

RESEARCH DOCUMENT

How can repairing your clothes be a viable alternative for fast fashion?

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Lost Media | Fast Fashion

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Research Question

How can repairing your clothes be a viable alternative for fast fashion?

Methodology

I've chosen to conduct a "[Literature Study](#)" from the CMD Methods, because the information, which I am searching for can be easily found through internet sources.

Summary

Repairing clothes is a sustainable alternative to fast fashion, providing environmental and economic benefits by extending garment lifespans, reducing textile waste, and conserving resources.

Key repair techniques include **sewing on buttons, patch repairs, darning, and invisible mending**.

While challenges such as skill gaps and perceptions of repaired clothing exist, initiatives like online tutorials are helping to address these issues. As the popularity of clothing repair grows, it has the potential to influence consumer behavior and promote a more sustainable fashion industry.

Validation

Repairing clothes helps reduce the environmental impact of the fashion industry in several ways:

Waste Reduction: By extending the lifespan of garments through repairs, we significantly decrease textile waste that would otherwise end up in landfills. This is crucial, as the fast fashion model relies on frequent disposal and replacement of clothing.

- **Resource Conservation:** Repairing clothes reduces the need for new garment production, which in turn conserves water, energy, and raw materials used in manufacturing.

Challenges

Skill Gap: Many people lack basic sewing and repair skills. This can be addressed through online tutorials, workshops, and community initiatives that teach repair techniques. **A**

YouTube channel offering such things is: [OneArmyVideos](#)

Perception: There's a need to change the perception of repaired clothes from being associated with poverty to being seen as cool and sustainable. This shift is already happening, with repair becoming trendy among younger generations.

Basic types of repairs

Looking throughout the internet I managed to find the most important repairs every person should know. These include:

- **Sewing on a Button**
- **Patch Repairs**
- **Fixing Holes with the Darning Method** - Creating a woven patch over the hole by stitching rows horizontally and then vertically, ensuring to cover the hole completely
- **Invisible Mending** - Using small stitches to sew around the edges of a tear or hole, pulling the fabric together without making it visible from the outside.

By employing these simple techniques, people can extend the life of their clothing and contribute to sustainable fashion practices while saving money.

Conclusion

Repairing clothes offers a practical, economical, and environmentally friendly alternative to fast fashion.

By embracing repair culture, consumers can reduce waste, save money, and contribute to a more sustainable fashion industry. As this movement grows, it has the potential to significantly impact consumer behavior and push the fashion industry towards more sustainable practices. The success of this shift will depend on continued education, changing perceptions, and support from both consumers and brands.

As repair becomes more mainstream, it could play a crucial role in creating a more circular and sustainable fashion ecosystem.

Sources

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