

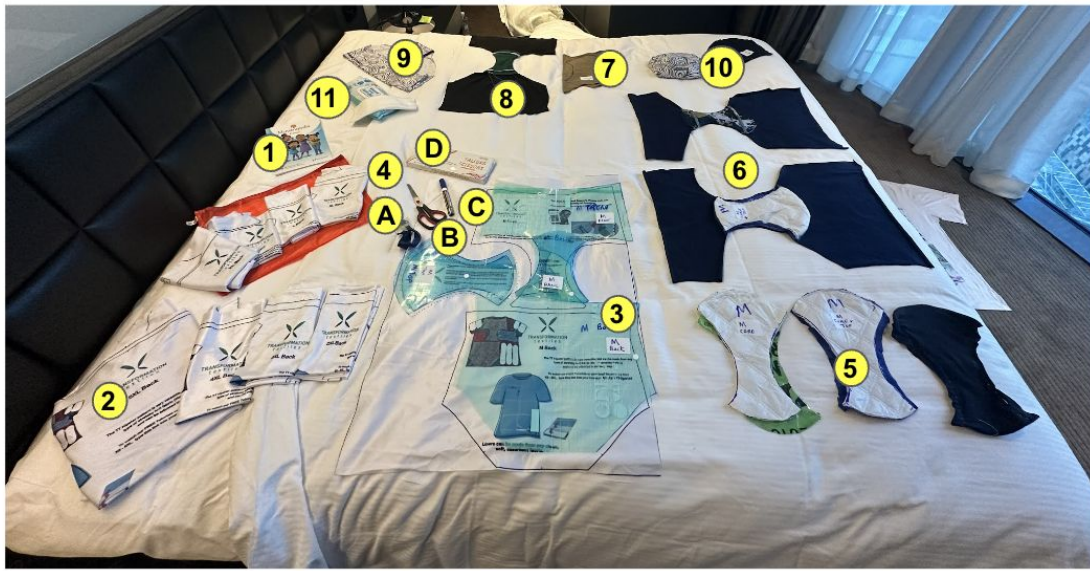


**TRANSFORMATION**  
textiles

**Redeeming Waste to Transform Lives**



**The Facilitator's ToolKit of Process Samples for Underwear Making Workshops**



## The Facilitator's Tool Kit

### Process Samples for Underwear Making Workshops

#### Contents:

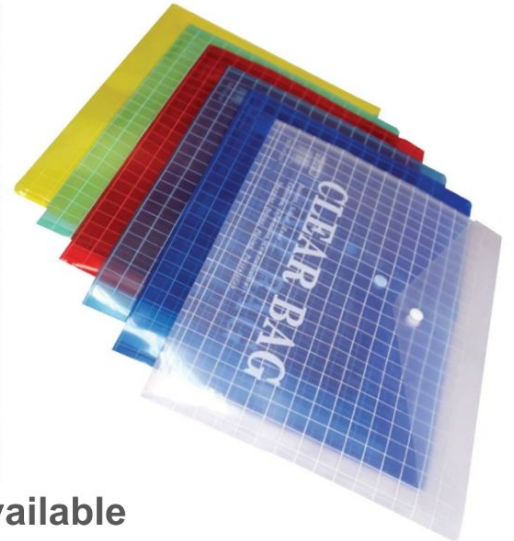
- ① Menstrupedia Comic
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To make the durable pattern templates, using three “My Clear Bags” plastic file folders are required per underwear size.

Min recommendation is to have XS, M & XL patterns available at workshops.

These templates can be used 100's of times by workshop participants.



**Master Tapestry Patterns available in 9 sizes from XS - 5XL**



5 pattern shapes can be traced from the Hipster Tapestries:

① Front, ② Back + 3 Gusset Shapes: ①A Top, ①B Core and ①C Basic.

**\*Highly recommended** each facilitator has 1 pair of Tailoring scissors (fabric only) and 1 pair of regular scissors for pattern making. Markers and Cello tape also essential.



When considering a t-shirt to upcycle, open up the side seams and sleeves so that the full potential of the fabric can be planned. Plastic pattern templates can be adjusted to accommodate underwear, liners, gussets, carry bags and straps.

The combinations of what can strategically fit within a t-shirt are endless.



Plastic pattern templates can be adjusted to accommodate underwear, liners, gussets, carry bags and straps.

