

Cloth Pad Construction

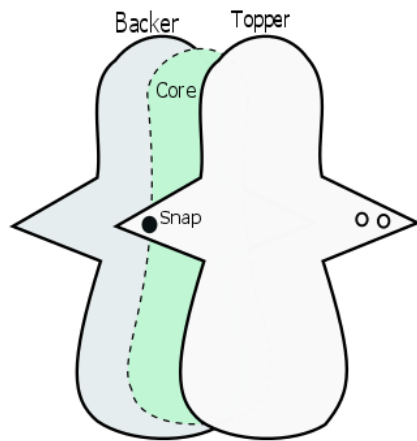
For Cloth Connection Outreach Charity (CCO)

CCO is a registered non-profit on a mission to end period poverty by making reusable menstrual products available to people in need.

CCO is fully volunteer & donation run so every donation makes a big difference.

We accept cloth pad donations in any style of pattern, size and sewing level as long as the pads will hold up long term for the recipients. If you have any questions along the way, feel free to email us at info@clothconnectionoutreach.org or on our [Facebook donors group](#).

*We give to anyone in need of menstrual products so we encourage gender neutral prints/colors if possible.



Backer- water resistant layer that protects your clothing from leaks.

(Fleece, Windpro or PUL)

Core- absorbent layer.

(flannel, bamboo, hemp, Zorb)

Topper- part of the pad that goes next to your body, and wicks the moisture to the core.

(flannel, cotton, velour, velvet, brushed polyester, knit, swim, jersey, ect)

Wing Closure- resin snaps (Kam), sew on snaps, metal snaps, velcro, button & hole, ect

Video showing demo pads & fabrics used

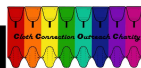
Basics of cloth pad construction:

1. Topper- the part of the pad that is worn next to the body. Meant to let fluids pass through it.
 - a. Ex: cotton woven or knit, flannel, minky, jersey, velour or velvet
2. Core- the part of the pad meant to absorb/hold the liquid
 - a. Ex: (layering: light/moderate/heavy) Flannel 2/4/6 layers, bamboo fleece 0/1/2 layers, Zorb 0/1/2, terry-toweling 1/ 2-3/ 3-4 layers depending on thickness of terry
3. Backer- the water resistant or waterproof part of the pad (optional, if not using a water resistant backer add more absorbency to the core)
 - a. Ex: Polar, blizzard or antipill fleece, Windpro/softshell or PUL (waterproof)

Chart with fabric options and layering suggestions

Fabric Options

by CCO Charity



Material (Topper)	Liner/light	Moderate	Heavy	Gushy/clots
Cotton Woven (sheet fabric)	X	X	**	**
Flannel (cotton)	X	X	**	**
Cotton Lycra/ jersey	X	X	X	X
Microfleece	X	X	X	X
Velour/Minky/Velvet	*	X	X	X
Sherpa (cotton)	*	*	X	X
DBP Double Brushed Polyester	X	X	X	X
Swim	X	X	X	X
*Personal preference, can work but may be bulky/thick **not fast absorbing but works well for some people				

Material (Core)	Liner	Light	Moderate/regular	Heavy	Super/Postpartum/overnight
Flannel	0	2	4	6	8
Birdseye Cotton	0	2	4	6	8
Cotton Lycra/ jersey	0	2	4	6	8
Flour Sack Towel	0	2	4	6	8
Zorb	0	1	1	2	2
Cotton Terry (towelings)	0	1	2	3	4
Microfiber	0	1	2	3-4	4+
SHOBF (bamboo fleece)	0	1	1-2	2-3	3+

Backer Fabric	Water resistant	Waterproof			
Polyester fleece (polar/antipill)	X				
PUL		X			
Windpro/softshell		X			
Ripstop/Nylon		X			
Wool (felted)	X				

Link to videos showing sewing steps:

- [Step by step basic pad construction](#)
- [Sewing Cloth Pad using CCO square 10" pattern](#)
- [H style](#)

Pattern Links: (any pattern can be used, these are just suggestions to get you started if you don't have patterns yet)

We get the most requests for long pads 12"+ but we give away thousands of pads each year so we are appreciative of every donation.

- [Easy square pattern 10"](#) - a great beginner pattern, curves can be tricky, the square shape is a great starter pattern.
- [14" Easy Wing Pad \(Teysha's Creations\)](#) This style uses zig zag stitch as a faux serge, no turning and topstitching required. Fleece backing is single layer for the wings.
[Directions for this unique easy pad.](#)
- [13" 3" wide pattern](#)
- [16" & 18" pad pattern](#) Follow directions in "Easy Wing Pad" for zig zag style. Or use as a regular pattern and make the topper the whole size as backer.
- [Core patterns](#) (rectangle cores save fabric but you can make the core to fit the pad shape if wanted)
- [Thong Liner 6"&7"](#) by Kyndra Sharp

Supplies needed:

- Sewing machine (can hand sew if comfortable with it)
- Ballpoint needles
- Polyester thread (cotton thread often causes wicking/leaking)
- Scissors (regular, pinking shears are optional but not required)
- Washable markers/ inkpen
- Pins, clips or washable glue stick
- Chosen materials for all 3 layers above (topper, core, backer)
- Iron & board (optional)

****MUST** prewash & dry natural fiber fabrics on hot 2-3 times to pre-shrink. If not done, pads can become warped and unusable.

