



Sustainable Sewing Supply List

What you need will vary depending on which items you'll want to make.

All fabrics, except PULs and netting, will need to be pre-washed.

A group order for the specialty fabrics can be made on the first day of class to save on shipping, split yards and notions. Specialty fabrics are marked with an *. There is a 1 yard minimum for all fabrics. See the end of the document for prices and links to color options.

Napkins/paper towels

13" each, 100% cotton and flannel, coordinating prints or solids (makes 4)
Coordinating thread

Dish Towel

7/8-yard 100% cotton (makes 2)
Coordinating thread

"Sponge" (Scrap pieces about 4½ X 6" for each layer)

Fabric, 100% cotton, terry cloth and flannel work best
Utility Mesh
Zorb*
Coordinating thread



Food Storage

There are many shapes and sizes of storage pouches and bags. The amount needed depends on how many storage pieces you wish to make.

Food-safe PUL*
Coordinating thread
KAM Snaps* or Velcro



Produce Bags

	Small	Medium	Large
Mosquito Netting	8 X 20"	10 X 30"	12 X 40"
Coordinating thread			
Light Cord			

Shopping Bags

Cotton, Canvas or Upholstery Fabric	Fabric Straps	Webbing Straps
Coordinating thread	1.3 yards	34"
Webbing 1-1½" (Optional)- 3 yds		

Delicates Bags

	Small	Medium	Large
12" Utility Mesh or Mosquito Netting	8 X 20"	11 X 20"	11 X 40"
Coordinating thread			

Dryer Sheets

Scrap Fabric, 100% cotton, terry cloth and flannel work best
Coordinating thread
Zorb- optional



Hot/Cold Rice Packs

Fabric

Small
7 X 13"

Medium
2 pcs 8 X 11"

Large
2pcs 10 X 25"

Small & Medium- Heavy Cotton, Flannel
Large- Light Canvas, Denim
Rice and/or Flax, any kind will work
Coordinating thread



Hot/Cold Rice Pack Covers

Fabric for Medium (4 pocket) 8 ½ X 10" & 8 ½ X 14"
Fabric for Medium (6 pocket) 8 ½ X 11" & 8 ½ X 15"
Fabric for Large 9 X 25½" & 9 X 32"
Fleece
Coordinating thread
Velcro, optional

Wet Bags (These can hold reusable pads and swimsuits, etc.)

Each bag is made from 2 layers, 1 outer and 1 mil PUL* (a waterproof liner):

Pouch (suitable for 1 feminine or incontinence pad) **5" of each**

Small Bag (suitable for 6-8 pads depending on thickness) **12" of each**

Large Bag (suitable for 12-16 pads or several diapers) **12" of each**

Coordinating thread

KAM snaps*

Velcro

Feminine pads, Incontinence pads, Panty Liners

Most pads are made with 3 layers:

PUL* - waterproof

Zorb* - absorbs 10 times its weight in under 2 seconds

Cover* - extra thin bamboo fleece with wicking back

1 yard of each makes 25-35 pads, depending on the size

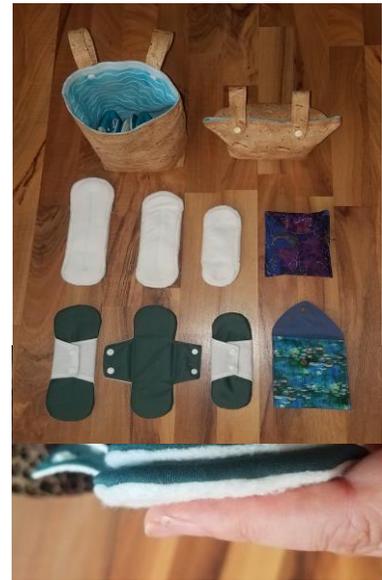
3 sizes (liner, regular and extra-long)

Each size can be made with 1 to 3 absorbent Zorb layers (see photo to the right)

Coordinating thread

KAM Snaps* or Velcro

8–11-gauge ballpoint or Microtex sharp machine needle



Diapers

Fabric needs vary depending on the size and type of diaper.

I can help estimate needs the first day of class. See the end of the document for prices and links to color options.

3/8" or 1/4" polyester braided elastic

Hook and Loop OR KAM snaps* for closures

8–11-gauge ballpoint or Microtex sharp machine needle

A safety pin or bodkin

Clips for holding your fabrics together

Burp Cloth

You will need at least 2 layers, a top and a base.

For additional absorbency, you can add a middle layer of flannel or Zorb fabric.

Base

PUL* for waterproof base

Flannel

Top (fastest to slowest wicking)

Bamboo wicking fabric*, middle layer recommended

Flannel

Cotton

13" of each layer (13 X 29")

Coordinating thread

8–11-gauge ballpoint or Microtex sharp machine needle, if you're using PUL

Breast Pads

PUL* for waterproof base

Zorb* for middle absorbent layer

Bamboo wicking* for cover

Coordinating thread

8–11-gauge ballpoint or Microtex sharp machine needle

5" of each fabric

(makes several pairs)

Material Costs and Links to Color Options

Prices are as of 7/21/21, links are included to see color options. Class can do a group order the first day of class to save shipping, split yards and notions. There is a 1 yard minimum for all fabric purchases.

	Standard \$/yd	(AG, reduces smell) Antimicrobial \$/yd	
Bamboo Wicking Cover 60" Natural	\$13	n/a	
Zorb 60"	\$14	\$18	
PUL Solid Color 58-60" (40 colors)	\$10	(22 colors)	\$13
https://wazoodle.com/products/1-mil-eco-pul?variant=31716678893702			
https://wazoodle.com/products/1-mil-eco-pul-silver?variant=31716750786694			
PUL Prints 58-60"	\$18	\$21	
https://wazoodle.com/products/1-mil-eco-pul-print?variant=31700509851782			
https://wazoodle.com/products/1-mil-eco-pul-print-silver?_pos=4&_sid=de76e3aa2&_ss=r			
<i>Available in Black and White</i>	$\frac{1}{2}$ "	1"	$1\frac{1}{2}$ "
No-Scratch Hook side of Velcro	\$0.90 yd	\$1.60 yd	\$1.75 yd
Loop side of Velcro	n/a	\$0.70 yd	\$0.85 yd

Standard Hook and Loops available in lots of colors:

<https://wazoodle.com/collections/akastiq-fabrics>

They have a variety of **Food Safe** fabrics.

<https://wazoodle.com/collections/foodsafefabrics>

KAM Snaps (60 colors) \$3.99 per 100

<https://wazoodle.com/collections/snaps/products/kam-size-20-snaps-400-piece-sets>

Please note: most of these patterns are the instructor's personal designs and are not to be made to sell. They are only for private use and gifting. Thank you!