

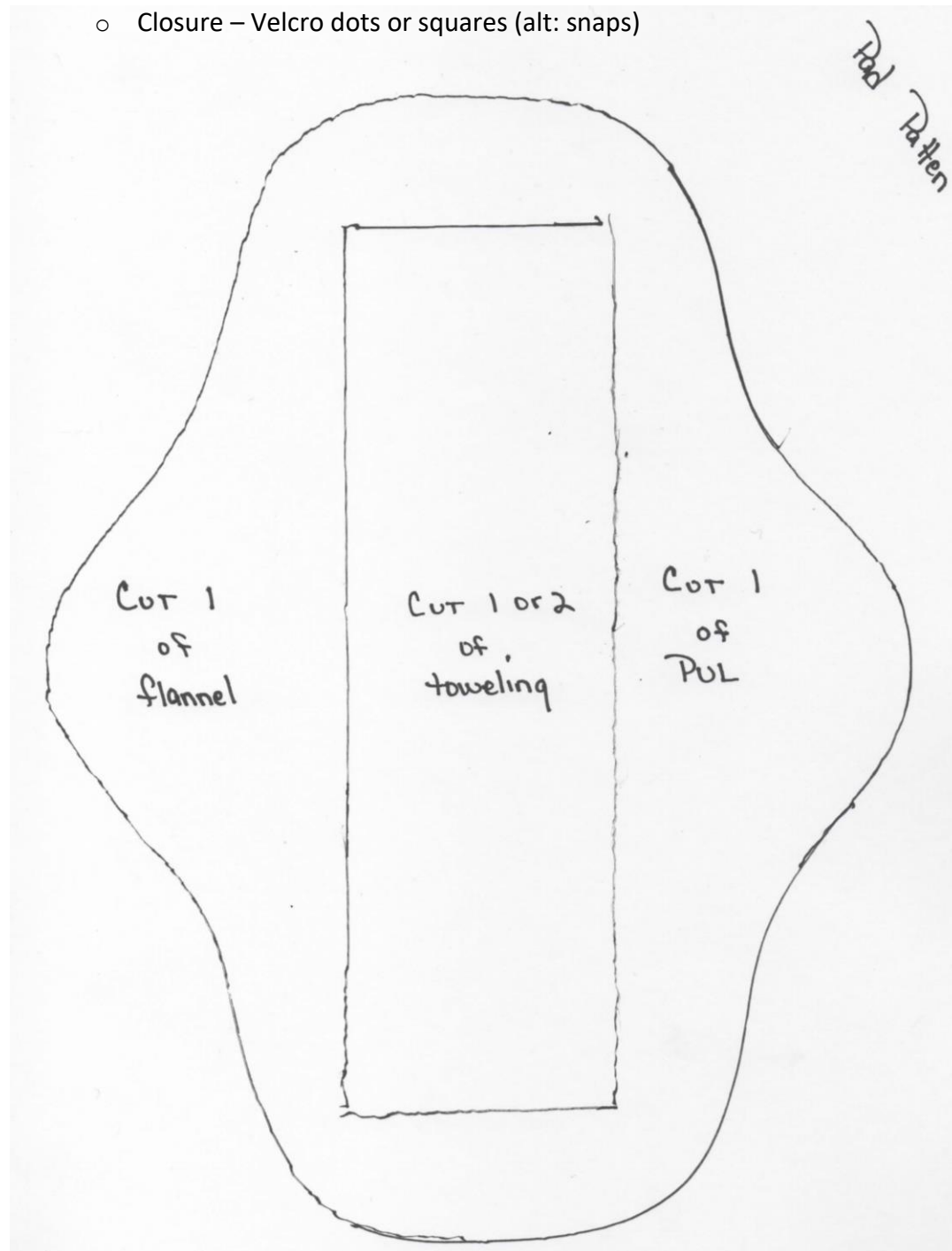
Sanitary Pad Project: Pad Pattern and Instructions

Note #1: Pattern is finished size. Allow ½in. or 1in. extra on all materials to avoid shrinkage

Note #2: Picture of pad is not actual size.

Recommended Materials: *Be sure to pre-wash all materials to avoid shrinkage

- One absorbent pad side – flannel
- One waterproof pad side – light, flexible fabric such as PUL or lightweight oilcloth
- 3"x8" strip(s) of toweling fabric in the middle – use toweling fabric or cut up towels
 - Add more layers of toweling strips depending on thickness of toweling fabric
- Closure – Velcro dots or squares (alt: snaps)



Pad Instructions:

- Cut one or two layers of the towel lining (depending on how thick the towel is)
- Cut one pad shape of flannel AND one pad shape of PUL
- Pin the towel lining piece in the center of the flannel pad shaped piece. Then sew the towel lining all the way around and then once down the center *on the inside of the flannel pad piece*
- Sew the PUL and flannel – right sides together, stitching all but a space to turn the pad
- Turn the pad right side out
- Top stitch all the way around and once down the center. Add your snaps or Velcro to the flaps