Who is Sybille?

- Over 8 years apparel industry experience: Colour, Textiles, Sustainability
- Fiber Artist: Sew, Knit, Weave, Bobbin Lace, Dye fabrics
What is Fiber?

- Fibers have two sources: from nature or man-made
- Natural fibers: Cotton, Hemp, Linen, Wool and Silk
More Fibers

• Synthetic fibers (man-made) come from a chemical vat process that produces long filaments that can be spun
• Polyesters, Nylons, Spandex, Elastane, Lycra, and so many more
Man made or Natural? The Grey Area

- Semi-synthetic family, aka Rayon Fibres
- Naturally derived from trees or tough plants and are chemically processed to become a spinnable fiber
- Rayon, Modals, Lyocell, Rayon from Bamboo, Tencel, and Viscose Rayon
Recycled Polyester

- Recycled Polyester from single use plastic bottles
- Plastic bottles are mulched into chips, melted into pellets, pellets are pulled and spun into fiber
- Requires same amount of energy as using virgin polyester
- Strength is lost with the repeated chemical treatment
Which are the best for our environment?

• Nearly all fabrics we encounter have been chemically processed in one way or another
• Chemical finishes: softer hand, anti-pilling properties or other finishes
• Dye process is chemical based
Making Fabric

• Fibers are twisted together when they are spun into a thin thread
• Thread weights: amount of threads are spun together
• Tightness of the spun thread, length of the fiber will determine its strength
Choosing the best Fabrics

- Durability: how many twists, fiber staple length, fiber used
- Care for the garment will also determine the length of the product life
- Proper care: high heat, aggressive agitation and abrasion will degrade fabrics
When Shopping

• Shop mindfully: support brands who care
• Do you really need this item?
• Where are you buying from?
• Does this company care about quality?
• What is their return and warranty policy like?
• Can you buy it at a consignment or second-hand shop?
• What is the end of life like for this product and fiber content?
• Is this natural fiber truly compostable or biodegradable?
Brand Support

• What certification does the fabric have?
• What is the warranty policy?
• What is important to the brand?
• Do they have a take back program?
• Do they support any local charities or non-profits?
• Where was it made?
• Do your own research into new companies and look at the care and content labels.
End of life

• Don’t know what to do with a garment once you no longer have need for it?
• Donate: many charities gain money for donations
• Create or join a clothing swap
• Sell to consignment stores
• Join a fix it and alter
• Avoid the landfills
Take Away

- Pick your battles
- Be mindful when and where shopping
- Buy less but better quality
- Get educated, ask questions and do your research
- Support ethical brands and slow fashion brands
- Donate, clothing swap, fix and alter