



# HOW MUCH CLOTHING DO YOU NEED?

Less clothing means a closet where you can see the floor and find the clothing you're looking for! Use this table as a guide when decluttering your clothing.

This table assumes you do laundry approximately once a week. If you do laundry more frequently, you can probably get by with even less clothing.

Your profession and climate will also impact what types of clothing you need, as will your level of physical activity.

	<b>MINIMALIST</b>	<b>MODERATE</b>	<b>PLENTY</b>
<b>SHIRTS (SHORT-SLEEVED)</b>	<b>7</b>	<b>8-12</b>	<b>13+</b>
<b>SHIRTS (LONG-SLEEVED)</b>	<b>5</b>	<b>6-10</b>	<b>11+</b>
<b>UNDERWEAR (PAIRS)</b>	<b>7</b>	<b>8-12</b>	<b>13+</b>
<b>JEANS/PANTS</b>	<b>2-3</b>	<b>4-8</b>	<b>9+</b>
<b>SHORTS</b>	<b>3</b>	<b>4-6</b>	<b>7+</b>
<b>SWEATERS</b>	<b>4</b>	<b>5-8</b>	<b>9+</b>
<b>PJs</b>	<b>3</b>	<b>4-8</b>	<b>9+</b>
<b>COATS</b>	<b>2</b>	<b>3</b>	<b>4+</b>
<b>SOCKS (PAIRS)</b>	<b>7</b>	<b>8-12</b>	<b>13+</b>
<b>DRESSES</b>	<b>2-3</b>	<b>4-8</b>	<b>9+</b>
<b>DRESSY OUTFITS</b>	<b>1-2</b>	<b>3-5</b>	<b>6+</b>
<b>SHOES (PAIRS)</b>	<b>4</b>	<b>6-9</b>	<b>10+</b>