

THRIVE RETREAT 2023 PROJECT

Easy instructions on
how to make a cloth
sanitary pad

1.Regular Pad

- 1.If needed, copy the paper pattern three times.
- 2.Cut out the three pattern pieces - the top layer with wings, the inner layer and the bottom layer.
- 3.To keep this as easy as possible, I recommend that you use material that does not need to be hemmed. For example, soft fleece for the top layer so it's soft against the skin, absorbent material like bamboo fleece, towelling, layers of cotton or anything with absorbency for the inner, and a waterproof backed fabric like PUL or the kind used on a waterproof mattress protector for the bottom layer.
- 4.Cut out the fabric pieces and attach the inner fabric to the top layer, right sides up, with a couple of vertical rows of stitching down the middle - just to keep the inner layer from moving.
5. Then place the bottom layer underneath the other two layers with the waterproof side on the inside and stitch around the edges - stitching the top layer and bottom layers together.
6. Attach poppers to the wings. I use a popper gun and T5 snap plastic fasteners (available and cheap from Amazon).

Your sanitary pad is made!

Solid line
= pad inner

Dotted line no wings
= Back of pad

Dotted line with wings
= Top of pad

If you have an overlocker, feel free to use it, but it's not necessary.

QUESTIONS? Contact any ABMWOPAD Leadership Team member.