Multiple styles can be configured from the same hipster pattern templates.  
(High-waist, Low-rise hip, absorbent or protective options)



**Basic underwear:** cotton gusset with optional security straps.



**Protective underwear:** with larger waterproof gusset and security straps.



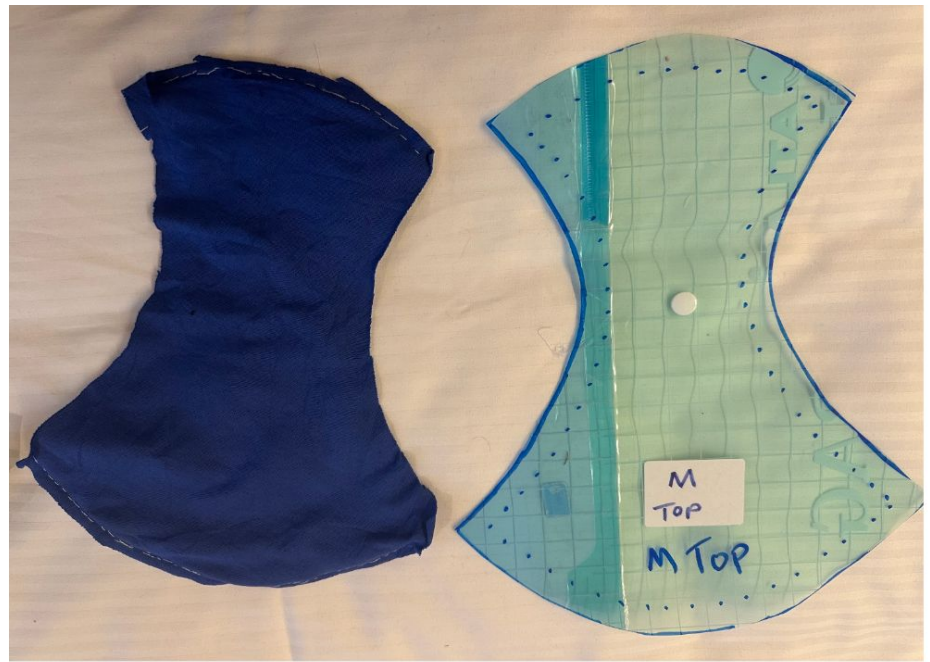
Protective waterproof gussets can be traced from waterproof mattress protectors. 180 x 200 cm mattress protectors yields 84 XS - M core gussets.

In Egypt, this is available on [Amazon](#) for 311 EGP which equals **3.7 EGP/waterproof core gusset**.

In Kenya, this is available on Jumia for 2400 KSH which equals **29 KSH/waterproof core gusset**.



**Image:** Medium pattern piece and waterproof mattress fabric cut out.



**Image:** Medium Top pattern piece and t-shirt fabric cut out.

For the waterproof protective styles, the core is 1 cm smaller than the top gusset and is attached to it before they are both attached to the underwear.



- 1 Stitch the top and bottom curves of the waterproof core to the Top gusset (lamine to face).

Notice the 1 cm fabric allowance of t-shirt fabric along the leg curves.



- 2 Turn inside out so that the stitched curve has a finished edge.
- 3 Stitch the remaining leg curves to top t-shirt fabric



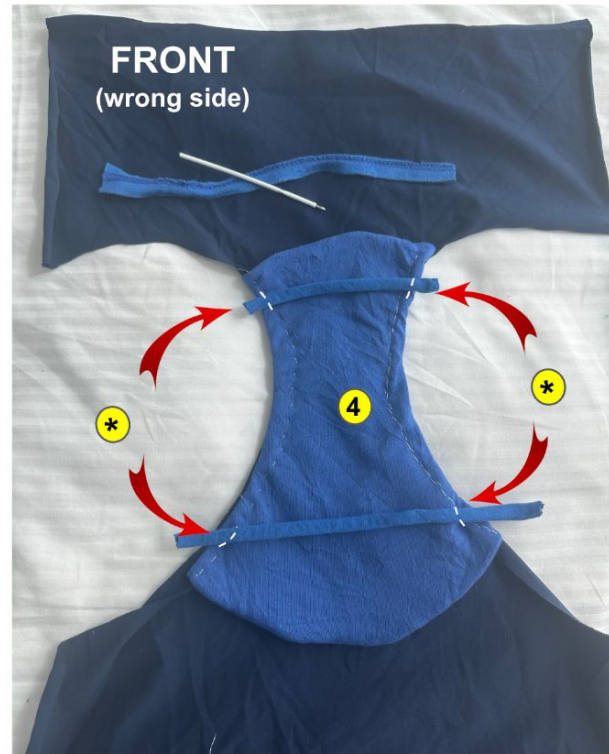
View of 2 from the topside of the gusset.

