

# 10 QUICK SUSTAINABLE WINS WARDROBE

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## 1 CREDENTIALS OF FABRICS

Check the credentials of the fabrics. Choose organic, Fairtrade, cradle to cradle, upcycling etc.

## 2 CREDENTIALS OF OUTLETS

Check the credentials of outlets where you buy artists clothing. Do they use sustainable fabric? Do they pay their workers living wages? Avoid buying fast fashion.

## 3 USE FILTERS

Use filters to stop synthetic microfibres entering the water stream every time you wash clothes.

## 4 RECYCLE CLOTHES

Recycle clothes at the end of a tour/production. Donate to charity or sell them to raise funds for charity.

## 5 USE ECO-FRIENDLY WASHING POWDER

Conventional detergents can contain ingredients that aren't good for you, your clothes, or aquatic ecosystems where the dirty water we wash down the drain can end up. Phosphates in conventional laundry soaps can cause algae blooms that negatively affect ecosystems and marine life. Look for labels that indicate a product is readily biodegradable and phosphate-free and made from plant and vegetable based ingredients instead of petroleum-based.

## 6 REPLACE FABRIC SOFTENERS

Fabric softeners can be replaced by a cup of white vinegar added to the washer during the rinse cycle. Vinegar naturally balances the pH of soap, leaving your clothes soft and free of chemical residue. Other natural products- cold-pressed olive oil often gives better results than commercial products.

## 7 CONCENTRATED LAUNDRY DETERGENTS

Choose concentrated laundry detergents because they have reduced packaging and a smaller carbon footprint. More useful product can be shipped using less space and fuel.

## 8 CONSIDER HOW YOU WASH CLOTHES

Wash clothes on shorter cycles and low temperatures. Hang and air-dry rather than tumble-dry.

## 9 AVOID DRY CLEANING

Avoid items that need to be dry cleaned.

## 10 AVOID IRONING

Don't iron if you don't have to. Not only is ironing a tedious chore, it also consumes energy and can deteriorate fabric.

*Created 01/12/20 by Carol Scott- Principle Advocate for Sustainability at TAIT Towers- a company committed to improving sustainability practices in live - [www.taittowers.com](http://www.taittowers.com)*