



Disclaimer: These are rough notes we use to prep for the show. Please excuse typos, etc.

Simple Life Together Episode 47: It's Time to Simplify Our Wardrobe..(music)

“Hi and welcome to Simple Life Together, a podcast dedicated to leading a simpler life in the modern world”

I’m Dan Hayes.

And I’m Vanessa Hayes.

Well, we called the last episode of the show The Random Show because both of us covered some pretty random simplicity topics.

But today... we’re going narrow down our focus and talk about what we wear. Well, not just what we wear, but about our wardrobe, in general, and how that affects our closets, our dressers, and our lives.

But before we start, we just wanted to send out a HUGE

thank you! You did it! Simple Life Together is a **finalist** for the 2013 Podcast Awards in the Education and People's Choice categories. Voting starts 1 November and lasts until 15 November, and you can and should vote once a day at PodcastAwards.com. More about that later...let's get to the main topic! (Out of 4400 nominations....pretty awesome...considering the criteria to even be nominated...and to be nominated for the People's Choice is pretty mind-blowing)

Thesis Statement

So, what dictates how big your wardrobe is or how many clothes you have? Is it fashion and changing trends? Is it utility? Is it the weather or the climate? Is it an expectation of society or your social circle? Is it the activities that you do that necessitate what you wear? Or is it simply the size of your container...be it overnight bag or walk-in closet? The answer to all of these is probably YES! That's the thing about clothes, we all wear different things for different reasons.

But, sometimes it's like cable TV...500 channels and nothing on, right? You go into your huge walk-in closet and you can't find a thing to wear! So what's the real problem? Is it analysis paralysis...just too many decisions? Well, let's dive into that.

Major Takeaway (Introduced)

We all have different reasons for what we wear and how big our wardrobe is. It's a pretty personal thing and each of us is unique. But our ancestors certainly lived with a whole lot less than we do...and there are those who choose to minimize what they keep in their clothes closets.

TOPIC:

So what things shape your current wardrobe?

Vanessa:

Work: professional settings and hands-on gritty settings.

Climate: mostly warm weather clothes in San Antonio, TX

Culture: cowboy and western

Lifestyle: fitness clothes and travel clothes (lightweight and versatile)...on the go (so not a lot of purses or fancy accessories) Don't iron...

Personality and Image: Pretty tomboy....fun yet put together...balance of attractive yet conservative clothing. Urban chic and country casual? Cross between Jennifer Aniston and Sheryl Crow? My favorite styles are what you might find in Anthropologie (although I cannot and will not spend the money)

Dan:

The look I'm going for is that "guy in shorts" with a little bit of "guy in tee shirt" thrown in.

Mostly comfort: I don't get out much and my commute is 19 steps, so I like to stay pretty comfortable.

Uniformity: I still think of my clothes as a uniform. The utility type. I like everything to be capable of mixing and matching.

Weather: Being in San Antonio really does dictate a lot of my wardrobe.

So what does your wardrobe look like now?

Vanessa:

- 3 dresser drawers dedicated to fitness clothing

(pants, shorts, tees, tanks, socks, sport bras = 80 items)

- 3 small drawers for undergarments, swimsuits baseball caps, and casual shorts/shirts
- Closet: 40% work and professional attire, 40% casual and 20% travel/merino wool and coats
- Purses: 8 purses, 2 wallets
- Belts: 6...wear 3 most of the time
- Scarves: 6 (only really wear 3 or 4)
- Shoes are my weakness! I hate to admit this... but I have 40 pairs!!!!!! Half of them are for professional attire which I wear maybe 10% of the time if that! And get this....I only have 1 pair of running shoes! I wear workout gear way more than anything else....what the heck? I need a serious re-do there!!!!

Dan: I have probably 8 of the same identical black SS shirt, 4 identical LS shirt, all of my wool calf sox are identical, all of my SmartWool ankle sock are identical. I just prefer not to vary too much.

I didn't go through and count like Vanessa did, but I intend to.

I have very few "accessories"...a few baseball caps, 3 cowboy hats. I don't wear a watch or jewelry other than

my wedding ring.

On the “dressed up spectrum” most of what I wear is on the lounge around at home or very casual end. I can easily get “dressed up” for a formal event but I really only have 1 or 2 options there (which is fine with me), but in between...the “business casual” to business attire end I’d struggle to go more than 2 days until I had to start a Casual Wednesday movement.

