

Capsule Wardrobe Checklist

For Women Over 60

16 core pieces • 30+ outfits • every season

STEP 1 · YOUR COLOR PALETTE

Pick about five colors so everything mixes. Write yours in the blanks.

2 Core Neutrals (black, navy, charcoal, cream): _____

1 Soft Neutral (taupe, camel, warm grey): _____

2 Accent Colors (shades you love): _____

STEP 2 · THE 16 CORE PIECES

Tops (6)

- ☐ White or cream T-shirt — soft cotton
- ☐ White button-down shirt — smart or relaxed
- ☐ Fine-knit sweater — neutral shade
- ☐ Breton stripe top — timeless classic
- ☐ Printed silk / satin blouse — adds personality
- ☐ Cardigan — easy layer

Bottoms (4)

- ☐ Straight-leg jeans — mid or dark wash
- ☐ Wide-leg trousers — neutral
- ☐ Black tailored trousers — dress up any top
- ☐ A-line or denim skirt — flattering

Dresses (2)

- ☐ Wrap dress — flatters most shapes
- ☐ Little black dress (LBD) — up or down

Outerwear (2)

- ☐ Classic trench coat — spring & fall
- ☐ Blazer or denim jacket — polish or casual

Shoes, Bags & Accessories

- ☐ White sneakers
- ☐ Loafers or flats
- ☐ Everyday tote
- ☐ Silk scarf
- ☐ Ankle boots
- ☐ One dressy heel / flat
- ☐ Crossbody bag
- ☐ Gold or silver hoops

STEP 3 · SEASONAL SWAPS

Keep your core. Just swap a few pieces for the weather.

Spring

- | | |
|--|---|
| ☐ Trench coat + fine cardigan | ☐ Soft pastels / floral blouse |
| ☐ Ballet flats | ☐ Light scarf |

Summer

- | | |
|--------------------------------------|---|
| ☐ Linen skirt | ☐ Breezy midi dress |
| ☐ Sandals | ☐ Straw tote + sun hat |

Fall

- | | |
|---|--|
| ☐ Wool sweater + knits | ☐ Ankle boots |
| ☐ Warm-toned scarf | ☐ Light wool coat |

Winter

- | | |
|---|--|
| ☐ Wool / cashmere layers | ☐ Good wool coat + puffer |
| ☐ Knee-high boots | ☐ Scarf, gloves, soft hat |

REMEMBER AS YOU SHOP

The Rule of Three. Every new piece must work with at least three items you already own. If not, leave it.

Quality over quantity. One great coat beats three cheap ones. Spend more on pieces you wear most.

Shop your closet first. Start with what you own. Then buy only the few pieces you are missing.

Comfort counts. If it pinches or itches, it stays in the closet. Choose fabrics and cuts that feel good.

The magic: 6 tops × 4 bottoms = **24 outfits** + 2 dresses = **26**. Add layers, shoes & scarves → **30–50+ outfits** from just 16 pieces.

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