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**
<table>
<thead>
<tr>
<th>Size</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mosquito Netting</td>
<td>8 X 20”</td>
<td>10 X 30”</td>
<td>12 X 40”</td>
</tr>
<tr>
<td>Coordinating thread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light Cord</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Shopping Bags**
Cotton, Canvas or Upholstery Fabric
1.3 yards
Coordinating thread
Webbing 1-1½” (Optional)- 3 yds

**Delicates Bags**
12” Utility Mesh or Mosquito Netting
Coordinating thread

<table>
<thead>
<tr>
<th>Size</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 X 20”</td>
<td>11 X 20”</td>
<td>11 X 40”</td>
<td></td>
</tr>
</tbody>
</table>
**Dryer Sheets**
Scrap Fabric, 100% cotton, terry cloth and flannel work best
Coordinating thread
Zorb - optional

**Hot/Cold Rice Packs**

<table>
<thead>
<tr>
<th>Size</th>
<th>Fabric</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>7 X 13”</td>
<td>2 pcs 8 X 11”</td>
<td>2pcs 10 X25”</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Base</th>
<th>Top (fastest to slowest wicking)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUL* for waterproof base</td>
<td>Bamboo wicking fabric*, middle layer</td>
</tr>
<tr>
<td>Flannel</td>
<td>recommended</td>
</tr>
<tr>
<td></td>
<td>Flannel</td>
</tr>
<tr>
<td></td>
<td>Cotton</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Base</th>
<th>5” of each fabric</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUL* for waterproof base</td>
<td>(makes several pairs)</td>
</tr>
<tr>
<td>Zorb* for middle absorbent layer</td>
<td>Bamboo wicking* for cover</td>
</tr>
<tr>
<td>Bamboo wicking* for cover</td>
<td>Coordinating thread</td>
</tr>
</tbody>
</table>

8–11-gauge ballpoint or Microtex sharp machine needle
# 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.

<table>
<thead>
<tr>
<th>Material</th>
<th>Standard $/yd</th>
<th>Antimicrobial $/yd</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bamboo Wicking Cover</strong> 60” Natural</td>
<td>$13</td>
<td>n/a</td>
</tr>
<tr>
<td>Zorb 60”</td>
<td>$14</td>
<td>$18</td>
</tr>
</tbody>
</table>

**PUL Solid Color** 58-60” (40 colors) $10 (22 colors) $13


**PUL Prints** 58-60” $18 $21

https://wazoodle.com/products/1-mil-eco-pul-print-silver?_pos=4&_sid=de76e3aa2&_ss=r

- **Available in Black and White**
  - ½” $0.90 yd
  - 1” $1.60 yd
  - 1½” $1.75 yd

- **No-Scratch Hook side of Velcro**
  - n/a $0.70 yd
  - ½” $0.90 yd
  - 1” $1.60 yd
  - 1½” $1.75 yd

- **Loop side of Velcro**
  - n/a $0.70 yd
  - ½” $0.90 yd
  - 1” $1.60 yd
  - 1½” $1.75 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/foodsafe-fabrics

- **KAM Snaps** (60 colors) $3.99 per 100

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!