

## A Day in Your Clothes



Vol 3.1

Angelina wearing Aileen'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:

Angelina

Switching with:

Aileen

How long have we known each other?

3.5 years

Today's date:

2/19/22

Start time:

10:30 am

End time:

Please describe the outfit you are wearing today:

pale green cropped shirt with balloon sleeves and flared edges, flared cropped jeans, earrings with ducks on them !!! and a green jaw clip

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

Doing things at home, then going to the MFA, then hanging out with Aileen and Ananya later



# 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!

\* I don't often think about my bra matching the rest of my outfit, because you don't see it. But this shirt pushed me to wear a bra I don't often wear as part of the outfit!

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

I thought I put the shirt on backwards at first because it was so much more cropped than I expected! Spent a LOT of time in the morning switching bras\* and finally found one that went with the shirt.

front



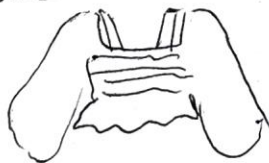
back



first attempt:  
racerback on the  
back that ~~is~~ didn't love w/ the shirt

switched it  
out ~~of~~ for a  
~~white~~ off-white  
bra that looked like  
this on the back:

much better!



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)

Aileen gave me the cutest duck earrings & a jaw clip! I don't wear my hair up a lot so that was new. To match her outfit, I wore white Converse instead of brown Blundstone boots like I usually do.

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



bra straps were visible, felt a lot of pressure to wear a cute bra

midriff felt very exposed & cold!

ankles were a little cold when I ~~walked~~ was walking outside in the snow

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:

fluttery pastel spring!

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

LIKES	DISLIKES
<ul style="list-style-type: none"><li>• balloon sleeves are so fun!</li><li>• love the pale spring green color</li><li>• the earrings are INCREDIBLE so fun &amp; match so well w/ the shirt!</li></ul>	<ul style="list-style-type: none"><li>• not sure about the cropped pant - a big struggle for me when buying clothes has always been that the pants are too short for me, so wearing cropped pants reminds me of wearing pants that don't fit (even though the crop is intentional &amp; very cute!)</li><li>• I am personally not used to wearing a shirt that shows so much of my waist/shoulder/neck/back</li></ul>

7. Draw how you feel today: 1



Magical  
Fairy vibes!

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

Although I felt cute and fluttery, part of me also felt exposed and more vulnerable wearing the cropped blouse with the ruffled edge. At the MFA, I felt more conscious of my body than I usually do. I'm realizing I have complicated feelings towards stereotypically feminine clothing. When I wear hyper-feminine clothes in public, it sometimes feels like my image becomes consumption for others, and I have less control over how people see me.



free space for documentation :)

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thank you for participating!

