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I've always wanted to learn how to fix my own clothes, but I kept putting it off. Today, I pulled out my well-worn old favorite shirt and a pair of sweatpants that got a hole on the inside of the leg only a few days after I bought them. These items have been sitting in the back of my dresser for months to years, and I probably would have eventually thrown them out or donated them if I didn't repair them today. I followed Erika Schwerdfeger's [tutorial](#) on repairing holes in clothing.

It's far from perfect, but the flaws are definitely less noticeable now, and I have a deeper connection with the clothing now that I took the time to repair them.



The easiest levels of the Buyerarchy of Needs are the "Use what you have" and "Thrift" for me, since spending money makes me anxious. The most difficult levels for me are the "Swap" and "Borrow", since my friends and I vary in size and don't see each other often.

My plan for incorporating the Buyerarchy of Needs into my own fashion and consumption habits:

1. Become less tempted by fast fashion by consuming less online media that contains advertisements and avoiding going to websites just to browse.
2. Start talking with friends about having a clothing swap with clothing that we've outgrown or don't fit well.
3. Trying out a rental clothing service if I need specific clothes for a particular event.
4. Staying in control while thrifting. Buying excess clothing from secondhand stores is better than buying new, but it still is wasteful, and I need to keep that in mind.
5. Making and repairing clothing with repurposed materials! I have been building my sewing skills by making (very messy) pajamas out of old sheets, which I find to be a surprisingly good material. I even reused the elastic in a fitted sheet!
6. Buying slow-fashion when I have to buy new. This may be the hardest step for me personally. However, buying high quality goods made with sustainable materials in a sustainable way is the best way to buy new, and it supports businesses who are really doing good.



Caption: Here's a visualization of the Buyerarchy of Needs and some ideas of ways to implement them! Clothing is a huge contributor to water wastage, landfill clutter, and greenhouse gas production, so buying less is really important.

Today, I decided to implement "Use what you have" by fixing up some hole-y clothes that have been sitting in the back of my closet for a while. I haven't worked on clothes like this before, so it's a bit messy, but surprisingly fast! I followed Erika Schwerdfeger's tutorial on brightly.eco.

Fixing my clothes, even just in this small way, makes me feel a lot more connected to the things I wear.

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