

# The 365 Challenge

-January style sheet-



*Stylist: Tania Reinert, Co-founder, A Boy Named Sue*

造型师: Tania Reinert, 网站A Boy Named Sue联合创始人

Tania is co-founder of an online eco-boutique, a compulsive traveller and occasional yogi. She was born in Moscow, brought up in Spain, educated in London and is now settled in Hong Kong. Having learnt about the dirty business of fashion, Tania with her partner Sam (who she met through blogging) decided that there must be an alternative. After failing to find an online store that combined ethics and aesthetics, they decided that they spotted an opportunity and so A Boy Named Sue was born.

Tania是网上环保时装店的联合创始人，她喜爱旅游和享受瑜伽。她在莫斯科出生，在西班牙长大，在伦敦上学，现生活在香港。了解到时装的黑暗一面后，Tania与透过写部落格认识的伙伴Sam认为在大众时装外必定有其他选择。当她们未能寻找到一间既环保又时尚的网上网店时，两人便决定开创先河，成立了A Boy Named Sue。

*Theme: Wardrobe essentials*

主题: 衣柜必需品

Identifying your key wardrobe essentials ensures that your wardrobe is able to blend into a wide arrange of outfits. Covering stylish basics avoids purchasing piles of un-needed and un-matchable items, helping to keep your wardrobe (and landfills) well managed. The main things I kept in mind while rummaging through the shocking piles of quality throwaway clothes was 'quality and feel'.

找出你的衣柜必需品，确保你衣柜的物品可以与大部分服饰配合。保留时尚的基本单品，避免自己过度购买不需及难以配搭的衣物，助你保持衣柜(和堆填区)整洁，方便打理。当我在一大堆高质素的纺织废料中寻找宝物时，我想的就只有「质素和感觉」。

# *How to build a lovable wardrobe - that you won't want to dispose off* 如何建立一个适合自己的衣橱- 让你不会轻易丢弃任何衣物

## *1. Quality over quantity* 重质不重量

It's not rocket science. One very good quality leather jacket or a merino wool v-neck will last you many seasons, whereas fast fashion will be ready for disposal in a few months, at best.

这是很简单的事情。一件高质素的皮衣或羊毛V领毛衣可让你穿多个季节，但快速时装最多也只能穿几个月。

## *2. Find your essentials* 找出你的必需品

Different things work for different body types so there are no golden rules. But here are mine best picks: Shorts, black/grey skinny jeans, navy or grey blazers, statement jacket, chunky v-neck in grey and navy, fisherman knits, leather biker jackets, a good coat, two three silk shirts long enough to be worn un-tucked, but with a possibility of being tucked in. For some, the list is (unfortunately!) endless. But do choose five to six items from the list above and build your wardrobe around the key pieces.

不同衣物与不同身形相互配合，因此并没有黄金法则。但以下是我的心头好：

短裤、黑色/灰色贴身裤、宝蓝色或灰色夹克、具个人风格的外套、宝蓝色或灰色的厚身V领、渔夫针织衫、皮夹克、有质素的大衣及2-3件丝质衬衫，应有足够的长度，在单穿时不用套进裤子 对一些人而言，这个清单可以是无尽的。但最好挑选5-6件单品，围绕着这些主要衣物建立自己的衣柜。

## *3. Avoid being too bling* 避免过分「耀眼」

When buying new pieces (or getting them from secondhand stores) think whether this piece goes with things in your wardrobe. Avoid things that are too trendy, too loud or have too much sparkle. Golden rule, if the piece doesn't go with anything that you currently own - avoid it.

当你购买新衣(或在二手店挑选)时，想想那件衣物会否与你衣柜的服饰相衬。避免选择太时髦、太夸张或太闪的衣物。黄金法则：如果那件衣物不能和你拥有的任何一件服饰搭配，不要买。



*Photo Luke Casey*



Photo Luke Casey

#### 4. *Chose a colour scheme* 选择一种颜色

Select a colour scheme that suits you, with one for winter and one for summer. It's always easier to work with three to four colours. Remember, 'Simplicity makes your life easy'. If the colours in your wardrobe go together, I promise you will have less of those 'I have nothing to wear' moments. Here are my favourite combos:

选择适合自己的颜色，一种适合冬季，另一种适合夏季。配搭3-4种颜色通常比较简单，紧记：「简单事情会令你生活更容易」。如果你衣柜服饰的颜色可互相配搭，你将不会再有「我没有衣物可穿」的念头。以下是我最喜爱的颜色配搭：

Grey/navy/cream/copper 灰/宝蓝/忌廉/古铜

Grey/Navy/red/white/ 灰/宝蓝/红/白

Red/white/cream/black 红/白/忌廉/黑

Khaki/black/navy/grey 卡其/黑/宝蓝/灰

#### 5. *Learn your proportions* 了解自己的

We all have different body shapes and not knowing what suits you best will lead to clothes being dumped into landfill. Here are my main tips:

Shorts suit almost every shape

Wedges (for the lazy) or heels (for the hardworking ones) always make you look more elegant

A silk off white or navy shirt saves any situation

Skinny jeans and flats are a lethal combination that only suits people with skinny legs

If you have a narrow waist and large hips, use a belt to accentuate the waist

每个人都有独特的身形，不了解最适合自己的服饰会导致更多衣物被丢至堆填区。以下是我的个人小秘诀：

短裤适合差不多所有身形

楔形鞋(为懒人而设)或高跟鞋(为勤奋的人而设)会令你看起来更加优雅

一件白色或宝蓝色丝质衬衫适当任何场合

贴身裤与平底鞋是致命组合，只适合拥有幼细双腿的人士

如果你拥有幼细的腰及较大的臀部，善用腰带强调腰部