The core is neatly stitched to t-shirt fabric and will not shift.

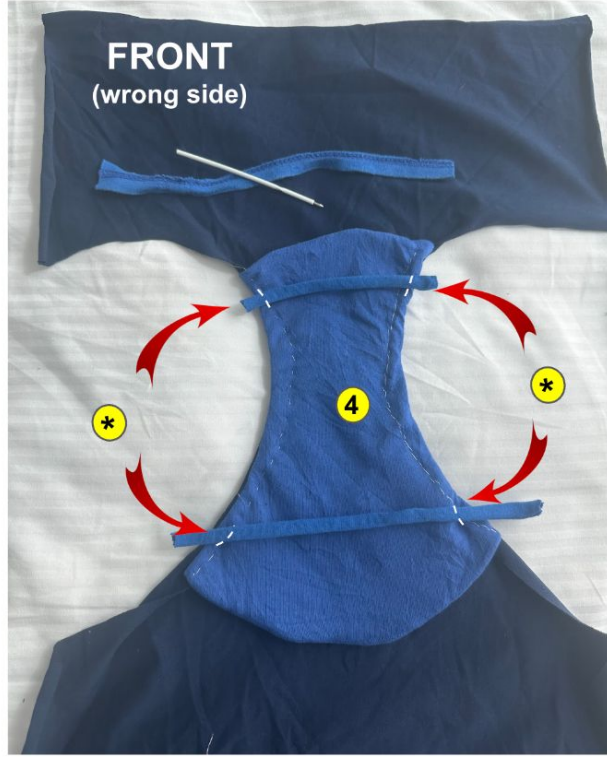


Gusset is placed “face to face” on good side of underwear, the front and back have been previously seamed together.

- ③ Only the leg curves of the gusset are stitched to the Leg curves of the underwear.

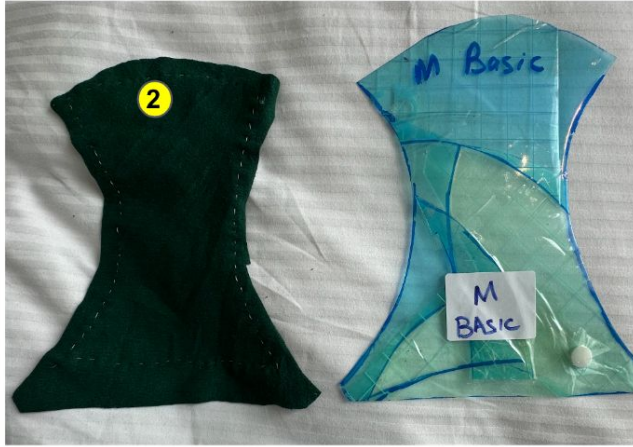


- ④ Gusset is turned inside out, and now creates a completed/finished gusset in the middle of the underwear.
- \* Optional security straps can be attached.



**\* Optional STEP**

The bottom hem of a t-shirt can be turned inside out to make the optional security strap. A knitting needle or even a pen can assist to turn the narrow hem inside out.



### View of Basic ② from top side of the gusset

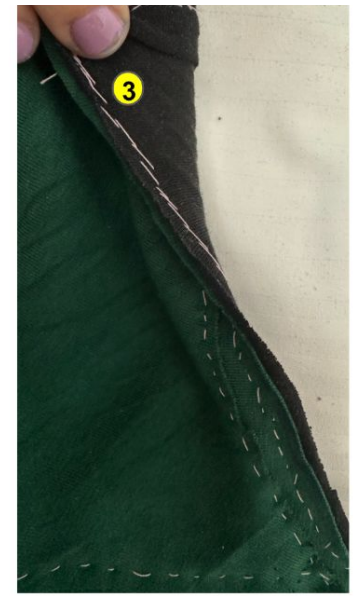
If additional layers were desired, they are neatly stitched to basic gusset and will not shift.

