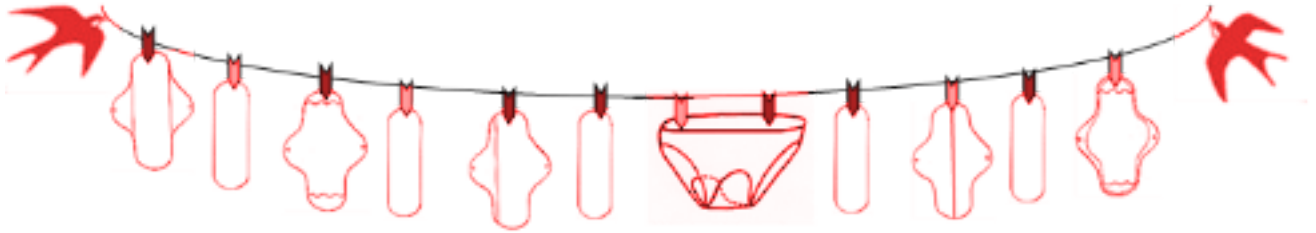


WASHABLE MENSTRUAL PAD INSTRUCTIONS & PATTERN

Wen.

HOW TO WASH CLOTH MENSTRUAL PADS



Soaking at home

Always use cold water for rinsing and soaking. Bloodstains will soak away easily in cold water but will adhere to cloth in hot water. Soaking cloth pads overnight will usually be sufficient to remove all stains. Change water daily if you are leaving all your washing until your period has stopped. Soak water can be used on houseplants.

Adding salt or lemon juice or vinegar to your soak water will help prevent staining but then you can't use it on your houseplants!

Soaking away from home

Rinse used cloth pads in cold water and carry in a waterproof bag until you can soak them.

Washing

Warm wash either by machine or by hand. Use eco-friendly washing powders, liquids, or soap. If using bought washable pads read washing and drying instructions carefully, they will be similar to those outlined here.

Disposables

If using disposable menstrual products we suggest 100% organic cotton. Never flush them down the toilet. Always provide a lidded bin in toilets at home, at work and at school. If you want to, bag it before you bin it.

HOW TO MAKE YOUR OWN CLOTH MENSTRUAL PAD

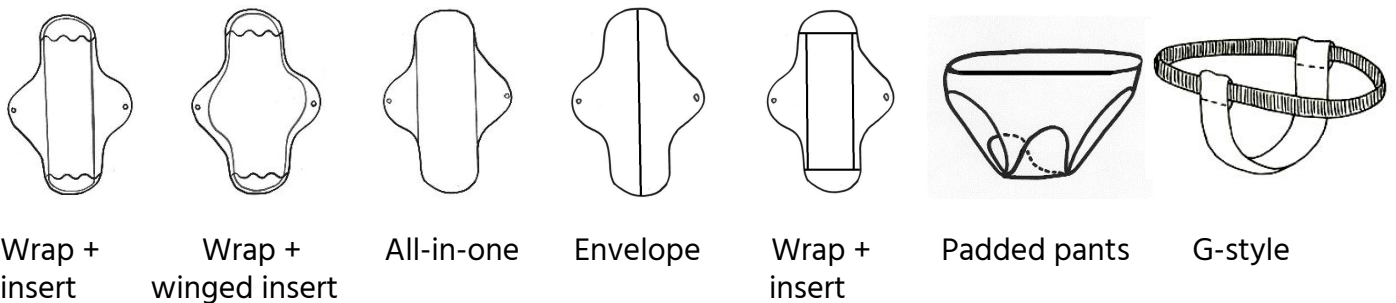
When you make a washable menstrual pad you are creating something special and personal for yourself. So be creative, experiment with different materials and designs, and have a great time!

Washable menstrual products, whether homemade or bought, can be used in combination with other types of menstrual products. Making reusable cloth pads is a great way to celebrate the beginning of menstruation, or to start a conversation with other people who menstruate about their experience with periods. Using and making your own washable menstrual wear can help people who menstruate become more environmentally aware, practical and healthy.

Suggested fabrics

100% cotton fabrics e.g. old towels, sheets, pyjamas, t shirts, cotton flannel, or hemp, anything you feel is comfortable, soft and gentle next to your skin. Option: to add a leak proof layer why not use upcycled materials (ex: mattress protector sheet, old nappy wraps)

Styles



Wrap +
insert

Wrap +
winged insert

All-in-one

Envelope

Wrap +
insert

Padded pants

G-style

How many and what size?

Determining how many to make will depend on whether you are making for your first time bleed or if you are already regular and want to switch from disposables to washables or even if you want to practice by using them just at night initially. It is a good idea to make enough towels to last your period so that you can leave the used towels soaking in cold water and you don't have to think about washing while you are menstruating. We suggest you make a dozen or more liners and between six and ten wraps, or between ten and twenty if you make the all-in-one/envelope style. The size provided in the pattern is medium - you can adjust the width and length to suit your size. Individual flow can be heavy, medium, or light and so the thickness of the fabric you use or the number of liners you use can be adjusted accordingly. Cut out the pattern and check it against your favourite most comfortable underwear, remembering to leave a seam allowance if you don't have an overstitching facility.

1. Trace this pattern and place on double thickness of fabric with good side facing inwards

2. Cut around, leaving seam allowance (outside dots)

3. Overlock around edge or sew around edge leaving one end open (inside dots open at one end); trim and turn inside out

4. Sew up open end

5. Add poppers to wings where shown

6. Finally (and optionally), hand sew a pocket on either end of the wrap to hold a liner in place

