

# Care

GARMENT-LED GROUP CONVERSATIONS  
RESEARCH SURVEY

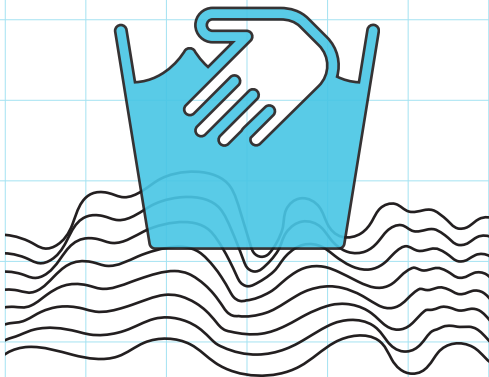
Don't wash your garment  
if it isn't dirty.

#AvoidOverwashing

Dry your garment in  
open air, not the drier.

#AirDryClothes

“  
I WORE THIS .....  
.....TIMES BEFORE  
I WASHED IT.



CHALLENGE YOURSELF

Count how many times you  
can wear a garment before  
needing to wash it.

# elevate

GARMENT-LED GROUP CONVERSATIONS

Elevate the status  
(value) of mended and  
repaired garments.

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#LoveMendedClothes

Wear your 'mends' with pride.  
Celebrate those worn  
by others.

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#PrideInMending



## MY GOAL THIS MONTH

WEAR REPAIRED GARMENT

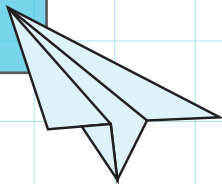
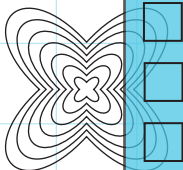
WEAR REPAIRED GARMENT

.....

.....

.....

.....



SET A GOAL

Can you wear repaired garments  
from your wardrobe at least twice a  
week for a month?

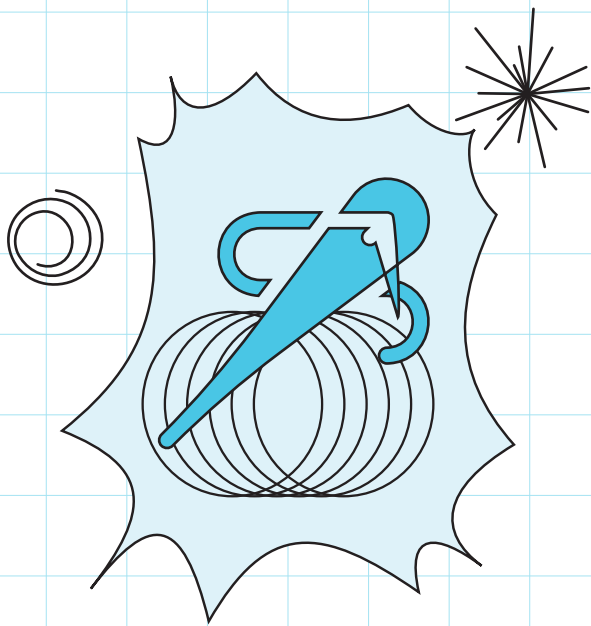
# mend

GARMENT-LED GROUP CONVERSATIONS

Regardless of where  
your skills are at,  
just mend it!

#HumbleSkills

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**CHALLENGE YOURSELF**

Pull one garment out of your repair pile  
and find a needle and thread.

Can you hand mend this item without  
looking up a technique?

# realise

GARMENT-LED GROUP CONVERSATIONS

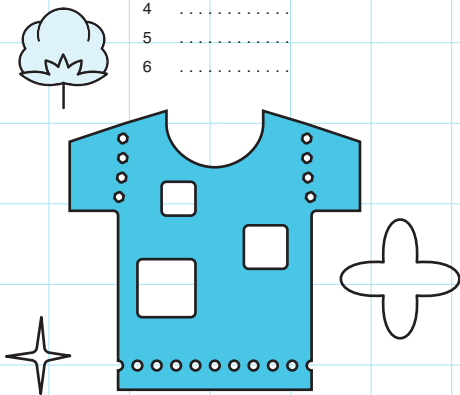
Keep in mind, that  
all clothing is made  
by someone's hands.

