

## Clothing

### Why we care

As clothing production shifted overseas where worker safety and environmental regulations are lax, our clothes became inexpensive to produce and to buy. The average consumer buys 60% more clothing per year than 15 years ago and keeps it only half as long. About 80 pounds per person per year end up in the landfill. The manufacture of synthetic fabrics is a chemical and energy intensive process, and scientists are discovering that when synthetics are washed, thousands of microfibers are released into the water. An estimated 35 percent of the microplastics that enter the ocean come from synthetic textiles. Growing cotton is insecticide and water intensive. And toxic chemicals are used to bleach, dye and print textiles and make them “wrinkle free.”

### Simple, positive change

- Purchase fewer garments and invest in high quality classics that won’t go out of style.
- Shop at resale stores.
- Organize a clothing swap with family or friends.
- Donate or consign unwanted clothing. If it can’t be reused, give it to Goodwill, or for children’s clothing, try [Kidcycle](#). Scraps can be recycled into fiber-based products.
- Choose fabrics that have less environmental impact such as organic cotton, [wool](#), linen, hemp, and bamboo.
- If you have fleece clothing, consider using a nylon [mesh laundry bag](#).
- Avoid “wrinkle-free” garments.
- Make what you have last longer by mending, washing only when necessary, and using a drier sparingly. High heat fades & shrinks materials and breaks down elastic fibers.

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