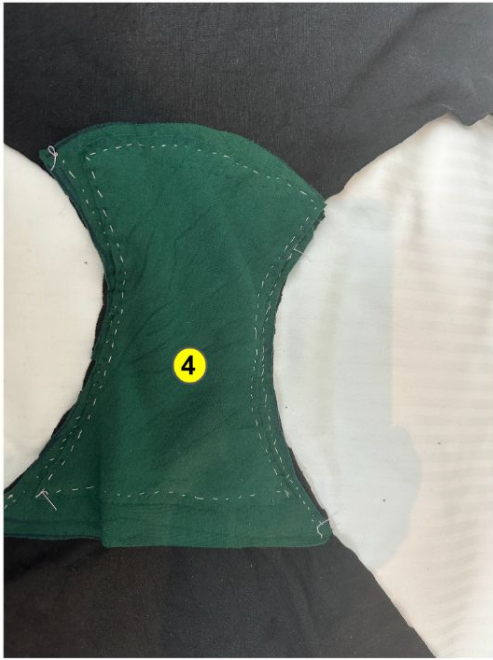


### Basic Underwear

Similar to the protective model, the basic gusset is placed “face to face” on good side of underwear, the Front and Back have been previously seamed together.

- ③ Only the leg curves of the gusset are stitched to the Leg curves of the underwear.

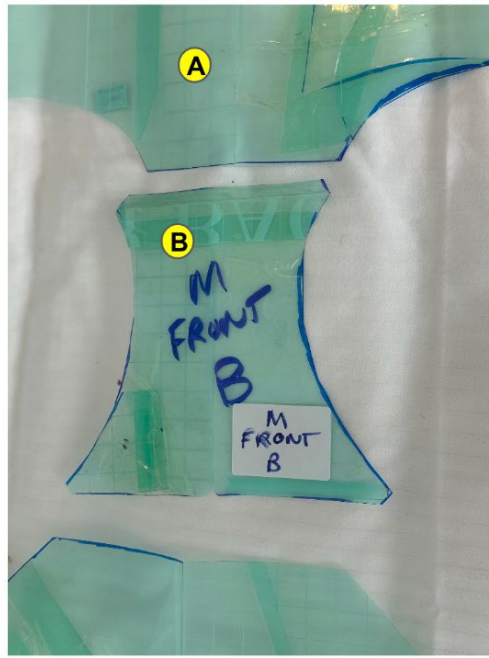




- ④ Gusset is turned inside out, and now creates a completed/finished gusset in the middle of the underwear.



- \* Optional security straps can be attached which allow for pantyliners to be easily worn and changed multiple times to remain fresh and clean throughout the day.



Sometimes the t-shirt fabric will not accommodate the long “front” pattern piece. If this is the case, the front can be made into **A** and **B** pieces and utilize smaller portions of fabric.

Keep in mind a seam allowance of 1 cm s required to add to each of the **A** and **B** pieces so that when stitched together, the finished result is the same. Once the front and back are seamed together, the regular gusset steps can be followed.



One package of wet wipes can be dried and configured into incredibly soft, absorbent liners that are durable beyond 50 washes!

Depending on size, wipes are stacked in layers of 3 and folded in  $\frac{1}{2}$  or  $\frac{1}{3}$  rds. Absorbency can be easily adjusted by adding liners on top of one another and secured under straps in gusset. No sewing required.

