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This week at Ireland’s Classic Hits Radio we’ve been looking at the growth of the second hand pre-loved clothes market.

**Here are some reasons why you should buy secondhand clothing:**

* **Buying secondhand clothing saves money**
* **You extend a garment’s life-cycle**
* **Buying used promotes sustainable fashion**
* **Secondhand clothing is unique**
* **Buying used clothing saves resources**
* **Reduces fast fashion demand**
* **Another man’s trash…**
* **It’s easier to shop secondhand**
* **Secondhand fashion lasts longer**

**5 Tips For Clothes Recycling And Disposal**

**1. Shopping Smart**

Before you purchase a new piece of clothing, shoes etc, always think do I need it and will I wear it.

**2. Pass/Swap/Hand Them Down**

Before you decide to dispose of or recycle the clothes that you will longer use or wear, consider passing them on to a friend or a family member if they might be interested in them. There are also several online platforms that allow you to swap or re-sell your clothing.

**3. Donate To Charity**

You can also donate clothes & textiles in good condition to local charity shops.

**4. Transform & Upcycle – An Alternative Way of Clothes Recycling**

You can transform clothes that have holes/are damaged or stained, into new items such as face masks, tablecloths, cleaning cloths, blankets, padding for chairs, bags, t-shirts and so much more!

**5. Civic Amenity Sites**

If you feel you cannot do any of the above, you can always bring them to your local civic amenity site or clothing banks near you.

**For more information:**

[www.livinglightlyinireland.com](http://www.livinglightlyinireland.com)

[www.35vintage.com](http://www.35vintage.com)

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