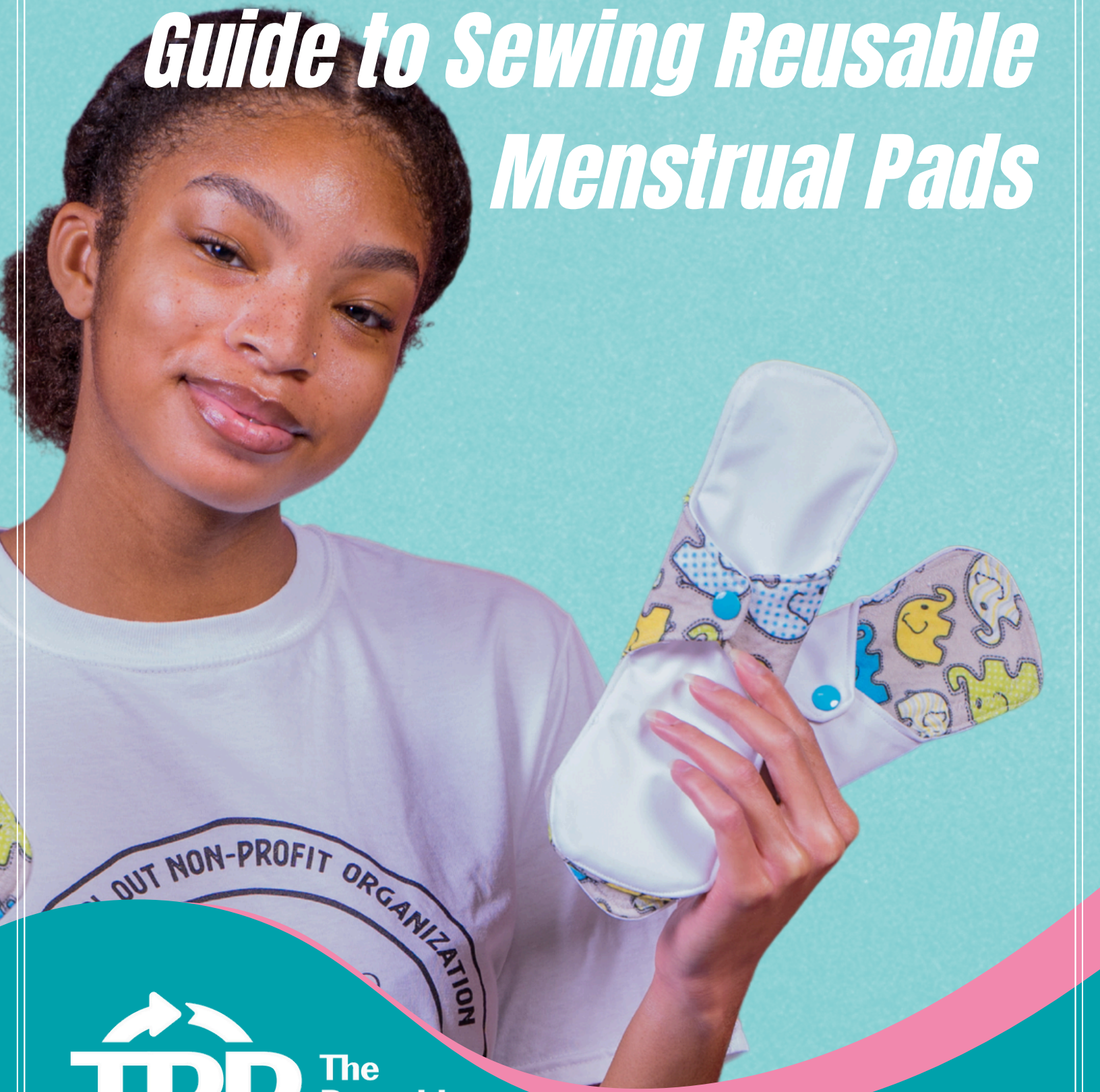
Help A Girl Out's

Guide to Sewing Reusable Menstrual Pads



TRP The Reusable Project

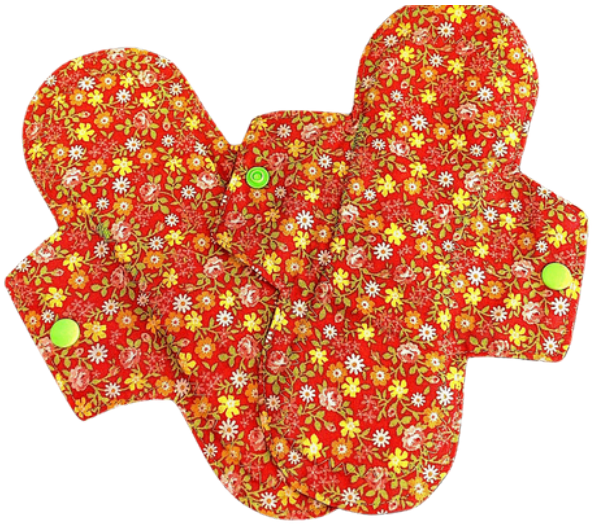
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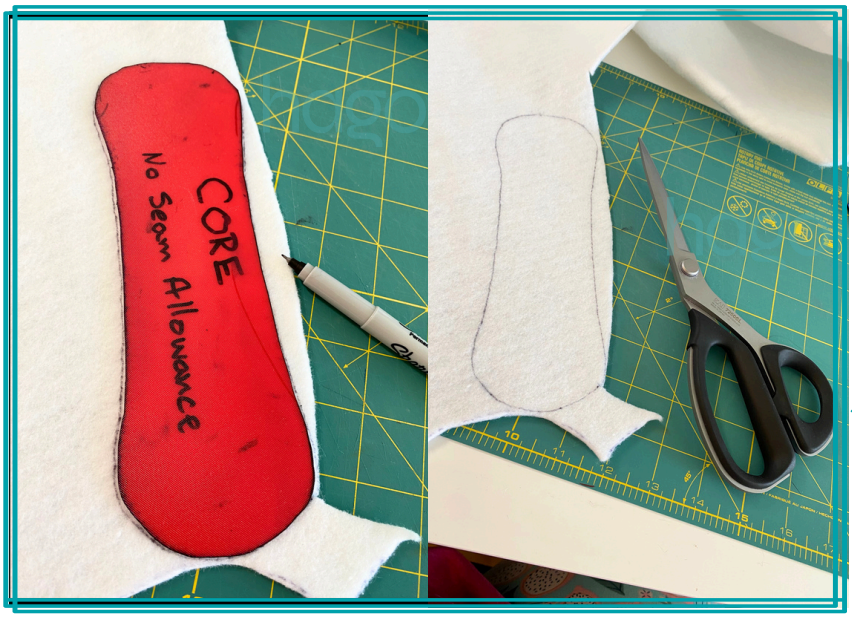
What you will need:

- Waterproof fabric (usually PUL)
- Topper fabric (preferably 100% natural fibres like cotton or bamboo)
- Absorbent layer (Zorb)
- Sewing machine
- Thread
- Pins & Sewing Clips
- Scissors
- Fabric marker
- Chopstick or similar
- Pinking shears (optional)
- Iron (optional)
- Snap pliers and snaps (optional)
- Pattern pieces (inner core and outer layers)





Let's Get Started!



Step 1:

Place your inner core pattern piece on the Zorb and outline on the fabric with your marker.
Cut on the line you made.

Step 2:

Place the outer layer pattern piece on your topper fabric, making sure to be either parallel or perpendicular to the fabric grain.

Outline with marker, and cut on the line





Step 3:

Repeat step 2 with PUL



Step 4:

Centre the inner core piece on top of the topper fabric on the wrong side, and pin in place

