FRONTIER DISTRICT
4-H WARDROBE PLANNING PACKET

Name _____ **Club** _____

4-H Age _____ **Level** _____ **Years in Project** _____

K-STATE Research and Extension | Frontier District

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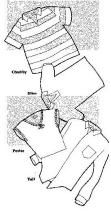
- with styles that make the most of your figure type,
- based on personal style,
- with clothes that flatter your individual coloring,
- with clothes that fit your activities,
- by making the most of the clothes you already have.

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.

TABLE OF CONTENTS

JUST MY SIZE
WORKSHEET 1

Name _____

Club _____

Age _____   Year _____

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

	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 heal)				
Shorts length out seam(waist to fingertip)				
Skirt length: long skirts				
Skirt length: short skirt				
Dress shoe size				
Casual shoe size				
Boot size				
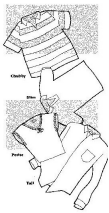
CLOTHING COLOR & STYLE
WORKSHEET 2

Name _____

Club _____

Age _____   **Year** _____

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: (circle 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   Grey   Black-Brown

My three most flattering colors are:

1. _____

2. _____

3. _____

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.
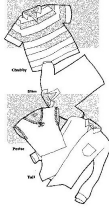
Life Style Analysis

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

Name _____

Club _____

Age _____   Year _____

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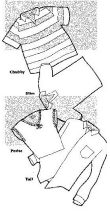
When you have evaluated this part of your wardrobe, plan to return at a later date and complete your inventory by adding the remainder to your chart.

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.
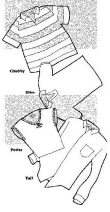
NOTE: The Wardrobe Inventory is a key step in the completion of this project. Much of your success depends on how well you complete and use the inventory information. If possible, plan to spend a full free day researching your wardrobe; at least set aside several hours at a time without interruptions. 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.
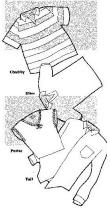
Wardrobe Inventory (Worksheet 3)

	Quantity	What I Have (fill in) 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	Need to replace
				When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)		
Coats/Jackets/ Rainwear																	
Suits																	
Blazers/Tops/ Shirts																	

Wardrobe Inventory

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

Wardrobe Inventory

	Quantity	What I Have (fill in) 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	Need to replace
				When I Wear It (check)				Season (check)			Condition (check)				Attitude (check)		
Skirts/Dresses																	
Active Sportswear																	
Underwear																	
Socks																	

Wardrobe Inventory

	Quantity	What I Have (fill in) 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	Need to replace
		What I Have (fill in)		**When I Wear It (check)**				**Season (check)**			**Condition (check)**				**Attitude (check)**		
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.
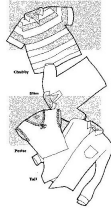
MAKING A WISE PURCHASE

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
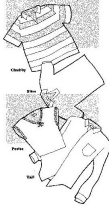
GARMENT PLAN
WORKSHEET 5
CONSTRUCTION

Name _____

Club _____

Age _____   Year _____

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.

❒ Year round to school   ❒ In the summer for casual occasions

❒ Year round for dress-up   ❒ In the winter for casual occasions

❒ In the summer for dress-up   ❒ Year round for all occasions

❒ In the winter for dress-up

Date completed: _____

11
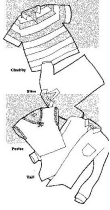
GARMENT PLAN
WORKSHEET 6
BUYMANSHIP

Name _____

Club _____

Age _____   Year _____

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.

❒ Year round to school   ❒ In the summer for casual occasions

❒ Year round for dress-up   ❒ In the winter for casual occasions

❒ In the summer for dress-up   ❒ Year round for all occasions

❒ In the winter for dress-up

Date completed: _____

12

Clothing Plan of Action (Worksheet 4)
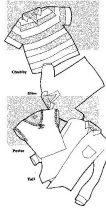
What I Need/want	Color	Style	When I Wear It (check)				Season			How I Can Obtain (check)				When I need (month)	How Much Can I Afford	Estimated Cost	Actual Cost	Cost Difference (over or under)
			Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Make	Recycle	Buy	Gift					

Date completed _____

TLC – THE LAUNDRY CONNECTION

WORKSHEET 7

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

TEMPERATURE

Cool/Cold

Warm

Hot

CYCLE

Normal

Permanent Press

Delicate/Gentle

OTHER

Do Not Wash

Hand Wash

BLEACH

Any Bleach (when needed)

Only Non-chlorine Bleach (when needed)

Do Not Bleach

TUMBLE DRY

HEAT SETTING

No Heat

Low

Medium

High

Any Heat

CYCLE

Normal

Permanent Press

Delicate/Gentle

OTHER

Do Not Tumble Dry

DRY

Line Dry/ Hang to Dry

Drip Dry

Dry Flat

Dry in the Shade

Do Not Dry

Do Not Wring

IRON

TEMPERATURE

(Dry or Steam)

Low

Medium

High

OTHER

No Steam

Do Not Iron

DRY CLEAN

Dry Clean

Do Not Dry Clean

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

15
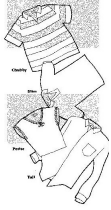
THE PRICE YOU PAY
WORKSHEET 8

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.

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.

Constructed Garment/ Outfit

Cost of Garment/ outfit	$	(Amount from previous page)
Cost of Time	$	Total Hours X Price per Hour = Total Cost of Time
Cost of Care	$	Total Cleanings X Price per Wash/ Dry cleaning = Cost of Care
TOTAL COST	$	Cost of garment/outfit + Cost of time + Cost of Care = TOTAL COST
Cost per wear	$	TOTAL COST divided by the # of wearings per year = Cost per wear

Cost of Time

Multiply the number of hours you worked on your project (include shopping for the material, pattern and notions and the time it took to lay it out, cut it out and construct it.) times $5.00 per hour.

Cost of Care

Multiply the number of times you plan to wear it in a year, by $.25. Or if dry cleaning, multiply the number of times you plan to wear it in a year, by the amount it costs to get the garment dry-cleaned.

Store Bought Garment/ Outfit

Cost of Garment/ outfit		Amount from previous page
Cost of Care	$	Price per Wash/ Dry cleaning X Total Cleanings = Cost of Care
TOTAL COST	$	Cost of Garment/outfit + Cost of Care = TOTAL COST
Cost per wear	$	TOTAL COST divided by the # of wearings per year = Cost per wear