**Wipes are comparable in price to a single package of disposable sanitary pads.**

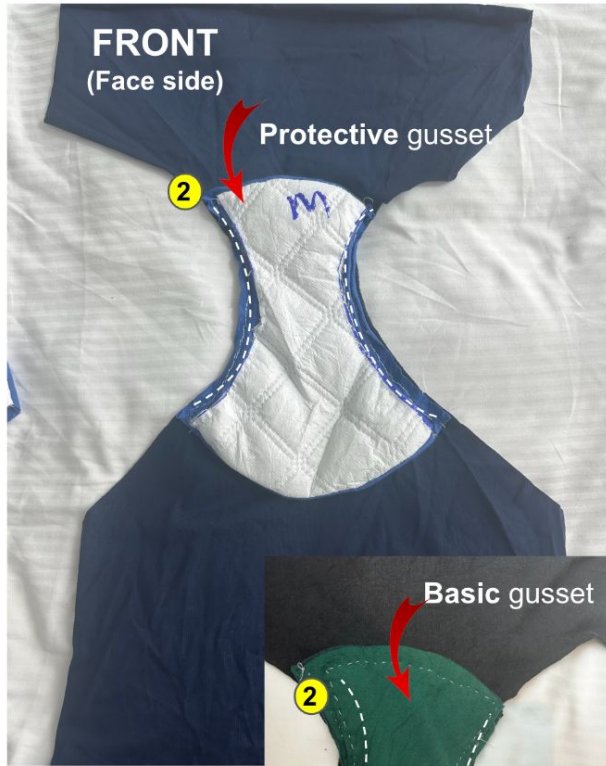
# Hipster Assembly

Step by Step Process



- 1 Seam Front and Back together
- 2 **Protective** or **Basic** Gussets attached (face to face) on outside of underwear at the leg curves



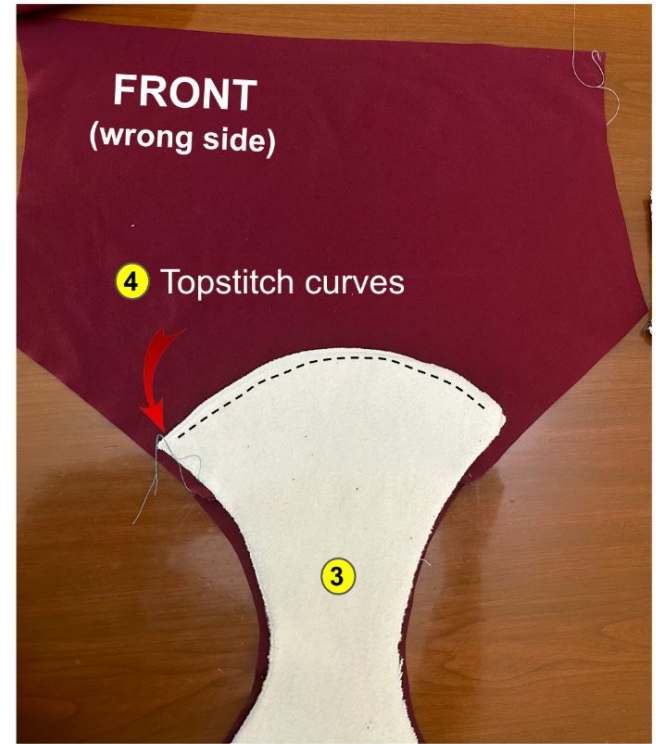


## ② Protective or Basic

Gussets attached (face to face) on outside of underwear at the leg curves

③ Turn gusset insideout to complete a finished leg effect

④ Topstitch gusset curves/ends securing them to body of underwear



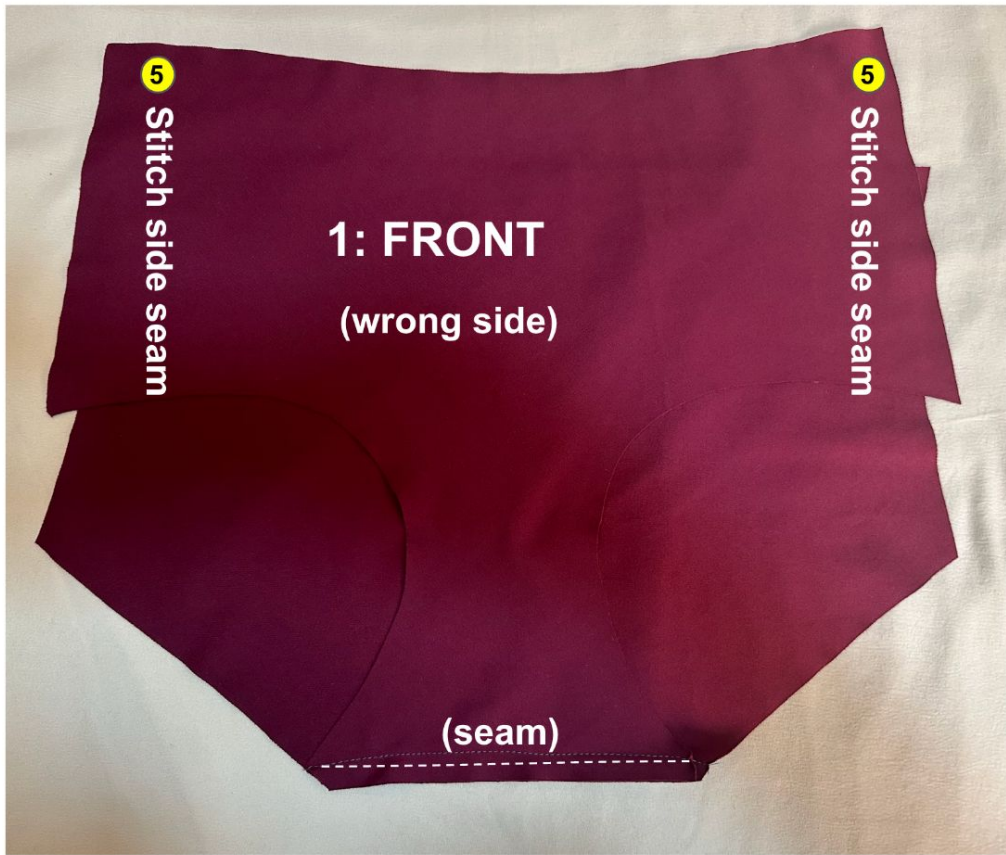
**\* Optional Security Straps can be sewn in the Gusset Areas**



