

# 7 ways to Step Up with Sustainable Fashion

*Did you know in Australia, 6000 kilograms of cheap, disposable and mass-produced 'fast fashion' items are dumped in landfill every 10 minutes. Together we can help change this.*

## Follow the three 'R's of fashion

Reduce, reuse and recycle your clothes the right way. From buying quality pieces, renting your next occasion outfit to learning how to sew!

Check out [our blog](#) for tips on how you can start taking action today.



## Don't be impulsive

Start shopping small and fight the urge of buying clothes that you don't need. Try and buy clothes that are going to work all year round. Remember, the most impact you can have in taking action to becoming a more sustainable shopper is by buying less and reusing your existing clothes as many times as you can.



## Check the labels

Purchase clothes made from eco-friendly threads over synthetic fabrics (i.e. cotton over polyester). Fabrics include recycled or certified GOTS organic cotton, organic linen, hemp and linen, recycled wool, or low impact materials such as tencel.

[Learn more about the most sustainable fabrics here.](#)



## Rentals and clothes swapping

Discover the world of 'Fashion Rentals' and clothes swapping. Have an occasion coming up and need a one time only piece to wear? Rent your next outfit online and reduce your impact. Otherwise, pull out the vino and organise a clothes swap with your friends.



Check out sustainable fashion advocate 'Britts List' for the top [8 online platforms to rent from](#).

## Choose quality over quantity

Invest in seasonal clothing and staple items that are high quality and will stand the test of time. Take an edit of your current wardrobe and see if you're missing any key staple items that you know you'll wear again and again.



## Thrift shop and buy second hand

Shop vintage at your local charity stores including the [Salvos](#), [Vinnies](#) or the [Sacred Heart Mission](#). There are also heaps of online platforms that sell second hand including Gumtree, Ebay, Facebook Marketplace. Even your favourite online retailers like ASOS now have Marketplaces allowing consumers to buy second hand.



## Change your mindset

Change your mindset by staying informed and understanding the industry. Follow these ethical instagram accounts, download the [Good on You](#) app for ethical brand ratings or take a free online course and learn about sustainable fashion.



how will **you** STEP UP?



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