yourself you just need a needle, thread, pins, and a sharp pair of scissors. There are lots of YouTube tutorials on how to mend clothes at your fingertips (e.g. [replacing a button](https://moralfibres.co.uk/fixing-your-clothes-how-to-repair-mend-almost-anything/), [fixing a hole](https://www.youtube.com/watch?v=tkrc-V8sRlk)). Your local tailor or dry cleaner will also normally provide a repairs and mending service.
1. **Rent your clothes or wear rented clothes!**
* There are great apps such as [By Rotation](https://byrotation.com/) where you can rent clothes for special occasions. I have only searched on By Rotation so far, but plan to use it to rent a dress for future special events (e.g., weddings).

**There are lots of easy ways to reduce your carbon footprint whilst still looking good!**