What would your ideal wardrobe look like?

Vanessa:

- Nothing would need to be ironed.
- Everything is comfortable.
- Everything fits or is tailored to my shape....I have a short waist so I hate anything that sits way too high...you know...like the Erkel effect. Or where the inseam is too low on shorts and pants. I also have broad shoulders
- My clothing is attractive and flattering.
- Can coordinate pieces with different outfits.
- Would like a variety of colors other than black and brown...*this can be a limitation though.*
- Easy to wash and care for...no dry-cleaning.
- Stylish and not boring!
- Be able to pack everything I would need for a year in

1 piece of luggage or large duffle bag!

Dan:

- I want a very casual wardrobe that doesn't show sweat
- That drapes well and doesn't bind or make me feel self conscious
- That appears black or brown to me but Vanessa sees it in color
- I feel the best at 70 degrees and below, and my favorite clothes are ones I can wear and feel comfortable at that temperature.
- I wish I could pull off keeping a shemagh around my neck like in the desert. I do when we're out camping sometimes, but not around town. I just think they're very functional. A shemagh is a hat, a sunshade, a throw blanket, a towel, soak it in water and it's a neck coolie, an extra layer, a backpack...you name. It's sheer utility to me. But, I don't want to be thought of as THAT GUY. So, maybe I do bend to some societal norms...

What are some of your favorite pieces and why?

My running shoes...bright hot pink, comfortable and fit my running style....and I can wear them with jeans or shorts and still look cute.

Bling bling cowboy pants...because they are comfortable, don't stretch out, and are flattering on me...I think.

Merino wool long skirt...comfortable, breathable, fits well and can look casual/sporty with sandals or dressed up with boots.

Shirts with built in bra. Way more comfortable than having a separate bra!

Long necklaces and scarves...because they can dress up an outfit in an instant!

Vera Wang tall riding boots...casual or slightly dressy..can wear with pants, skirts and shorts....and they're comfy!

Platform shoes...give me height, they're stylish (right now) and comfortable.

Sunglasses...stylish and can be used as a headband.

Dan:

Cargo shorts: just comfy for everyday wear. Wouldn't wear them camping or anything (cotton).

Shants: feel great, quick drying, pants or shorts!

Ranger panties <http://goo.gl/ZLLnCs>

My Ibex merino wool shirts, although they are a tad long on me. I wish they were about 3 inches shorter

As for shoes, I LOVE the comfort of my Crocs Santa Cruz slip-ons (3 colors) because I have pretty bad compartment syndrome and when I wear them I can still feel my legs, which is good. And my brown leather Born Hobarts for their look and feel.

Scottevest Qzip shirts: Can wear alone or as a layer

Different weight fleece shirts and zip ups for winter.

Oh...and when I'm dead, I want to be buried or burned (whatever you're going to do with me) in my fleece tighties and a black long-sleeve performance shirt!

Personal takeaways or things we learned:

Vanessa:

- Going back to the idea of the size of the container. Just because your container isn't stuffed doesn't

necessarily mean you don't have a lot.

- After taking an actual count of my items...I realized I still had quite a bit of clothing!
- My perception wasn't necessarily reality. I have way more professional clothing and shoes than I thought!
- I also learned that although I do like versatile and utilitarian clothing...I think I care just as much about how they look! I wonder if that's a vanity thing or a self-conscious and confidence things?
- That being said, my demeanor totally changes when I like the way I look and feel in my clothing...so maybe caring about how you look isn't so bad?
- Analyzing my wardrobe reinforced the idea that it's not a bad idea to conduct a little 80/20 analysis every once in a while. Because like a lot of things we talk about here on Simple Life Together...when you actually stop and take time to analyze your stuff or behavior...it tends to make you more aware of why you are doing those things and in turn it helps you make decisions on how you need to change or modify your behavior to be more in line with your priorities and goals in life.

Dan: I know my wardrobe is simple, in variety anyway, but there are definitely things I can DX. I don't need so many of the same shirts. Probably half. And of course, some

shoes, too.

