

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). If you don't have one you can send the pads to us and we'll attach the fasteners.

Your sanitary pad is made!

Solid line
= pad inner

Dotted line no wings
= Back of pad

Dotted line with wings
= Top of pad

Thank you for your support.

These sanitary pads will really make a huge difference to the lives of girls and women in the community of Buburi.

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

Please contact me at gilly@friendsofbuburi.com and I can give you details of where to drop them off or post them to. Alternatively, if you're not too far away, we can make arrangements to pick them up.

