

The Menopause Stylist

A/W26 CAPSULE WARDROBE CHECKLIST

CLOTHING	✓
2 Pairs of warm trousers	
1 Pair of jeans for boots with heels	
2 Pairs of jeans for flats	
1 Jacket to dress up or down	
2 Jumpers for layering	
1 Long sleeve shirt	
1 Warm winter skirt	
1 Smart Wool/faux fur Coat	
1 Lined Mac or Trench coat	
2 Camisoles, 1 light, 1 dark for layering	
2 Long sleeve T's	
2 Short sleeve T's	
2 Day dresses	
2 Party dresses	
1 Cardigan	
1 Casual coat ie puffer	

ACCESSORIES	✓
1 Everyday bag	
1 Evening bag/clutch	
1 Winter Scarf	
2 Pairs of gloves, 1 wool, 1 leather	
2 Belts, 1 smart, 1 casual	
Two winter hats, ie bobble hat/beret/flat cap	

FOOTWEAR	✓
1 pair flat closed toe shoes	
2 pairs of flat boots, 1 everyday, 1 for muddy walks/bad weather	
1 pair of heeled boots	
1 pair of trainers	
1 pair of party shoes	

MISCELLANEOUS	✓
3 bras, 2 everyday, 1 variable straps	
Socks	
Tights, opaque or textured	

The Menopause Stylist

S/S26 CAPSULE WARDROBE CHECKLIST

CLOTHING	✓
2 Pairs of lightweight trousers	
1 Pair of jeans for heels	
2 Pairs of jeans for flats	
1 Lightweight jacket ie denim or blazer	
2 light weight knits long or short sleeves	
3 Summer tops	
1 Lightweight skirt	
2 Pair of shorts/cropped trousers, 1 casual day, 1 smart	
1 Lined Mac or Trench coat	
2 Camisoles, 1 light, 1 dark for layering	
2 vest tops	
2 Short sleeve T's	
2 Day dresses	
2 Smart dresses	
1 Cardigan	
2 Sets of swimwear	

ACCESSORIES	✓
1 Everyday Summer bag	
1 Evening bag/clutch	
1 Beach bag/picnic bag	
2 Belts, 1 smart, 1 casual	
1 Summer hat ie cap/straw sunhat	
Sunglasses	

FOOTWEAR	✓
1 pair flip flops/sandals	
1 Pair of smart summer flats	
1 Pair of smart summer heels	
1 pair of lightweight trainers	
1 pair of wedges	

MISCELLANEOUS	✓
Nude, seamless knickers	
Beach coverup	
Stick on bra cups/nipple covers	