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#HandsMakeClothes

**THE HANDS THAT  
MAKE MY CLOTHES**

- 1 GROWERS
- 2 WEAVERS
- 3 SEWERS
- 4 .....
- 5 .....
- 6 .....



**ACTION** **PROMPT**

Pull out your favourite garment and write a list of all the hands you think have been involved in its creation.

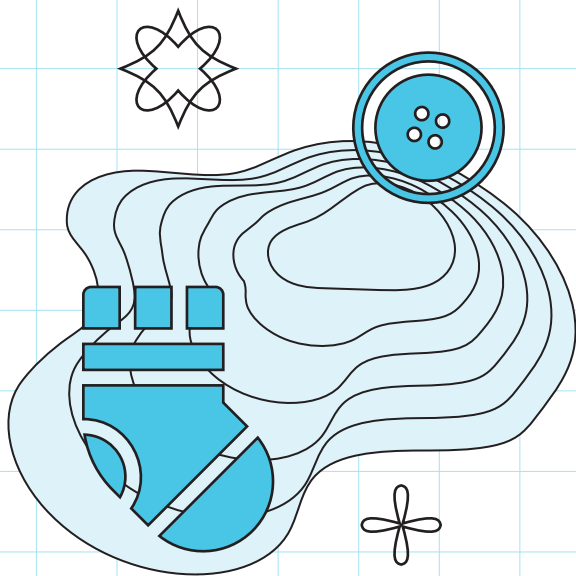


# uphold

GARMENT-LED GROUP CONVERSATIONS  
COMMUNITY REPAIR SERIES

Acknowledge that  
the work of sustainable  
fashion change is  
mostly the work  
of women.

#ShareTheLoad  
#GrowTheSolution  
#NotJustWomensWork



**ACTION** **PROMPT**

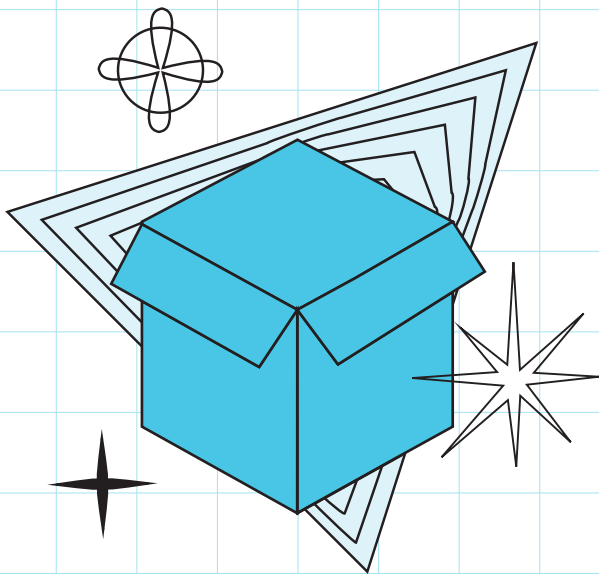
Have a gentle conversation with a 'significant other' around their relationship to clothes and the ways they can contribute.

# repair- before

SECOND-HAND CLOTHING RETAILERS SURVEY

Second-hand clothing retailers don't always have the resources to repair. Clothes can be discarded before they reach customers!

#Repair  
Responsibility  
#MendItFirst  
#RepairBeforeDonating



**ACTION** **PROMPT**

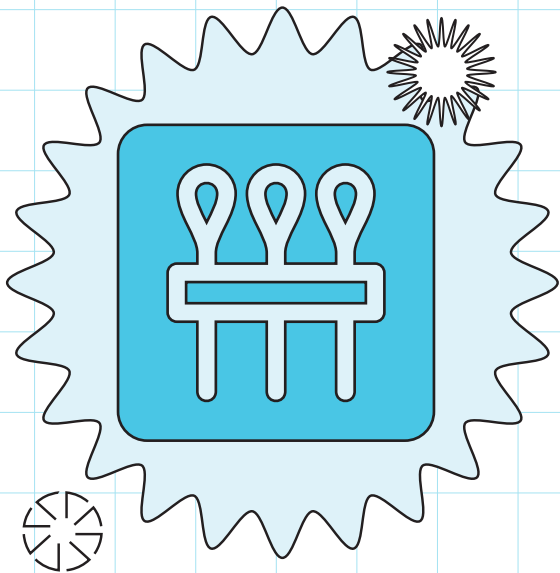
Ready to donate a garment?  
Check it and mend it, before  
you move it on.

