
INI OMOSE
The
WARDROBE &
FABRIC
Cheat Sheet
HANDBOOK
What to wear, and when,
so your clothes work with you
☑ Breathable
☑ Comfortable
☑ Confident
☑ You
The Wardrobe & Fabric Cheat Sheet Handbook
INI OMOSE

Save this to your phone or print it and stick it inside your wardrobe door. Check it each morning before you choose your outfit. It takes thirty seconds.

1. Fabric Quick Guide

Fabric	Breathes?	Best for	Watch out for
Cotton	Good	Commutes, office days, everyday wear, sleepwear	Can hold damp once it is soaked, so dry it fully
Linen	Good	Very hot days and humid weather	Creases easily, and shows sweat marks in some colours
Viscose / Rayon	Medium	Light blouses and dresses for short outings	Can cling when damp, so check how it feels after an hour
Denim	Medium	Cooler days and casual outings	Heavy and slow to dry in heat. Wash it regularly.
Wool / thick knits	Medium	Cold weather, as a removable outer layer	Overheating indoors. Keep it off your skin if you run hot.
Polyester	Low	Short, air-conditioned occasions	Traps heat and moisture, and can hold odour after washing
Nylon	Low	Rain jackets and outer layers only	Not for next-to-skin wear in the heat
Synthetic satin	Low	Dinner or an event in cool, air-conditioned spaces	Clings, traps heat, and shows sweat marks clearly

Blends vary, so check the label. A cotton-rich mix usually breathes better than a polyester-rich one.

2. What to Wear, and When

Situation	Wear	Avoid	Pack in your bag
Packed danfo or bus	Loose cotton or linen top, light colours, room for air	Tight satin, thick bodycon, heavy fabrics	Spare top, tissues, mini antiperspirant
Office day (air-con)	Cotton or a cotton blend, plus a light cardigan you can take off	Clinging synthetics under a blazer you can't remove	Spare top, wipes
Date night	A breathable outfit you feel good in, and change into it close to the time	Wearing your good outfit through a hot commute	Fresh top, light mist (on clean skin only), mints
Interview	Breathable, well-fitting top with a jacket, nothing tight under the arms	Brand-new clothes you haven't tested for an hour	Tissues, antiperspirant, spare top
Cooking day	Old cotton top or apron, hair covered	Wearing tomorrow's outfit in the kitchen	Not needed. Change and bathe after.
Long event or church	Breathable fabric with room to sit comfortably	Tight, layered, or non-breathable outfits	Tissues, mini deodorant, headtie
Cold climate, heated indoors	Cotton base layer, plus layers you can remove	Thick synthetic knits next to your skin	A light top to swap into, wipes

3. Colour and Cut Tips

- **Loose beats tight.** Air needs room to move around your underarms and body.
- **Light colours stay cooler** on very hot days. Dark colours hold heat.
- **Patterns and mid-tones hide sweat marks** better than pale grey, or very light or very dark solids.
- **Check the underarm seams.** A fabric that feels fine on the hanger can feel hot once you are moving in it.
- **Test new outfits at home first,** for an hour or two, before an important day.

4. Quick Dos and Don’ts

Do	Don’t
Hang worn clothes to air out, or wash them soon	Leave damp clothes bundled in a closed bag
Dry everything fully, ideally in fresh air or sunlight	Put clothes away while still slightly damp
Give clothes room in the wash and rinse them properly	Overload the machine or bucket
Keep a spare breathable top in your bag	Rely on perfume to cover a worn top
Retire stubborn items from your important days	Keep wearing an item that always seems to hold odour

5. The Three-Pile Wardrobe Check

Do this once. Sort your tops into three piles:

- **Pile 1: Happy to wear.** Breathable, comfortable, and fresh after a full day. These are for commutes and important days.
- **Pile 2: Short outings only.** Fine for an air-conditioned dinner or a quick trip, but not for a long, hot day.
- **Pile 3: Retire from important days.** Tight, non-breathable, or still smelling after proper washing.

Always check the care label before soaking, washing hot, or drying in the sun.

6. Your Five-Minute Morning Check

Before you leave the house	Done?
Is my outfit fully dry, and freshly washed or aired out?	☐
Is it breathable enough for today’s weather and journey?	☐
Is it loose enough for air to move?	☐
Do I have a spare top in my bag if I’m out all day?	☐
Is my hair covered or fresh, and my skin dry and calm?	☐

If something stays persistent, such as a strong odour that does not go away, heavy sweating that worries you, or sore or irritated skin, please speak to a pharmacist or doctor. This sheet offers general guidance only. It is not medical advice, and results vary from person to person.