



DIY: Reusable Cloth Menstrual Pad



Materials Needed

Flannel For Pad
Flannel For Pad Envelope
Cotton Batting
Scissors
Pins
Sewing machine

**Before you start!
Wash, dry and press
your fabric!**

Cut out the pattern pieces

1 A Pattern - Flannel
1 B Pattern - Flannel
1 C Pattern - Flannel
3 D Patterns - Cotton Batting
(use the inner line)
3 D Patterns - Flannel
(use the outer line)

For the Envelope

1. Take pattern A and Pattern B and fold the opening edge over $\frac{1}{4}$ inch, press then fold over again, press and sew in place.



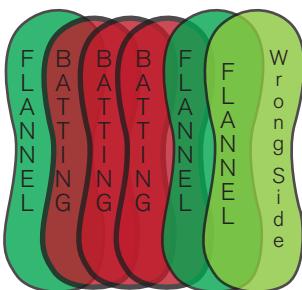
2. Pin pattern A and B to pattern C and sew around the edge, clip excess fabric and turn right side out.

3. Press. Top stitch around the edge and sew down each side to form the wings. Add snaps to the wings to keep the envelope in place when in use.

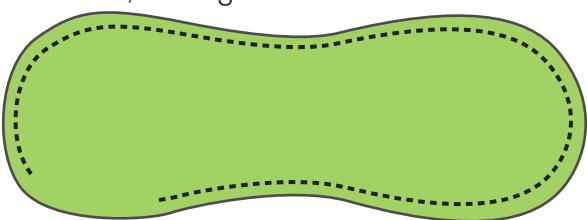


For the Pad

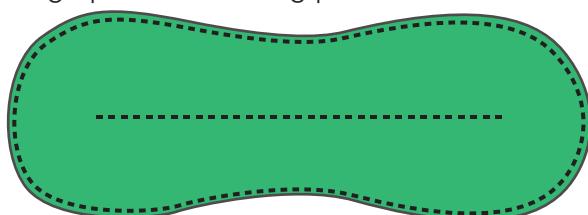
1. For pads with three layers of fabric and three of batting, follow the stack to the right. The batting layers are slightly smaller so you do not have to sew directly onto the batting.



2. Sew around the edge leaving a 1 in section unsewn to turn the pad right side out. Clip off excess fabric, leaving no more than $\frac{1}{8}$ of an inch.



3. Once turned right side out stitch the opening closed and sew around the edge once again. Sew a stitch down the middle of the pad to keep it from bunching up in the washing process.



Now you have a reusable cloth menstrual pad! Customize your pads as you see fit, after all, this is for you!

Contact us at menarchists.wordpress.com

Adapted from Nichola Prested at <http://sewgreen.blogspot.com>