

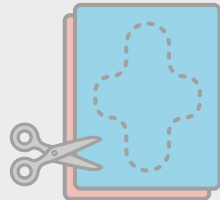
# Reusable Pad Self-Making Instructions



## Materials

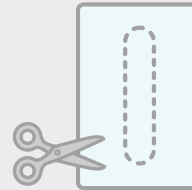
- Reusable Pad Template
- Sewing Machine
- 2 Mismatched Cotton Fabrics
- 1 Waterproof Layer\*
- 3 Absorbent Layers\*
- Scissors
- Fastener

1



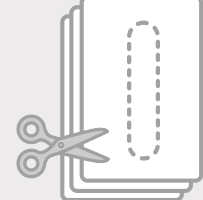
Using the outer template, trace and cut the pad outer layers on two mismatched cotton fabrics.

2



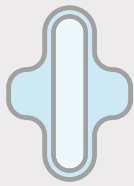
If using a waterproof layer, use the inner template to trace and cut the waterproof material.

3



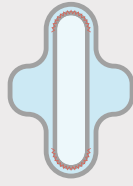
Using the inner template, trace and cut three absorbent layers.

4



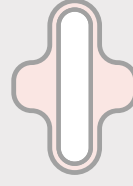
Place the waterproof layer on the reverse side of the first fabric.

5



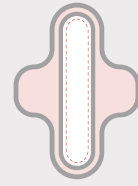
Fasten both ends of the waterproof layer using a zig-zag stitch.

6



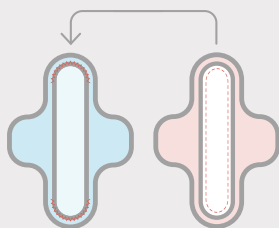
Place the absorbent layers on the reverse side of the second fabric.

7



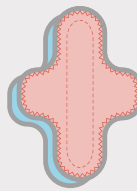
Stitch all around the absorbent layers with a narrow edge stitch.

8



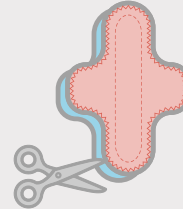
Place the two layers on top of each other with the right sides facing out.

9



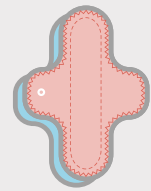
Sew the layers together with a zig-zag stitch.

10



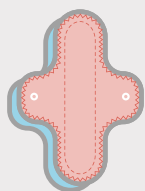
Trim the edges to neaten up the finished pad.

11



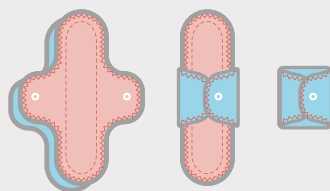
Attach a fastener half on the left wing.

12



Attach a fastener half on the right wing.

13



You are finished!

## Notes

\*The waterproof layer is not necessary, only should you want this additional layer. We recommend a PUL type material for this layer.

\*For the absorbent layers, we recommend micro-fiber towels or regular towels. The absorbency will depend on the thickness of these materials and how many layers you use.