

WHAT'S IN  
MYCLOT'S?  
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# THE COLLECTIVE CITIZEN: AUTHORSHIP OF ONE HEALTH

## HELLO ~~CONSUMER~~ CITIZEN

Fashion is not a superficial or a purely aesthetic field, but a web of social, political, ecological, economical, and material entanglements; all interwoven into daily life. Toxicity in fashion is not an issue that can be isolated, toxins don't care about borders - they're to be found everywhere and in everyone. Toxic chemicals in textiles are not neutral ingredients; they can become co-designers of public health, the planet, and life within planetary boundaries.

Potentially toxic garments are an invisible enemy orchestrated by invisible chemicals.

What you wear matters.  
What touches your body matters.  
How you care for garments matters.  
The knowledge you have about this issue matters.

Your health relies on safe clothing. The exposure and health of one citizen and the environment represent that of the collective and vice-versa.

The future of fashion is safe by design.

## DETOX YOUR CLOSET

Ask yourself:

- Do I experience any bodily sensations when wearing this garment?
- Does it itch when I'm wearing it?
- Does my skin flare up red when or after wearing it?
- Is sweat being absorbed or does it create a synthetic smell when wearing it?

This is what you can do:

- Bedding and Sheets: switch to natural materials, light colours.
- Underwear: substitute synthetic underwear with natural fibers, chose light colors.
- Period Underwear: toss immediately.
- Bras: refrain from moulded, filled, glued cups and switch to natural fibres.
- Fake Leather: don't wear directly on the skin, use as little as possible, when it starts shedding - discard it.
- Leather: choose certified leather.
- Socks and stockings: switch to natural fibers, light colours.
- Outdoor Gear: wear it for your outdoor trip, not daily.
- Functional Garments: Minimise your exposure, especially for kids. When it starts shedding, discard it.
- If possible, opt for less functional fabrics for daily use.
- Sportswear: switch to organic, natural fibers, low percentage of synthetic fibers.
- Synthetic garments: minimise the exposure, try not wearing it directly on your skin, try to no longer buy those materials.
- Denim: only wear certified denim.
- When something has a strong smell: don't wear it.

## WHAT ELSE CAN YOU DO?

Let's grow this movement:

- If you think something might be potentially toxic, tag us @feit.earth
- Send the clothes back to the brand and demand chemical transparency.
- Contact politicians and demand safer chemical regulation.

**FEIT**

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join us on @feit.earth  
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