# hijiri

COMMUNITY REPAIR SERIES  
GARMENT-LED GROUP CONVERSATIONS

Build your mending  
community.  
Learn a skill and  
pass it on.

#GotASkillPassItOn  
#LearnASkillPassItOn  
#LearnToDarnYourSocks  
#LearnToReplaceYourButton



**ACTION** **PROMPT**

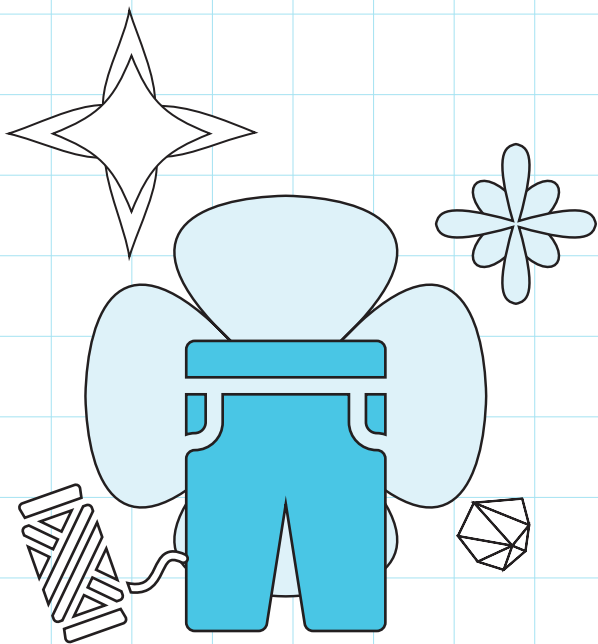
Gather your wearers and carers together for a making & mending morning.

# cherish

COMMUNITY REPAIR SERIES  
GARMENT-LED GROUP CONVERSATIONS

**Cherish your clothes  
to completion,  
mending along  
the way.**

#CherishYourClothes  
#RepairNotReplace  
#WearToCompletion



**ACTION** **PROMPT**

Pull a garment out of your 'donate' pile.  
How could this item be mended,  
changed or embellished to give it a  
second chance with you?



# be bold

COMMUNITY REPAIR SERIES

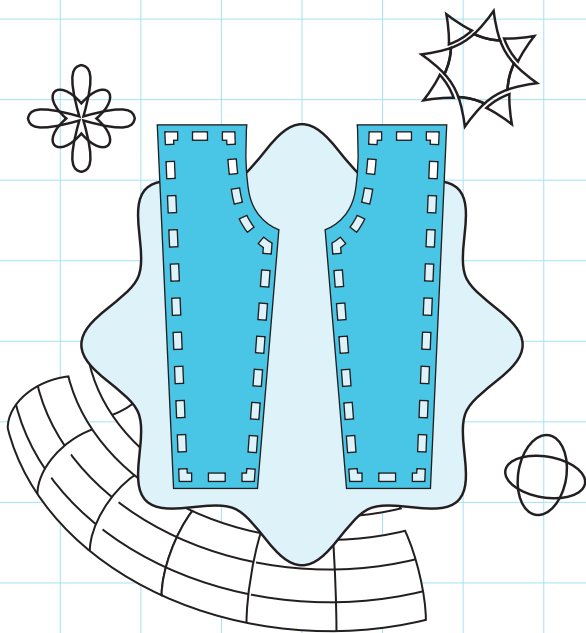
GARMENT-LED GROUP CONVERSATIONS

Be bold.  
Release perfection.  
Give visible mending  
a go!

#VisibleMending  
#GoodEnoughNotPerfect

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**ACTION** **PROMPT**

Close your eyes, reach into your thread box and repair with whatever colour you select!

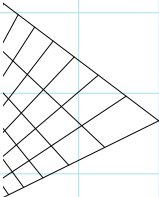
# activate

Wear & Care  
Activation Cards


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## INSTRUCTIONS



The RMIT PlaceLab 'Wear & Care' Research Project has gathered 'everyday' practices that support a local response to "rewilding" fashion.



This Activation Card collection is inspired by the local actions and insights we've learnt from our community of wearers, repairers, creators and retailers.



Use these cards to build your own methods and mindsets around how to better wear and care for clothes in your wardrobe, home and neighbourhood.