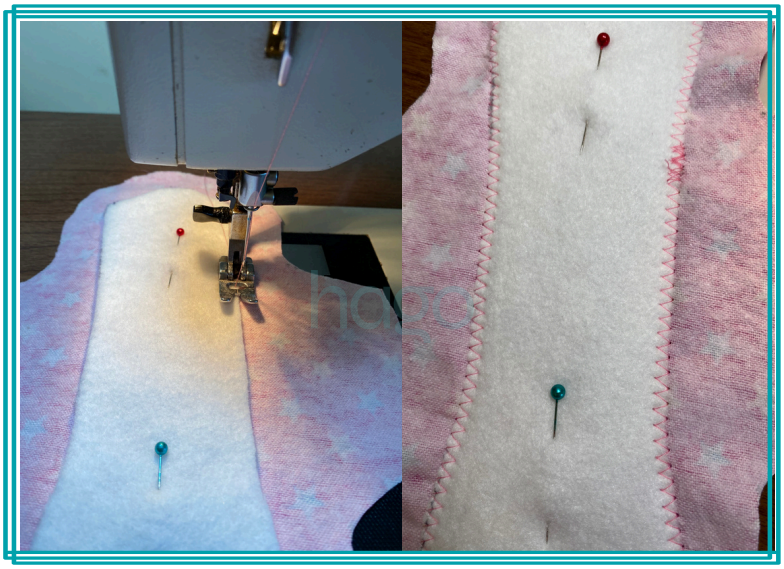


Step 5:

Using the zig-zag stitch on your sewing machine, sew all around the Zorb piece.

Line up the edge of the Zorb with the middle of the presser foot so each stitch goes in and then out of the Zorb.

This will ensure your piece stays flat inside the pad. Remove the pins once finished.

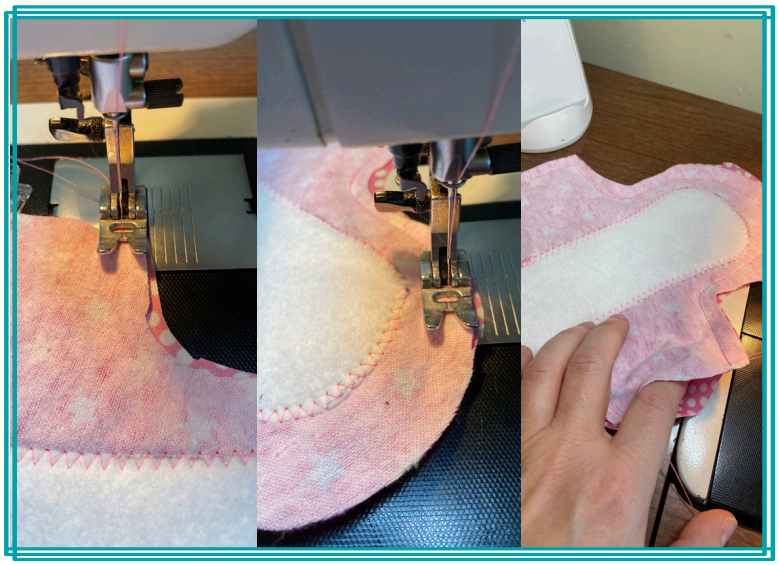




Step 6:

Align topper piece and PUL right side to right side, hold in place using sewing clips

(if you only have pins, you can pin in place as long as you only poke through the seam allowance)



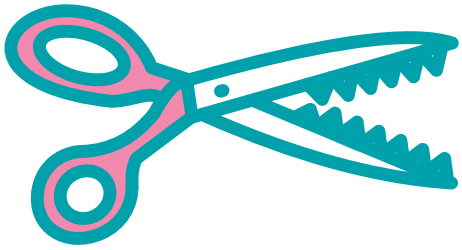
Step 7:

Using the straight stitch on the sewing machine, sew around the assembly but leave the end of one wing open so you can turn it around later.

Start at the corner of the wing you will leave open and backstitch both at the start and the end of your sewing. Using the backstitch will ensure your stitched will not unravel when you turn the pad inside out

Step 8:

