PROMISS

Capsule wardrobe checklist

An adaptable 18-piece starting list. Tick what you own and use; this is not a shopping requirement.

Swap categories for your climate, dress code, culture and preferences. Underwear, socks, activewear and specialist workwear sit outside this sample.

Tops / 5

- [ ] 1. Light shirt or blouse
- [ ] 2. Dark shirt or blouse
- [ ] 3. Easy everyday knit
- [ ] 4. Simple layering top
- [ ] 5. Favourite alternative top

Bottoms / 4

- [ ] 6. Everyday trousers
- [ ] 7. Second pair of trousers
- [ ] 8. Skirt or preferred bottom
- [ ] 9. Casual bottom, where suitable

Layers / 3

- [ ] 10. Cardigan or soft layer
- [ ] 11. Blazer or preferred jacket
- [ ] 12. Weather-appropriate layer

Outfits and shoes / 4

- [ ] 13. Dress or all-in-one outfit
- [ ] 14. Second dress or alternative
- [ ] 15. Comfortable work shoes
- [ ] 16. Backup shoes for your day

Carry and finish / 2

- [ ] 17. Practical everyday bag
- [ ] 18. Belt or useful accessory

Make your own version

My repeatable colours _____

A swap that suits my life _____

One real gap to consider _____

Try each item seated and moving. Check care needs, then build three outfits before buying anything new. Eighteen is an example, not a target you need to reach.

Print at actual size or fit to page. Reuse what you own; adapt every suggestion to your life.