

# Aratohu hokohoko nguturu

## Second hand shopping guide

Shop differently and value what you have,  
keeping the environment in mind.



MAKE LANDFILL YOUR LAST CHOICE

### Tips for donating

- Think about the condition of the item you're donating. Would you be happy to give the item to a friend? If not, don't donate it.
- Check with your local op shop to find out what they need.
- Drop off items during opening hours. Don't leave things outside. Damp and unsellable items become a cost for op shops.
- Ensure items are clean - not dusty or dirty.
- For bigger items, give the op shop a call and see if they will come and collect them.
- For bedding, label which size it fits.
- For electrical items, games and puzzles, make sure there aren't any pieces missing.
- Clothing should be in reasonable condition – not faded, no holes and no rips.

Some op shops in Hawke's Bay  
have to dispose of more than two  
tonnes per month of unsellable  
donations. That's the same weight  
as two small cars!



### Caring for your things

Remember: Loved things last! Treat your items with kindness so they last as long as possible.

- Clothes: Wash clothes less. Unless something is visibly dirty or smelly, take the challenge to wear things at least three times before they hit the laundry. Put delicate items in a wash bag.
- Deal with spills and stains as soon as possible. Check online to find the best solution for the type of stain.
- Broken zip? A shoe repair shop might be able to fix it.
- Shoes can often be re-soled. Polish leather items regularly to make them last longer.
- Notice something starting to break? Fix it early to avoid further damage.
- Store things in a suitable place. For example: bikes in a dry, sheltered spot, and bedding in a dry cupboard, not a damp garage.
- Maintain things. For example: dishwasher and washing machine cleaning cycle, remove lint from clothes dryers after each load.

### Clothing too worn?

You can use them as rags or give your old clothing new life through Icebreaker. Drop off pre-loved clothing to an Icebreaker Touch Lab store. They accept all washed used clothing of any brand or condition, excluding socks and underwear. Visit the Icebreaker website for more information.

## The problem

The world is full of cheaply made and poor-quality items. These things create excess waste and are filling our landfills unnecessarily. It's not just clothes anymore either, short-term trends are everywhere. There are so many household items, pieces of furniture, décor items and shoes that only last a short time before needing to be binned.

Every item we purchase uses natural resources and creates emissions and pollution.

We can't keep living with this disposable mindset. Let's change the narrative.

If you don't already know about the wonderful world of second hand shopping, you are really missing out. We reckon pretty much everything you need can be found second hand, rented or borrowed. This saves you money and helps the environment.

**Globally, there are enough clothes already in existence to dress the next six generations.**



## Why shop second hand?

More and more people are shopping pre-loved. There are so many reasons to do it!



Discover one-of-a-kind finds and items from days gone by.



Take pleasure in the thrill of the hunt and finding a bargain.



Save money and reduce your impact on the planet.



Find long-lasting, solid wood furniture or unique pieces for your renovation.

## What else can you do?

### Think before you buy

Ask yourself if you really need something. Do you love it? If you do need to buy something, opt for quality. Higher quality items will often last longer due to superior materials and construction.

### Shop differently

Try online marketplaces, community noticeboards, rent or borrow items, have a clothes swap, or share with friends and family. This gives you what you need and extends the life of an item already out there. Win-win!

“Shop your own wardrobe” by trying new combinations. The most planet-friendly clothes are the ones you already own.

### Repair and repurpose

Could you repair it? Sewing a seam, a tuck, or hemming trousers can make an item suddenly wearable! Perhaps that old curtain could make cool cushion covers. Hastings and Napier have regular repair café events. Find their pages on Facebook.

### Wear natural fibres

Choose clothing made of natural fibres like cotton and wool. Synthetic fabrics like polyester, lycra and microfibre shed small plastic particles in the wash that pollute our waterways.

