

Capsule Wardrobe Over 40

The Free Printable Checklist

A mix-and-match core of roughly 30 to 35 pieces. Start with what you already own, tick what you have, and note the real gaps worth filling.

Before You Start: The Declutter Test

Try each piece on and ask:

- ☐ When did I last actually wear this?
- ☐ Does it fit the body I have today?
- ☐ Does it work with my color palette?
- ☐ Does it pinch, pull, ride up, or dig in?
- ☐ Do I own something almost identical?
- ☐ Can I picture where I would wear it in my real life?

Your Color Palette

2 to 3 neutrals: _____

1 to 2 accents: _____

My undertone: Warm (earthy tones, gold) / Cool (jewel tones, silver)

Tops (aim for 7 to 9)

- ☐ 2 to 3 well-fitting tees that hold their shape
- ☐ 1 to 2 tanks or camisoles for layering
- ☐ 2 blouses that drape rather than cling
- ☐ 1 to 2 button-downs (white and one other)
- ☐ 1 easy layering knit or lightweight sweater

Bottoms (aim for 5 to 6)

- ☐ 1 to 2 pairs of jeans, higher-rise with a little stretch
- ☐ 1 pair of trousers or dress pants
- ☐ 1 pair of easy casual pants (linen or soft wide-leg)
- ☐ 1 skirt you can wear across seasons

Dresses (aim for 2 to 3)

- ☐ 1 little black dress in a drapey knit
- ☐ 1 easy day dress
- ☐ Optional: 1 wrap or shirt dress

Layers, the Real MVPs (aim for 4 to 5)

- ☐ 1 blazer
- ☐ 1 long cardigan or duster
- ☐ 1 denim jacket
- ☐ 1 vest (often the third piece that finishes an outfit)
- ☐ 1 lightweight jacket or trench

Shoes (aim for 4 to 5)

- ☐ 1 everyday flat or loafer
- ☐ 1 comfortable low heel, wedge, or kitten heel
- ☐ 1 pair of clean white sneakers
- ☐ 1 boot
- ☐ 1 sandal (seasonal)

Accessories (aim for 4 to 6)

- ☐ 2 bags (one everyday crossbody, one tote or shoulder bag)
- ☐ 1 scarf
- ☐ 1 statement necklace + everyday hoops or studs
- ☐ 1 belt

Fit Cheat Sheet: By Body Shape

Rectangle	Create a waist. Belts, wrap styles, a third piece at the hip.
Pear	Balance up top. Boat necks, structure, and detail on the shoulders.
Apple	Drape over the middle. Open necklines and long, lean columns.
Hourglass	Keep the waist visible. Wrap dresses, tucked tops, belted layers.
Inverted triangle	Soften shoulders. Wider-leg trousers and A-line skirts.

Remember: There is no magic number. If every piece works with at least three others, you are doing it right. Build slowly, one considered piece at a time.