



## **Sustainable Menstrual Pad Instructions & Pattern**

Contained within this file are the following components to ensure that volunteers have all the information they require to make their own pads.

- Pad preparation
  - Sewing a pad
- Pad dimensions

### **Pad Preparation**

In order to sew the pad you will require 2 pieces of material both cut to the same dimensions.

Place the two pieces of fabric on top of each other. The bottom piece of fabric should be pattern facing down and the other piece of fabric placed directly on top with pattern facing up.

Check both layers are the correct dimensions and trim if necessary as these dimensions allow the pad to fold into 3 and fit perfectly within the base wings without bunching.



## Sewing a pad and dimensions

Zig zag stitch right around the edges of both pieces of fabric or over lock if you have this function Fig A

FIG A

