

# 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 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

Pad  
Pattern