**Basic underwear:** cotton gusset with optional \* security straps.

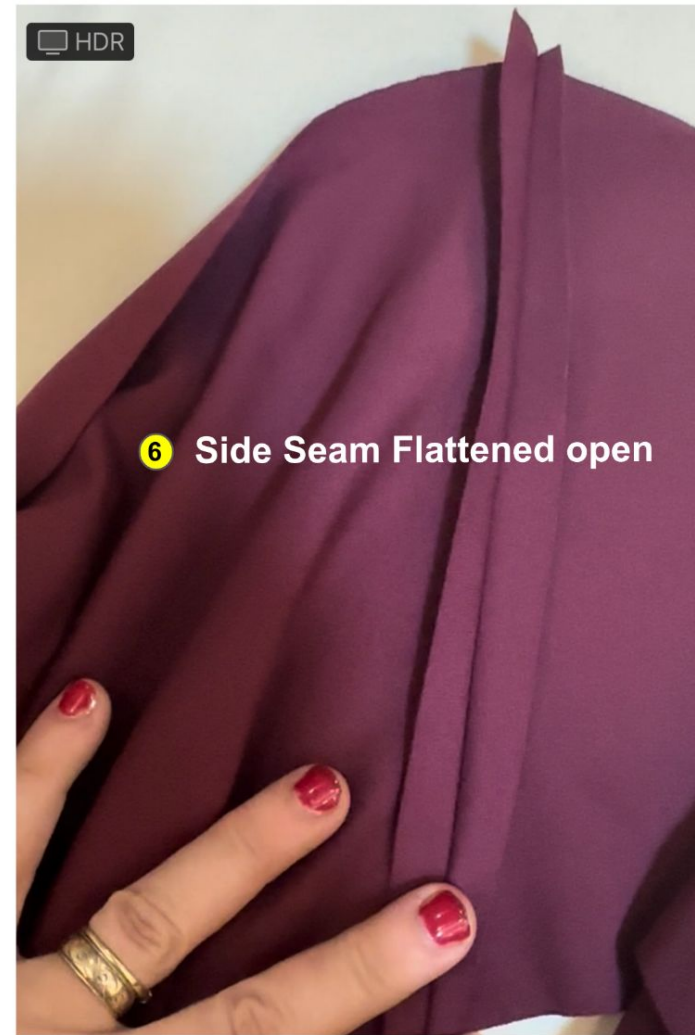


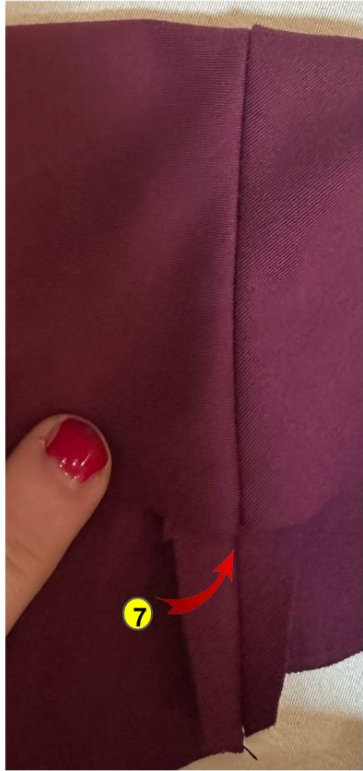
**Protective underwear:** larger waterproof gusset and \* security straps.