Courtney Carver's Project 333

So...recognizing all of these things, we've decided to take a look at Courtney Carver's 333 project. Basically it a project that challenges you to pick just 33 things...and only those same 33 things to wear for 3 months. So here's a little bit more on how it works:

- When: every 3 months (you can start any time)
- What: 33 items including clothing, accessories, jewelry, outerwear (coats, hats, scarves and gloves) and shoes.
- What not: items not included as part of the 33 are wedding bands or sentimental pieces that you always wear and never take off, underwear, sleepwear, in-home loungewear and workout clothing (as long as you don't wear it as casual clothing too).
- How: choose your 33 items and box up the rest. You don't have to toss them...just box them up and store away.

Courtney goes on to explain that this isn't meant to be a project in suffering. If clothes don't fit, or are in poor condition...replace them!

We're doing it, we were going to make our own plan, but we've heard so many great things about Courtney's

microcourse, we know her, and we're just going to go for it! Heck, it's \$15...I'd spend way more in time trying to figure out how we were gonna do this!

SimpleLifeTogether.com/dress

Major Takeaway (Reinforced)

So, as we said up front, we all have different reasons for what we wear and the size of our wardrobe. It's personal and each of us is unique. Only you can decide what's right for you, but maybe doing some experimenting once in a while will let you see how much you truly need or want to keep.

Conclusion: For us, we think we're best served when we base our wardrobe on how we want to live, how to best portray who we are and the image we want to project. The more authentic that is, the smaller our wardrobe needs to be. Regardless of the size of the container, we're trying not confuse needs with wants and we're shooting to live with just enough. And for us, living with "just enough" is a perfect way to help make our lives simpler.

Question for the Listeners/Readers: So, maybe it's time to take a second look at your wardrobe to see what's right for you? If you decide to make some changes, we'd love

to hear about them. Share your thoughts with us in the comments at SimpleLifeTogether.com/047

THING Segment

Dan's Thing: Getting back to basics and spending some time just like the cowboys did back in the Old West...riding around the Silver Spur Ranch in the Texas Hill Country, on my horse named Winchester, snapping some pictures with my iPhone! To quote Ronald Reagan, "I've often said there's nothing better for the inside of a man than the outside of a horse."

Vanessa's "THING": Horseback riding with the family was my thing too!

- Reminded me of my childhood riding with my cousins
- It was with family and we all had a great time
- Reinforced the idea that it's experiences rather than stuff that matters
- Even did a simplicity test: made me really want to have our own horse one day but we quickly shut down that idea. We decided we'd much rather pay

for access than complicate our live owning a horse!

Announcements:

- Once again, a HUGE thank you for all of you who nominated us for the Podcast Awards! Amazingly, Simple Life Together is a ***finalist*** in the Education category and also the coveted People's Choice category. So, we're up against 9 other shows in each category, but as Vanessa said there were over 4400 shows competing and we made the final cut. We really feel like we already won. So here's how the shows were graded to make the finals:
 - 40% from number of nominations
 - 20% from relevance of content
 - 15% from website design quality
 - 15% from sound quality
 - 10% from podcast delivery and show format quality
- So what happens next? Voting starts 1 November and lasts until 15 November

- You can and should vote once a day at PodcastAwards.com
- As much as we'd really like to win, we have no desire whatsoever to inundate you with info about this.
- So, if you're up to voting every day for two weeks we'd love it. If not, vote when when you can. No matter what, we sincerely appreciate your support.
- As far as I can tell we're the only podcast dealing with simplicity in any of the categories
- Some of our good friends also made the finals so consider voting for them too: Mommy's Cocktail Hour for Food and Drink, and Ivy Envy & Who-Dey Weekly in the sports category.
- While voting is from 1-15 November only, the awards aren't announced until 5 January at New Media Expo in Las Vegas, so it's a bit of a wait!
- Thanks again soooo much! SLT listeners rock!

CONTACT INFO: Remember...if you have questions or comments you can always reach us at Dan@SimpleLifeTogether.com & [@DanielHayes](https://twitter.com/DanielHayes) on Twitter, or Vanessa@SimpleLifeTogether.com & [@GetSimplifized](https://twitter.com/GetSimplifized) on Twitter and there are links to our Google Plus profiles on the website.

Feedback:

We got some great comments on the website and we'll share some snippets from each of those, and you can read the full comments on the website:

Tania from mauishopgirl.com commented on Episode 45: Well, you just made me realize how unsentimental I am because my five things are primarily tech or camera equipment. Although I have a few sentimental things in my home like a Japanese jewelry box my grandmother gave me when I was five and my mother's copy of Little Women, if push came to shove I'd grab the things that bring me creative joy on a regular basis and that are expensive to replace. The MacBook, Time Machine, the DSLR + two lens and like Vanessa, my purse with my iPhone, iPhone camera lens and iPad in it.