Basic steps: The videos walk you through everything if you need a visual

1. Lay topper fabric facing down



2. Trace chosen pattern onto fabric (most patterns don't have seam allowance, trace directly on line)



3. Cut fabric out in a rectangle around pattern (makes sewing easier). Make sure to leave at least ½" around pattern line.
4. Cut out core material (s) (layering guide above for absorbency pad you are making)
5. Glue or pin core to center of topper (backside)

* I used Zorb for my core here. 1 layer for a moderate pad.



6. Sew core to backside of topper fabric in the pattern lines. Any stitch can be used (decorative or straight) Make sure to lock stitches in.

* I used a wavy stitch



7. Cut out backer fabric in rectangle shape same size as topper.
* I am using black fleece as my backer for this demo pad.
8. Lay correct sides of backer & topper facing each other.

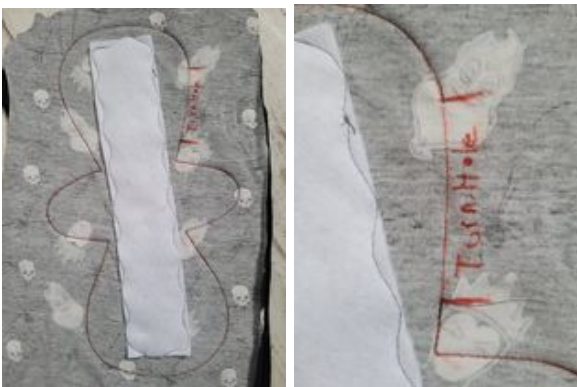


9. Pin or clip fabric to keep from shifting.

*tip, if you pin outside the pattern line it is best because it doesn't poke extra holes in the fabric (especially if using PUL for a backer). Extra holes may cause wicking/leaking.

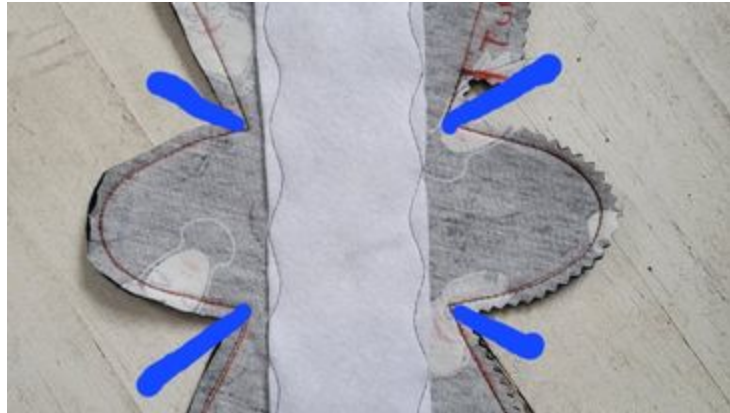


10. Sew with a straight stitch on pattern line. Making sure to leave the "Turn Hole" not sewn. Remember to lock stitches in again.



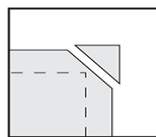
11. Clip pad leaving $\sim\frac{1}{4}$ " seam allowance. Clipping outer corners to remove bulk, snip into inner corners and snipping into curves so pad lays flat (pinking shears can be used to make curved pads easier) Be careful to not clip thread.

- I trimmed this pad half with regular scissors and cut darts around the curve & used pinking shears. Whatever way you choose to trim your pad, make sure to still snip into inner corners.

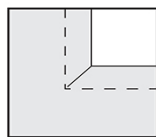


- a. Make sure to leave extra fabric at the “Turn Hole” $\frac{1}{2}$ ”- $\frac{3}{4}$ ” is usually a good amount.

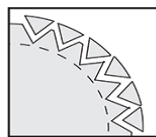
Clipping & Notching Cheat Sheet



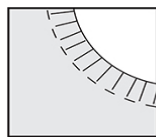
Outer corners: clip
off the corner



Inner corners: cut
into the corner



Convex curves: cut
triangular notches



Concave curves: cut
into the curve



12. Turn the pad inside out (the correct way) through the “Turn Hole”.



13. Tuck the “Turn Hole” fabric inside the pad to be flush with the outside.



14. Iron if the fabric allows (this makes topstitching easier)

15. Topstitch the entire outside of pad ~ ¼” from outside the pad. Straight stitch is usually best for this.



16. Add resin/plastic snaps (kam snaps), sew on snaps, or metal snaps. Pads can also be donated without snaps and CCO is happy to add snaps on your behalf.

[Video how to add snaps using a Kam Snap Table Press & Hand Press](#)

We recommend Kam snap brand, they're available on Kam Snap website, Amazon or Ebay.

[Boxer Brief Floating Gusset Pattern](#)- Sewing a floating gusset to boxer briefs to easily wear a disposable or reusable pad.

Donation Address:

Cloth Connection Outreach
22109 Albion Ave.
Farmington Hills, MI 48336

Office Address:

33505 State Street #105
Farmington Hills, MI 48336
(downtown Farmington Hills, across the street from the library & police station)
For local drop off.

*Thank you so much for your kindness and love of helping people in need. We
greatly appreciate your support and so do the kit recipients.*

~ Cloth Connection Outreach Charity Team