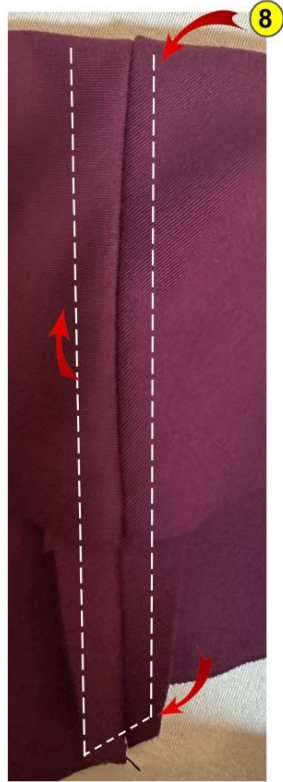
5 Stitch side seams

6 Flatten side seams open

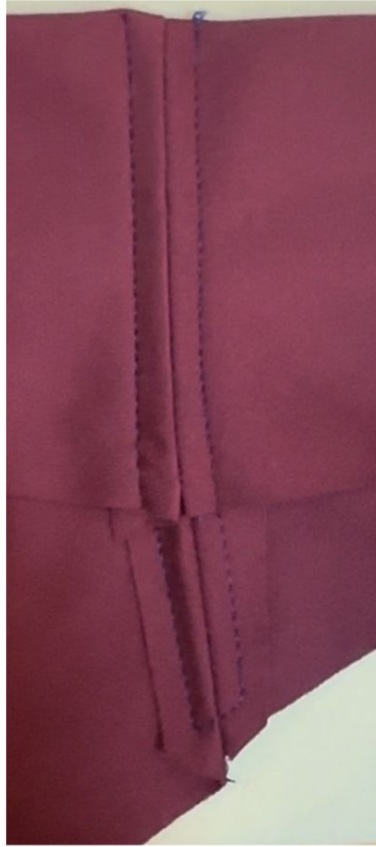




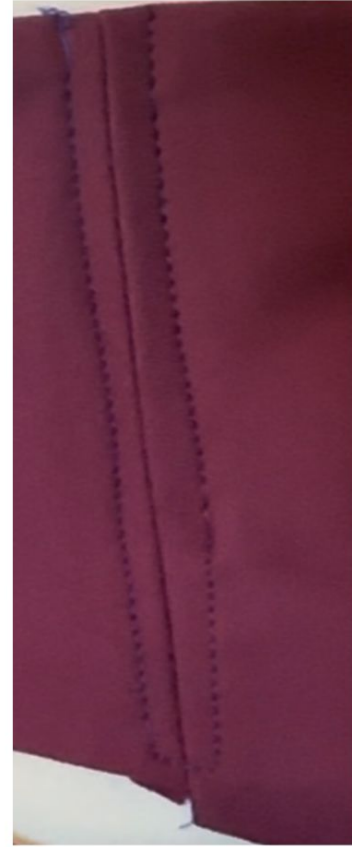
7 Fold down side seam



8 Stitch folded over seam in U-shape



Inside View



Outside Result

# Carry Bag Assembly

Step by Step Process



### Carry Bags from T-shirt Sleeves

The bottom hem of t-shirt sleeves can be utilized to make a fold-over closing carry bag



### Carry Bags from T-shirt Sleeves

Pictured above is **A** and **B** sleeves, plus an additional portion **C** from the T-shirt. The label is on the “wrong” side of the fabric or “non-face”. Using the hem saves additional sewing effort.



### Stacking the 3 pieces and U shape stitch line:

③ is folded down 5-7 cm to match the shape dimensions of ① & ②

② and ① are stacked directly on top of ③ (with their good sides facedown).

① U shaped seam is stitched through all 3 layers. ② Then turn bag inside out for a completed look.



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# كن ممكّنًا وملهمًا!



امسح الرموز للانضمام إلى مجتمع الممارسة الخاص بنا على فيسبوك  
أو للوصول إلى مواردنا العربية المجانية على موقع التعلم الخاص بنا.