



THE CAPSULE
WARDROBE
PLAN
Pear

HR

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EXPERT STYLE ADVICE

Important information to get the most of out of this guide

I strongly recommend that you save using The Capsule Wardrobe Plan until you have finished working through all the modules. You will have a much clearer idea of the colours and styles you need once you have finished.

Then, print out this plan and use it to work through your wardrobe. Tick off those pieces you already own, cross out anything you realise you won't need (because it's not right for your clothing style or lifestyle) and asterisk anything you'd like to find.

This becomes your shopping list. You don't need to rush out and buy all the missing items straight away but over time, as you slowly add to your wardrobe it will become more and more hardworking and fun to dress yourself from.

Also please note, you do not need EVERYTHING in this guide. For example, if you always prefer to wear darker colours you can cross out all of the lighter coloured recommendations and vice versa.

If your lifestyle means that you only need casual clothes then you can cross out all of the smarter options.

The length, colour, fabric and texture of each of the suggested items that will work best for you will depend on your colouring and your clothing style but these are all good options for your figure type.

FOOTWEAR

The right footwear makes an outfit, the wrong footwear breaks it – you get the idea?

As a general rule, to make your legs appear longer or to make you appear taller always try to keep your footwear matching (tonally) with whatever is on your legs. This is particularly important for your figure type.

So, if you are wearing a dark pair of trousers or a maxi skirt, keep your footwear dark. If you are wearing light coloured trousers, or bare legs, keep your footwear light in colour.

If your figure is VERY curvy (much smaller waist than your hips) choose round toed shoes and if your waist is straighter, you will suit a square (or chisel) toed shoe best.

Pointed toes should work well too.

*Remember, tick if you own the item and * (asterisk) if they need updating or are missing from your wardrobe.*

Item	✓ or *
Dark coloured boots, smart, heels <i>choose a dark neutral colour that works with your colour palette. Black isn't always best!</i>	
Light coloured boots, smart, heels	
Dark coloured boots, casual, flat	
Light coloured boots, casual, flat	
Dark coloured every day shoes	
Light coloured every day shoes	
Metallic heels (go with everything) <i>you need some dramatic in your style to wear these well</i>	
Trainers or plimsolls	
Sandals <i>you may need a darker and a lighter coloured pair as above unless your summer wardrobe is all light-toned</i>	
Flip flops	
Wellies	

TROUSERS

Use the information in the figure type section of your style blueprint to select the best shapes for your figure.

Item	✓ or *
Jeans <i>one smart pair and one casual pair</i>	
Dark coloured smart trousers	
Light coloured smart trousers	
Silky evening trousers	
Shorts <i>remember to avoid the hemline of your shorts finishing on a wider part of your leg. Shorts are tricky for pear shaped figures. You may be happier in a skirt.</i>	

SKIRTS

Not everyone needs to own a skirt so you can skip this section if you aren't a skirt kind of person.

Use the information in the figure type section of your style blueprint to select the best shapes for your figure.

Item	✓ or *
A-line or softly flared skirt in a darker tone	
A-line or softly flared skirt in a lighter tone	
Maxi Skirt	
Denim skirt	
Leather skirt <i>only if you have a fair amount of dramatic in your clothing style</i>	

DRESSES

Remember to watch your hemline! Avoid the hemline of your dress sitting on the widest part of your thigh or calf unless you have **very** slim legs.

Item	✓ or *
Shirt dress worn with a belt around your waist	
Wrap dress	
Little black dress	
Blank canvas dress*	
Maxi dress	
Sundress	

*A blank canvass dress is neutral in colour and simple in design which makes it perfect for dressing up or down using footwear, accessories and jackets or cardigans to create different looks.

TOPS

Since you have a waist and curvy hips you are likely to suit tops that sit just above your hip bone.

If your waist is much smaller than your hips, you are likely to suit round/curved necklines more than V or square necks.

If your waist is only slightly smaller than your hips you are likely to suit V or square necks best.

Experiment to see which work best for you.

Item	✓ or *
Camisoles in a range of colours for layering	
Plain t-shirts in good colours	
Long sleeved t-shirts in a range of colours for layering	
Dark coloured shirt or blouse	
Light coloured shirt or blouse	
Patterned shirt or blouse <i>(unless you are very classic)</i> <i>Remember to check your scale to guide you on the size of print that works best for you</i>	
Silky shirt	
Round or V neck jumpers	
Cardigan in a dark colour	
Cardigan in a light colour	
Sleeveless tops for layering	

COATS AND JACKETS

Double breasted styles work well for your figure type as they broaden your top half which evens out your figure.

Item	✓ or *
Dark coloured jacket or blazer	
Light coloured jacket or blazer	
Warm winter coat	
Waterproof coat	
Mac or trench coat	
Light, summer jacket	
Leather or suede jacket	

ACCESSORIES

Don't forget to take into account your scale when choosing jewellery and accessories!

Item	✓ or *
Silver or gold mid-length necklace	
Silver or gold long-line necklace	
Coloured necklace	
Faux fur scarf (only for dramatic style)	
3 x scarves in good colours/prints	
Cocktail ring	
2 x Bracelet or cuff	
Light coloured handbag	
Dark coloured handbag	
Metallic or neutral clutch bag	
Belts (Your scale will determine the thickness of belt that will work best)	