



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

- Base preparation
 - Sewing a base
- Pad base pattern
- Pocket pattern

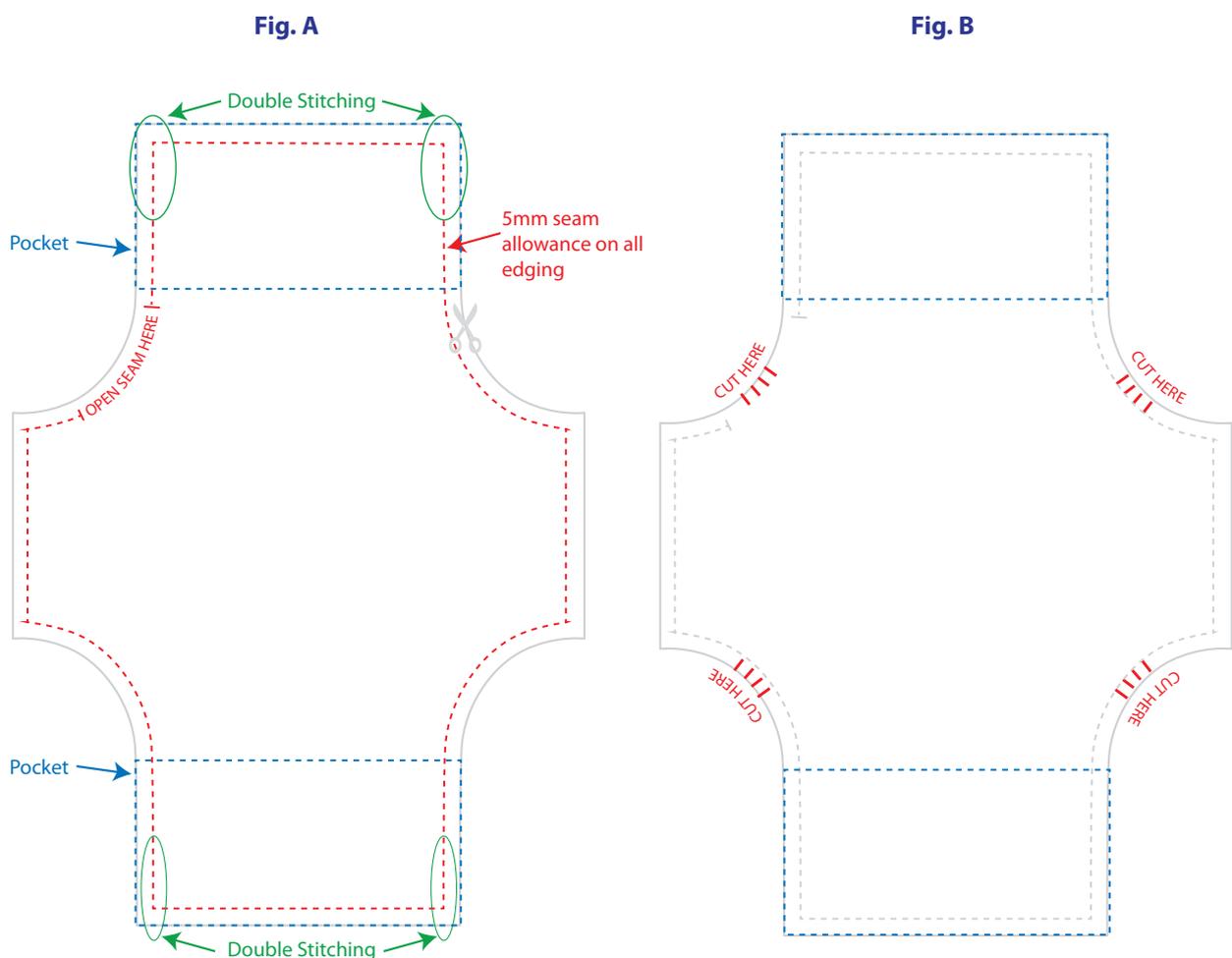
BASE PREPARATION

1. In order to sew the base you will require 3 pieces of material all cut to the same pattern size. 1 piece of PUL and 2 pieces of coloured fabric. You will also need 2 small pieces of pocket fabric.
2. Place the PUL material shiny side up
3. Place the darker of the 2 pieces of cotton fabric right side up on top of PUL
4. Iron the 2 pieces of cotton pocket fabric in half wrong sides together
5. Place cotton pockets on top of dark material with folds facing toward the middle of the base
6. Place the lighter of the 2 pieces of cotton fabric wrong side up on top
7. Check all layers are correct and are a similar shape, trim if necessary
8. Pin top, side and bottom layers together – DO NOT place pins in middle of the base or the finished product will leak
9. Flip the whole layered base over so that the PUL is facing up ready for sewing. This allows you to check that all of the PUL is stitched as you sew



SEWING A BASE

1. Collate all pieces of fabric as per Base Preparation (Page 1)
2. Sew along stitching as shown in Fig. A, double stitch at points circled and leave an opening in the seam as highlighted.
3. Trim edges and cut into corners where indicated (Fig. B). 4 small cuts is enough.
4. Turn inside out and iron front and back. Take note that sewing isn't compromised when poking out corners.
5. Trim material at both ends to ensure all layers are equal length.
6. Turn over pockets.
7. Hand or machine stitch the remaining opening.
8. Snap Fastener will be attached to finished product and keep in place when in use.



Cut pattern to edge of paper



Cut pattern to edge of paper



Extend Wings by 1.5cm

PAD BASE PATTERN



Extend Wings by 1.5cm

Cut pattern to edge of paper



Cut pattern to edge of paper





POCKET PATTERN

