

## A Day in Your Clothes



Vol 3.2

Aileen wearing Angelina's clothes

*hi friend!*

Thank you for agreeing to switch clothes with me! I know agreeing to this takes vulnerability and I am very grateful for your trust <3 First and foremost, I want to emphasize that I really respect your relationship with how you dress, and understand that there are many factors that go into that. Please know that you are in control during this whole experience, and I want you to be comfortable. If I give you something that would be uncomfortable to wear in any way, you definitely don't have to wear it! If at any point during the day you're feeling like you can't be in my clothes anymore, take them off! Your well-being matters the most to me during this process, and I want the experience to be fun rather than unpleasant.

I'm excited for our switch and hope you are too! This zine will guide you through what to expect, and provide blank pages + prompts for reflection for you to fill out throughout the day. At the end of the day, we'll get together and have a casual interview/conversation about our experiences during the day, and I'll collect this zine from you then as well.

hope you have a great day!

*love, Angelina*

Here's a rough outline of what to expect over the next day or so!

### **Day before our switch:**

☐ Pick out our clothes! For things like pants that need to fit well, we can agree to wear our own clothes that are in the style of what the other person would pick.

### **Morning of our switch:**

☐ Put on the clothes!  
☐ Note down approximately what time you started your day in the **Info** page to the right.

### **Throughout the day:**

☐ Go about your day & live your best life  
☐ Note down how you feel using the prompts in this booklet, or any other way you want!  
☐ Take photos of any parts/details of the clothes that make them interesting or surprising to wear, and text them to me

### **Afternoon / evening of our switch:**

☐ Whenever you're ready, feel free to take off my clothes. Whew! We did it!  
☐ Note down when you changed back.  
☐ We'll get together during the evening to recap our days and discuss the experience together, using the questions in this booklet as a guide.

## **Info**

Name:

Aileen

Switching with:

Angelina

How long have we known each other?

beginning of freshman year!

Today's date:

2/19/22

Start time:

11:30 am

End time:

11 pm

Please describe the outfit you are wearing today:

- a lovely oversized blue sweater with very cute designs / accents of pink & green
- skinny jeans (dark blue denim)
- mismatched blue denim earrings of a musician, smiley face
- + my own sandals/sneakers

(oh and a black long sleeve shirt

What are you doing today? (classes, coop, extracurriculars, etc)

- had volunteering (baker TAT) this morning so I only wore the black shirt
- then studying in shell for MCAT!!
- (12 -
- then wine night w/ friends - Aug x



# Documentation!

Instructions: Please document your experience by marking up this book throughout the day, using the prompts on each page as a starting point. This part is really loose!!! Some ideas for documentation include:

- Draw / write / mark up this book!
- If you want to draw on other things and tuck them into this book, that would be amazing!
- Voice memos
- Photos (Selfies?) and videos
- Text me!!! I'd love to hear how it's going!

1. First impressions! How do you feel right after putting on the clothes?

this sweater is inszany itchy

2. What accessories (if any) did you wear today? Are they the same or different to ones you normally wear? (write or draw or photograph)

In addition to what was provided, I wore my own socks/shoes and then my hair is just worn/syled with a bobe, chunky headband - sorry because I haven't washed my hair yet and I wore a headband yesterday  
oh and of course my pale bracelet

3. Please mark below where you feel most aware of the clothes during the day



army made a little itchy because of the sweater

jeans were a little tight on me (but they were really jeans!)

4. **Photo prompt!** What stands out to you about this outfit? Please take close-up photos of any details that you have thoughts on and text them to me!

6. Describe this outfit in 3 words:

warm heavy loose

5. What do you **LIKE** and **DISLIKE** about wearing these clothes?

LIKES	DISLIKES
<ul style="list-style-type: none"><li>• the colors! love the cool tones • love is a color of clothes I wish I used more of</li><li>• being in Ang's "body" felt closer to you which was super fun</li><li>• trying on new styles, esp the earrings</li></ul>	<ul style="list-style-type: none"><li>• again, just a little heavy hands</li><li>• being woke from naptime for this semester, I have started to dislike jeans and prefer sweats, which I didn't used to mind as much before</li></ul>

7. Draw how you feel today:

I cannot draw but here is a  
nice happy face



zzz

- -  
o

I was also very  
tired today though  
- unprepared to  
the clothes was

8. End of day check-in: How did you feel throughout  
the day wearing someone else's clothes?

THIS WAS SO FUN!

It was nice to switch back to  
my own clothes at the end  
of the day though.

free space for documentation :)

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thank you for participating!

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