Verify on both sides that your seam has caught the fabric all around the pad



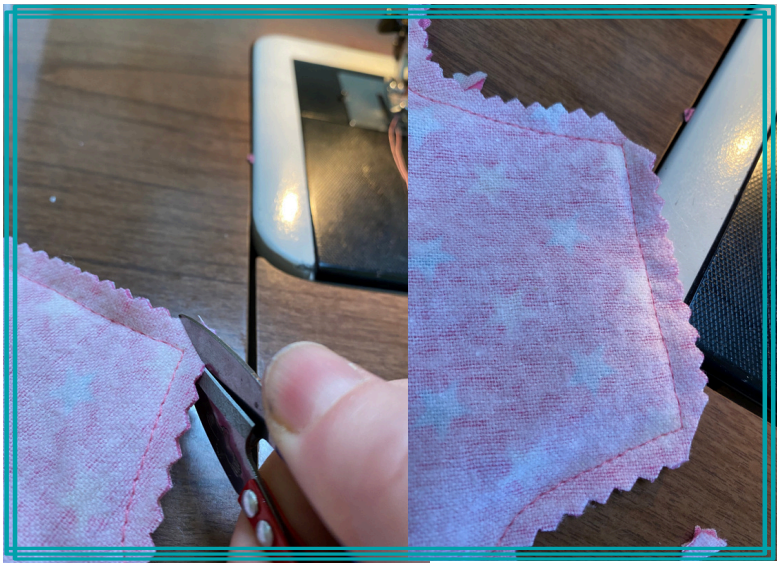




Step 9:

Trim excess fabric. This is best done with pinking shears but regular scissors will do.

Ensure not to cut too close to the sewn seam, and leave enough fabric at the opening so you have enough when you turn inside out

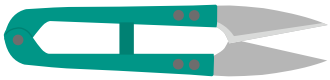


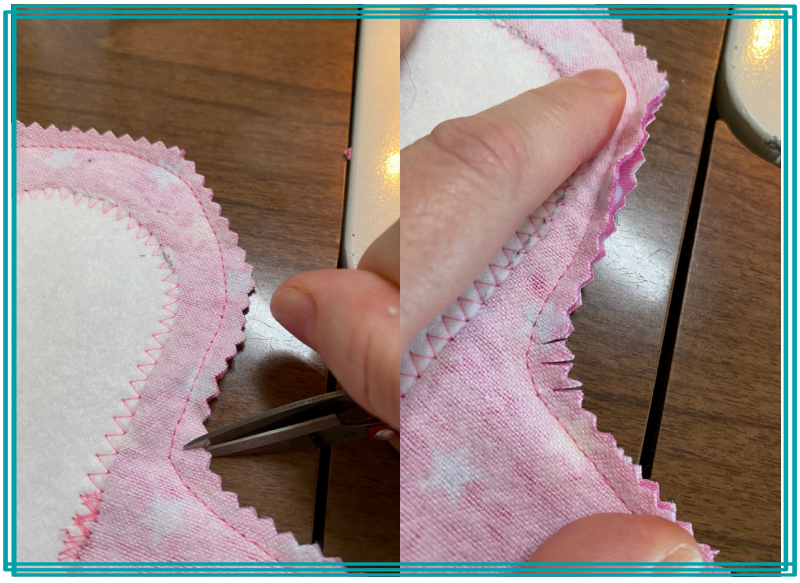
Step 10:

Clip off the outside corners of the closed off wing, making sure not to cut off the stitches

Step 11:

Clip inside corners, again making sure not to cut into the sewn seam







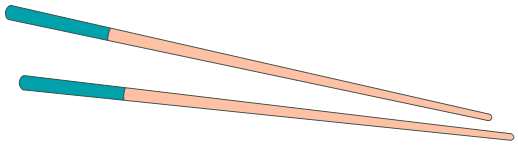
Step 12:

Turn inside out



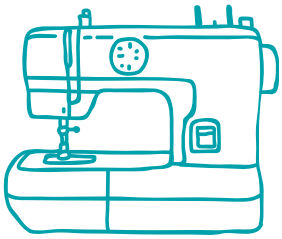
Step 13:

Using your chopstick, push the wing corners out so they are square, and push the rest of the seams out so the fabric is not bunched in



Step 14:

With your fingers, turn the edge of the open wing fabric inside to create a “fake seam”. Hold in place with a sewing clip







Step 15:

(Optional step) Iron your pad flat on the stem setting, paying special attention to the wing opening to give it its final shape before sewing shut.

Always iron on the topper side, never the PUL side!



Step 16

Topstitch the whole pad, closing the wing opening at the same time.

Backstitch at the start and finish. Trim the threads

Step 17

Install the snaps. If you do not have the snap kit at home, HAGO will accept pads without snaps as long as we are notified





