

Capsule Wardrobe Essentials Checklist

Check what you already own. Circle the pieces you still need. Aim for 30-40 total.

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TOPS (8-12)

- ☐ Basic t-shirt (white)
- ☐ Basic t-shirt (black or navy)
- ☐ Striped t-shirt
- ☐ White button-down shirt
- ☐ Chambray or casual shirt
- ☐ Simple blouse
- ☐ Long-sleeve basic
- ☐ Knit top
- ☐ Tank or camisole
- ☐ Polo shirt (optional)

BOTTOMS (4-6)

- ☐ Dark straight-leg jeans
- ☐ Second pair of jeans
- ☐ Tailored trousers
- ☐ Chinos
- ☐ Skirt
- ☐ Shorts (seasonal)

DRESSES (0-3)

- ☐ Casual everyday dress
- ☐ Smart / occasion dress

LAYERS & OUTERWEAR (4-6)

- ☐ Blazer
- ☐ Cardigan
- ☐ Crewneck sweater
- ☐ Denim jacket
- ☐ Trench coat
- ☐ Wool coat (seasonal)
- ☐ Leather jacket (optional)

SHOES (3-5)

- ☐ White sneakers
- ☐ Loafers
- ☐ Boots
- ☐ Flats
- ☐ Sandals (seasonal)

ACCESSORIES (4-6)

- ☐ Tote bag
- ☐ Crossbody bag
- ☐ Belt
- ☐ Scarf
- ☐ Sunglasses
- ☐ Simple jewelry (2-3 pieces)

The Versatility Test

Every piece must work with at least 3 other items you own. If it only makes one outfit, it doesn't earn a place in your capsule.

Declutter Tracker

Sort every item into Keep, Donate, Sell, or Store. Be honest - would you buy it again today?

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[illegible]

Ask: Have I worn this in the last year? Does it fit? Can I make 3 outfits with it? Would I buy it again today?

Color Palette Worksheet

Choose 3-4 foundation neutrals + 1-2 accent colors. Fill each swatch with pencil or note the color name. Page 3 of 4

MY FOUNDATION NEUTRALS (CHOOSE 3-4)

color name

color name

color name

color name

Classic neutrals: black, white, navy, grey, brown, camel, cream, olive

MY ACCENT COLORS (CHOOSE 1-2)

color name

color name

Ideas: burgundy, forest green, dusty blue, rust, soft pink

Neutral Pairing Cheat Sheet

White -> works with almost everything

Navy -> grey, camel, olive, cream, white

Black -> white, grey, camel

Camel -> navy, white, cream, black

Outfit Formula Sheet

Record 10 proven outfits from your capsule. On busy mornings, choose from this menu.

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#	TOP	BOTTOM	LAYER	SHOES
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Starter Outfit Formulas

Everyday: tee + jeans + sneakers + denim jacket

Elevated casual: knit top + trousers + loafers

Work: blazer + button-down + tailored trousers + flats

Weekend: sweater + chinos + boots