

The 30-Day Capsule Wardrobe

Declutter Checklist

1. The One-Year Hanger Flip Test

Turn every hanger in your closet backward. Each time you wear an item, flip its hanger the right way round. After 12 months, anything still facing backward hasn't been worn in a full year - donate, sell, or seasonally box it instead of paying for shelf space you don't use.

2. Shoe & Accessory Spacing Cheat Sheet

Item Type	Recommended Spacing	Best Storage
Sneakers / flats	1" between boxes	Stackable clear drop-front boxes
Heels	2" (heel clearance)	Angled shoe cubbies or slanted shelf
Belts	0.5" per hook	Rotating hook rail or door hanger
Ties/scarves	1 loop per item	Multi-loop wardrobe hanger
Handbags	3-4" per divider slot	Upright clear shelf dividers
Folded sweaters	Max 6-8 per bin	Trapezoid high-shelf bins

3. Off-Season Storage Protection Checklist

- Wash or dry-clean items before long-term storage - body oils and food stains attract moths.
- Use zippered clear-window bags for duvets, coats, and bulky knitwear, not open bins.
- Add a cedar block or lavender sachet per bag instead of mothballs (no chemical smell transfer).
- Store off-season bags flat or upright in a cool, dry spot - never a damp garage or attic.
- Label every bag's contents and season so next year's swap takes minutes, not hours.
- Recheck stored items once mid-season for moisture or pest damage before it spreads.