Toni Scott from HCGdietrecipesmadesimple.com also commented on Episode 45:

OMG! I LOVED this podcast and it was SO timely. This actually came up in a conversation I was having with my

husband when we renewed our homeowner's insurance—what would be important to us if the house went up in flames. After listening to the podcast, I'm going to complete my list of 5 things I would grab in a fire and make sure I'm caring for those things and making them ready in case of an emergency. Love you guys!

Dan R. commented on my Thing segment Episode 45 where I talked about sausage making:

What? No link to the sausage recipe? Where's the love? Great episode!

- Well Dan you twisted my arm, so I posted the my simple sausage recipe on the website at SimpleLifeTogether.com. Honestly, it's not crazy simple, but sometimes when it comes to cooking you gotta ask, "What step can I leave out and not poison someone?"

And we also have some iTunes Comments to share, as well:

Eqjmr writes: It's good to be simple! Lots of great tips, entertaining, and path away from thoughtless consumerism.

AussieRachel from Australia writes: A joy to listen to each week! Dan and Vanessa Hayes bring fun, honesty and a

pragmatic antidote to today's crazy busy world.

Ex-military, they bring a process-driven approach to simplifying things which have become unnecessarily complicated - things like holidays, organising kids parties, workflows and photo management. Their tips and tricks are grounded in the reality of raising a family and making a living, not some wavering ivory tower of idealised perfection. Vanessa's tips from a professional organiser's perspective, and Dan's clever tech tips are bound together by a humour and mutual respect which provide inspiration for listeners. Regular guests add new perspectives. I would highly recommend this podcast not just to people who already like living a simpler life, but to those who feel overwhelmed and just don't know where to begin.

Zumacraig writes: Anything but simple -- 2 stars

What's absolutely ironic about all of the simplicity and minimalist blogs and podcasts is that, when examined critically, they are quite complex and obsessive.

Numbering meals, working on this or that character trait, organizing...these are consumerist activities and antithetical to simplicity and minimalism. We might be better suited at looking at the systems that cause consumerism and infiltrate well-intentioned attempts at simplicity and minimalism.

- Well, Zumacraig, you have a point. While my infiltration days are over, I think you're right...looking at the systemic causes is certainly important and you maybe want to start a podcast on that. I promise to be your first reviewer on iTunes. Thanks for listening in.

And Sherry, from SherryLCarver.com writes: Simple and Fun! Nothing better than Dan and Vanessa speaking about their journey because it's real and from the heart. Their ideas about simplifying are contagious and easy to follow. At the end of each week's podcast, I feel energized and encouraged that life can be simple and fun while working hard.

And Maggie927 wrote: Absolutely fantastic! Inspires me daily! I came across these podcasts a couple months ago and I've been addicted ever since. I have listened to over 30 of their podcasts already. I love their relationship, their humor, that they are on this journey together, and the pragmatic view of minimalism. I listen to and read a ton of minimalism content, and this is the best I've experienced because it has the right purpose and goal with a dose of reality and that these are real people struggling with the things we've all struggled with. I bought a scansnap less than week ago and I've scanned 100+ instructional manuals... I love it. I love them! Keep up the awesome

podcasts & content!

Finally, Mklags said: Wonderful show! This is probably my first review ever, and I felt that I had to leave a review to express how much I enjoy listening to this podcast, Dan and Vanessa's views are practical and I can easily relate to, I enjoy listening to them and their advice is useful in a daily life setting.

Thank you all so much! Your feedback means the world to us!

Wrap Up:

OK, so that's it for Episode 47 of Simple Life Together. So today was all about your wardrobe. We talked about why we wear what we do, some things we do to keep our wardrobe under control, and even talked about simplifying a bit and getting down to essentials.

My Thing was snapping some iPhone pics while horseback riding around the Silver Spur in the beautiful Texas Hill Country and Vanessa's thing was making new memories horseback riding too, and enjoying the benefits of paying for access versus ownership.

As usual, you can find all the links and info from today's show at SimpleLifeTogether.com/047.

So let us know what you think of the show and how you're simplifying your life, too! We'd love to hear from you.

So, until next time, we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

- [Icebreaker Merino Wool](#)

- [Ibex Merino Wool](#)