Personal Clothing



What is Clothing?

Clothing is what we wear to cover our nakedness. It is a collective name for trousers, shirts, gowns, coats, etc. Different terminologies used in relation to clothing are: textile, fabric, cloth, garment, outfit, and clothes:

- **Textile** refers to all kinds fabrics made from natural or synthetic fibres.
- **Fabric** is a kind of textile.
- **Cloth** is a cut piece of textile fabric material intended for sewing or other use.
- **Garment** is a piece of clothing (sewn cloth). E.g. shorts, shirt, gown, etc.
- **Outfit** is a collection of garments worn together at once.
- **Clothes** refer to all or part of ones clothing.

Why Clothe Yourself?

We clothe ourselves for the following reasons:

- **Modesty.** The most basic reason why we wear clothes is to cover our nakedness. For example: underwear, casual wears, etc.
- **Protection.** The next important reason why we wear clothes is to protect ourselves from different environmental conditions like weather, etc.. For example: jackets protects from cold, raincoats shield from rain, umbrella shields from sun and rain, shoes from sharp objects, etc.
- **Beauty.** We also wear clothes to be appear attractive. E.g. wig, etc.
- **Role Identification.** Another reason we wear certain clothes is to identify with the roles of such clothes. For example: uniforms for pilots, sport jersey for athletes, etc.
  Safety. We do wear certain clothing for the purpose of safety. For example: reflector jackets, safety shoes, etc.
- **Personality.** We wear clothes to show our personality. For example: a king wears a crown, etc.
- **Culture.** We wear clothes to show our cultural heritage. For example: the Kaftan is a common Hausa clothing.
- **Event.** We wear certain clothes for certain events. For example: wedding gowns for weddings, gowns for banquet and dinners, black attire for funerals, etc.
- **Mood.** Especially, during mourning times, certain clothes are worn to show grieving and mourning. For example: black dress for mourning.
- **Fashion.** We also wear clothes just for the purpose of fashion. For example: pop fashion.

Buying or Making Clothes

When it comes to buying or making pieces of clothing, you may consider your finance, what fabric of clothing, the utility or use of the clothing, if you should buy or sew and then the time you have to use the clothing.

Finance. Money is important when it comes to buying or making clothes. Even if you are a tailor, you may need finance to get your

fabric. Even if you make fabrics too, you may need finance for machines and labour.

Fabric. In a typical barter economy, fabric is the most important factor than money. The fabric tells the short and long term behaviour of the clothing.

Utility. Next, you may have to consider the use of the clothing. Is it an underwear or a safety wear.

Style/Fashion. You may want to consider a particular style of clothing, based on your figure, complexion, personality, etc.

Sew or Buy. You may also check if you should buy or just sew. Buying or sewing is very subjective as it is dependent on the customization or the sewing skill/expertise of the user.

Time of Use. The time you are to use the clothing matters as it could affect your options. The shorter the time to use the clothing, the more you may need just buy rather than sew.

Choosing What to Wear

When it comes to choosing something to wear from the clothes you have, you may consider for what event or occasion you want to wear a clothing for, the weather at the time, washability of the clothing, and your role/brand.

Event or Occasion. You want to sleep or you want to go for a workout? The clothing you would have to wear would definitely differ. You pick a clothing based on where and why.

Weather. Wearing a thick jacket on a sunny day may not be appropriate. You may want to pick something more comfortable. A thick jacket is perfect for a cold or humid weather.

Washability. Some clothes are easier to wash than some others. You may have to consider the washability of the clothing against the type of event.

Role/Brand. Your personality, brand, and role with respect to the event has to considered. Denim jeans and T-shirt has continued to be a branding for engineers. You can't be a barrister in a court proceeding and then decide to dress like an engineer.

Clothing Accessories

Clothing Accessories are things you wear or carry that do not necessarily cover your nakedness but adds to the definition of your outfit. Essentially, clothing accessories adds more beauty and utility to our outfit.

Examples:
Wig. Women wear wigs as accessories for their outfit.
Helmets. Engineers wear helmets as part of their safety outfit. But in the purview of fashion, helmets are accessories.
Shoes. Shoes are considered as accessories as they can't cover one's nakedness. Footwear/shoes are considered the most important clothing accessory since they also function a super protective function. In fact, they are the first accessory, a baby wears.
Umbrella. Umbrellas are not worn. They are carried by hand. But they are considered as clothing accessories as they could add some definition to one's outfit.
Other examples. Handbag, backbags, wrist watches, knots and ties, caps, hats, jewellery, etc.

The choice of a clothing accessory depends on its utility and beauty.

Care and Storage of Clothing

The care for one's collection of clothing is super important. If well cared for: they last longer, they improve one's personality and health.

Caring for and storing clothes well may preclude the following:

- When you wear your clothes, you have to be careful the way you carry yourself so to avoid any kind of brawl that can lead to a tear.

- Mend your clothes if they are torn not so badly. If loosen, you can just resew.
- Air clothes after wearing them, if you are able to do so in your country and if the air in your environment is not dusty and polluted.
- Know your clothes well according to their fabric kind, colour, and design. So you know how to wash them.
- Wash your clothes when they are dirty. Avoid keeping your dirty clothes for a long time before washing them as certain stains are recipe for bateria growth which could develop into a different kind of stain.
- If you use a washing machine, ensure you follow the guidelines for the kind of fabric the clothing you are to wash with it is made of.
- Dry your clothes well, either under the sun if the weather permits, else you would have to use a suitable dryer.
- Having a well ventilated cloth storage is very important. If possible, let your closet have louvered or perforated doors to allow for proper ventilation. Ensure your closet is always clean.
- Always steam and/or press your clothes before storing them. For casual wears steaming would be fine. If you don't have a steamer, you can just fold and store. A steamer helps to remove wrinkles and somewhat sterilize the clothing. Also, it is choicest for clothes with 'Do Not Iron' sign.
- If you are using chest drawers as your closet, fold your clothes well before storing them.
- For clothing accessories, store them group by group, in different compartments from your clothes. For example: you could keep your jewelries in a suitable drawer, your shoes in a suitable rack, ettc.
- If you are unable to have a closet or drawer, you could use clean cartons or bags to hold your clothing.