

# T-shirt

**Product Category:** Clothing

**Specifications:**

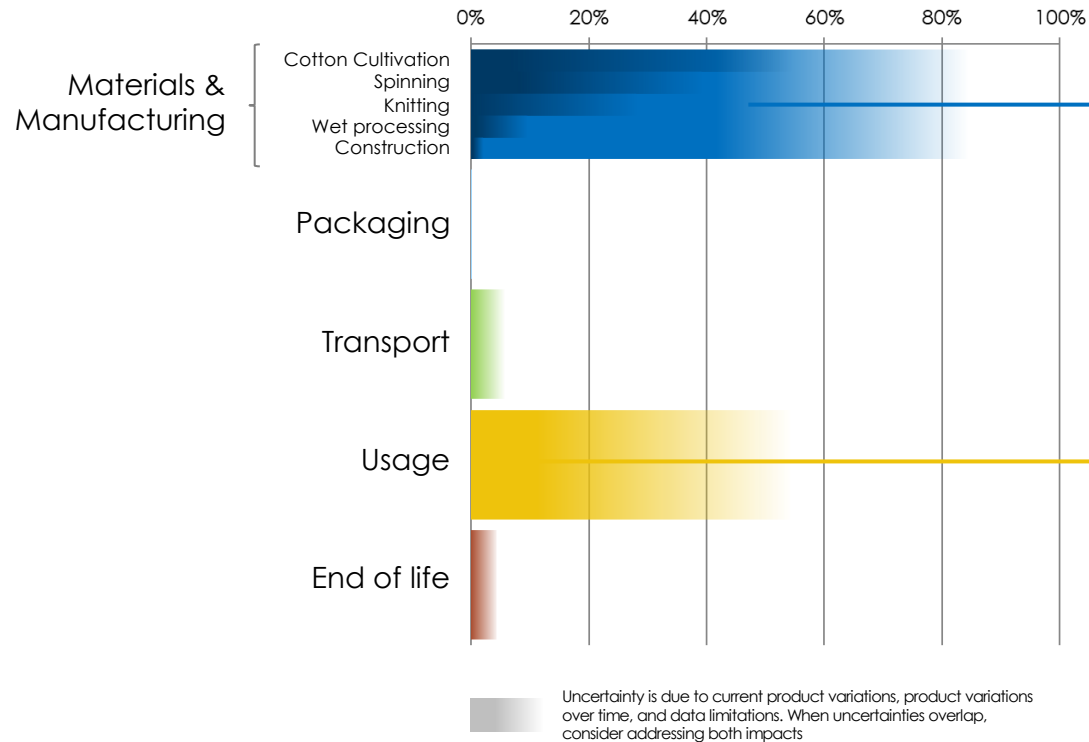
- Weight: 0.44 lbs
- 100% cotton

**Lifetime:** 4 – 5 years; 30 – 100 wears before disposal.

**Usage:** washed in hot water every 1 – 3 wears

**Functional Unit:** Impact per day worn

## Lifetime impact by percent



## Sustainable Design Strategies

**Choose more sustainable materials**

[Learn More](#)

**Design for durability**

[Learn More](#)

**Design for repair, upgrade, and recycling**

[Learn More](#)

**Reduce washing:  
design for stain- and odor-resistance**

[Learn More here](#) or [here](#)

Data from:

- Zhang, Y., Liu, X., Xiao, R., & Yuan, Z. (2015). Life cycle assessment of cotton T-shirts in China. *The International Journal of Life Cycle Assessment*, 20(7), 994-1004. <https://doi.org/10.1007/s11367-015-0889-4>
- Baydar, G., Ciliz, N., & Mammadov, A. (2015). Life cycle assessment of cotton textile products in Turkey. *Resources, Conservation and Recycling*, 104, 213-223. <https://doi.org/10.1016/j.resconrec.2015.08.007>
- Wang, C., Wang, L., Liu, X., Du, C., Ding, D., Jia, J., ... & Wu, G. (2015). Carbon footprint of textile throughout its life cycle: a case study of Chinese cotton shirts. *Journal of Cleaner Production*, 108, 464-475. <https://doi.org/10.1016/j.jclepro.2015.05.127>
- Steinberger, J. K., Friot, D., Jolliet, O., & Erkman, S. (2009). A spatially explicit life cycle inventory of the global textile chain. *The International Journal of Life Cycle Assessment*, 14(5), 443-455. <https://doi.org/10.1007/s11367-009-0078-4>
- Missing data on packaging in some publications supplemented by calculations using the Idemat 2020 and Ecolnvent 3-5 database.