

Pad materials

To create a well constructed menstrual pad, you will need a Topper, a Core, a backer fabric and some fasteners (like plastic/ metal snaps, velcro, or buttons). As well as thread, fabric scissors, lots of pins, a sewing machine or sewing needle if you need to hand sew.

The topper fabric is the part of the pad that directs the flow to the core and is on up against the skin, so choose your fabric based on your preferred softness level and skin sensitivity. This is also the layer you will see if you choose to select a pretty patterned fabric.

Fabrics that can be used for toppers are:

- Cotton (From tee-shirts, old sheets that are made of 100 % cotton will work)
- Terrycloth (From old towels)
- Flannel
- Crushed velvet
- Minky
- Bamboo velour fabric

Core Fabric is the absorbent layer that is inside the pad that absorbs the flow. It is sandwiched between the absorbent topper and water resistant backer. The more absorbency the core has, the more absorbent the pad is. Adding layers to the core helps make it more absorbent but it also makes it thicker.

Fabrics that can be used for Cores are:

- Terrycloth (from old or thrifted towels)
- Bamboo fleece/ terry fabric (Very absorbent but can only be bought online)
- Cotton Flannel
- Thick cotton from old sweaters or sweatshirts

Backer Fabric is the layer of fabric that is against the underwear. It is preferred to be water resistant to prevent leaks as well as have a bit of a grip to it to prevent the pad from sliding around.

Fabrics that can be used for Backers are:

- Anti-pill Polyester fleece
- Umbrella fabric (Nylon fabric from old umbrellas or tents)
- Wind Pro/ Soft Shell fleece
- PUL (This can be found in a fabric store with supplies to make cloth diapers.

Fasteners are used to hold the wings of the pad together to secure the pad to the underwear.

Fasteners include:

- Plastic snaps (KAM snaps)
- Metal snaps
- Buttons and button hole
- Velcro
- Ties or ribbons

