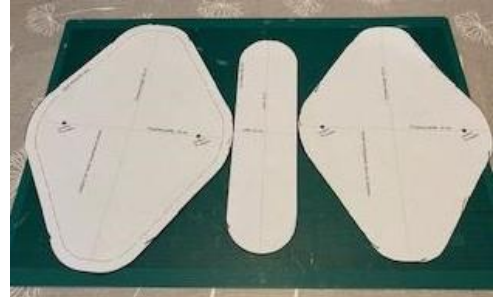


## Menstrual Pad - Pacha Flying Saucer - Full Fleece Back

### 1. Prepare your template:

Pad Shape : Print off the Pacha Flying Saucer - Full Fleece Back template. Print off the Towel and Fleece Core template also. Cut out the templates.

It is useful to print these onto card or else to cut out on paper and trace round onto card and then cut out.



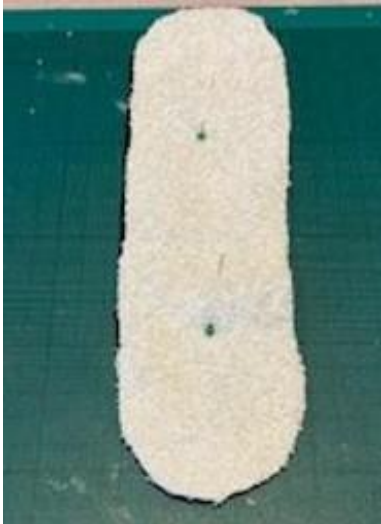
Pad Shape : If you do not have a printer you can draw a cross 10.25" tall by 7.5" wide (26cm x 19cm) You can then curve the lines to join up the ends of the cross. If drawn on paper first, you can fold the paper in half vertically to ensure your shape is equal. This is your stitch line template - showing the finished sewn product size. You can create a second template with 1cm seam allowance all around the edge - showing the main body fabric cut size. For the towel and fleece insert template, cut a rectangle 9.5" x 2.5" (24cm x 6.5cm) and round the edges to the same curve as the pad template.

### 2. Cut out your fabric pieces:



Draw around the templates and cut out. You need 1 piece of 'pretty' cotton fabric and one piece of thick anti-pil fleece in the shape of your template (you can draw the stitch line onto the fabric and fleece with the smaller template). You will also need a strip of thick towelling and a strip of thick fleece to go inside.

3. Pin the towel and fleece strips together and sew all the way around the edges. Remember to back stitch at the beginning and end for a stronger stitch. This step is very important as it stops the material curling under itself or twisting inside the pad.



Use the edge of the machine foot as a guide. Trim off any excess towelling if it hangs over the edge of the fleece

4. Pin the sewn inner strips to the middle of the fleece flying saucer shape. Sew the strip onto the backing fleece the whole way around the edge of the strip. Remember to back stitch at the beginning and end.



When sewing several layers, you may need to adjust the tension and stitch length to a higher level for your machine to cope more easily

This will ensure the inner fleece/towel strip is firmly attached to the outer fleece and cannot move around inside the pad



5. Place your fleece layer over the pretty layer, right sides together, and pin, leaving a 2" gap for turning through:



Leave 2" gap along one of the straight sides making sure it is not too close to the curve side as otherwise it will be difficult to turn inside out. You can mark the gap with pins or draw on the fabric to remind you where the gap is.

6. Sew around the edge of the fabric or fleece, along the stitch line. Remember to back stitch at the beginning and end.



You may find your machine prefers to sew with the fleece facing upwards, but you can sew fabric side up if you prefer (if you have marked the inner stitch line template on your material)

7. Trim around the outside edge leaving a small gap so you do not snip the stitches. Use pinking shears if you have them.



Make little snips around the edge to help turn the pad smoothly inside out. Be careful not to snip the stitches.



8. Turn your pad through to the right side and push out curves with a point turner/pen (or equivalent)



9. Iron the pad. Press on the cotton side. Make sure the raw edges of the turning gap are carefully folded in and pin the gap closed.



You may want to sew closed the turning gap before you stitch around the pad to ensure the gap is firmly closed. Back stitch at the beginning and end

10. Top stitch around the edge of the pad, with the stitch approx 3-5 mm from the edge. (If you have not already sewn closed the turning gap, you must ensure this top stitching sews across the gap to fully close it. Remember to back stitch at the beginning and end.



## 11. Now for the Kam Snaps !!!



You need 2 caps, 1 stud and 1 socket. A sharp pokey tool and a kam snap tool

## 12. Use the pokey tool to make a hole in each wing approx. 1 -1.5 cm from the edge.



It is helpful to hold both wings together and make the hole through both wings at the same time so the hole is in the same position on each side

13. Attach the female part on one wing with the snap tool and then attach the male part on the other wing on the other side.



14. Fold up and you have your finished pad !



The pad may seem bulky and difficult to close, but when worn the wings are snapped together underneath the underwear to hold the pad securely in place.



## **IMPORTANT NOTES :**

### **KAM snap plier tool and snaps**

Can be bought at a reasonable price on Amazon and Ebay

**Size of snaps - T5 (size 20)** - it is important the snaps are not smaller as may break more easily. We can supply snaps if you don't want to buy them or you can send the pads un-snapped and we will add them at HQ (in the UK )

### **How to source fabric**

Create posts on local Facebook groups to request fabric donations including curtains and duvet covers. Try contacting your local interior designers, curtain companies and haberdasheries and ask for their off cuts and discontinued stock. Use company, school, place of worship message boards and newsletters. Contact your local charity shops - they cannot re-sell old towels but, as long as they are in good condition they can be used for the middle of the pads.

### **Pacha Pad checklist:**

- absorbency (minimum 20ml. You can add further layers of towel if necessary)
- robustness (the core and all the layers are secured all the way around and attached to the main body)
- size (check against the actual size in the instructions, rather than trusting your printer which may print out different dimensions)
- Fabric is clean and good as new or new (check there is no colour fade or wear). We can supply fabric from our donated stock on request (in the UK) . Also, please avoid using plain white/cream where possible)
- Fleece (new, dark-coloured anti-pil polar fleece for the top layer) We can supply fleece on request (in the UK). Internal layer can be second-hand fleece, such as from a sweatshirt)

### **PUL/Zorb**

**For anyone using either PUL (waterproof layer) and/or Zorb, here's how to use them:**

- Original Zorb use 3 layers of original zorb or 2 layers of original zorb and 1 towel layer.  
(you will still need the additional inner fleece)
- 4D PUL Zorb - in place of towel and you can leave out the second fleece layer (or keep in the inner fleece for super absorbency)
- PUL only - bottom internal layer (sits between the cotton and towel layer)

**If it is helpful, you can make a small number of the pads first and send them to us to check before you get going.**

**Please don't hesitate to get in touch via our Facebook group or via email if you have any questions**



