

FABRIC, TRIMS, TOOLS & SUPPLIES

FABRIC SUGGESTIONS:

This pattern is designed for 4 way stretch knit fabrics with 50-100% horizontal stretch & a minimum of 25% vertical stretch.

Suitable fabrics include Swimwear/Leggings Spandex, Boo! Spandex, Double Brushed Polyester, Rayon Elastane, Rayon Bamboo Elastane, Cotton Elastane (Lycra), French Terry, Ponte, Stretch Velour. For more fabric information, see [page 8](#).

TRIMS:

TOPSTITCHED WAISTBAND: Good quality 40mm (1.5") elastic (*I recommend Boo! elastic*). **Optional:** drawstring, drawstring ends (toggles or cordlocks).

COVERED WAISTBAND: 40mm (1.5") elastic.

EXPOSED ELASTIC: Coloured or decorative elastic (*I recommend Boo! elastic*).

TOOLS & SUPPLIES:

Stretch needle (sewing machine), stretch twin needle (sewing machine, for pockets), pins or magic clips, scissors or rotary blade & cutting mat, sewing & overlocking thread to match, fabric glue, fabric pen, ruler, tape measure, bodkin or safety pin (for threading drawstring), overlocker/serger, sewing machine, iron & ironing board, printer, A4 or letter paper.

TRIMS: CMS / INCHES

| | | AU SIZE | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
|---|---|---------------|---------------|---------------|---------------|---------------|--------------|--------------|---------------|---------------|---------------|
| F | LOWER WAIST | cms inches | 70 27 1/2 | 75 29 1/2 | 80 31 1/2 | 85 33 1/2 | 90 35 3/8 | 95 37 3/8 | 100 39 3/8 | 105 41 3/8 | 110 43 1/4 |
| G | ELASTIC FOR TOPSTITCHED, COVERED OR EXPOSED ELASTIC WAISTBAND | cms inches | 66 26 | 71 28 | 76 29 7/8 | 81 31 7/8 | 86 33 7/8 | 91 35 7/8 | 96 37 3/4 | 101 39 3/4 | 106 41 3/4 |
| H | DRAWSTRING | cms inches | 130 51 1/8 | 135 53 1/8 | 140 55 1/8 | 145 57 1/8 | 150 59 | 155 61 | 160 63 | 165 65 | 170 66 7/8 |

- Mid-Rise Pants, measure 5cm (2") below the natural waist.
- Low-Rise Pants, measure 8cm (3 1/8") below the natural waist.
- Find your measurement in Row F, above. Based on this measurement, follow down to Row G for the elastic length you need. For more details on each waistband, see the waistband section, starting on [page 18](#).
- DRAWSTRING: this estimate allows for a 25cm (9.5") tie on each side. Buy more if you'd like a longer tie.

FABRIC REQUIREMENTS: METRES / YARDS

Based on 140cm (55") fabric width

This fabric chart does not account for directional fabric or shrinkage. Please allow extra for these.

(1) Estimates do not include directional fabrics. I recommend you cut out the pattern & lay the pieces down on a flat surface to estimate fabric needs for directional fabric. (2) Some fabrics shrink in the wash, in particular rayon & cotton lycra. Remember to allow for shrinkage & buy a little extra. (3) Pre-wash your fabrics.

| WITH POCKETS | | AU SIZE | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
|--|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| TOPSTITCHED, COVERED OR STRETCH KNIT WAISTBAND | FULL LENGTH | metres yards | 1.2 1 1/4 | 1.3 1 3/8 | 1.3 1 3/8 | 1.4 1 1/2 | 1.4 1 1/2 | 1.5 1 5/8 | 1.6 1 3/4 | 1.6 1 3/4 | 1.7 1 7/8 |
| | 3/4 LENGTH | metres yards | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 | 1.7 1 7/8 |
| | 1/2 LENGTH | metres yards | 0.9 1 | 0.9 1 | 1 1 1/8 | 1 1 1/8 | 1 1 1/8 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 |

| | | | | | | | | | | | |
|---------------------------|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| EXPOSED ELASTIC WAISTBAND | FULL LENGTH | metres yards | 1.1 1 1/4 | 1.2 1 1/4 | 1.2 1 1/4 | 1.2 1 1/4 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 | 1.6 1 3/4 |
| | 3/4 LENGTH | metres yards | 1 1 1/8 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.6 1 3/4 |
| | 1/2 LENGTH | metres yards | 0.9 1 | 0.9 1 | 1 1 1/8 | 1 1 1/8 | 1 1 1/8 | 1 1 1/8 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 |

WITHOUT POCKETS

| | | | | | | | | | | | |
|--|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| TOPSTITCHED, COVERED OR STRETCH KNIT WAISTBAND | FULL LENGTH | metres yards | 1.2 1 1/4 | 1.2 1 1/4 | 1.2 1 1/4 | 1.3 1 3/8 | 1.3 1 3/8 | 1.5 1 5/8 | 1.6 1 3/4 | 1.6 1 3/4 | 1.7 1 7/8 |
| | 3/4 LENGTH | metres yards | 1 1 1/8 | 1 1 1/8 | 1 1 1/8 | 1 1 1/8 | 1.1 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 | 1.7 1 7/8 |
| | 1/2 LENGTH | metres yards | 0.8 7/8 | 0.8 7/8 | 0.8 7/8 | 0.8 7/8 | 1 1 1/8 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 |

| | | | | | | | | | | | |
|---------------------------|-------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| EXPOSED ELASTIC WAISTBAND | FULL LENGTH | metres yards | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.1 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.5 1 5/8 | 1.6 1 3/4 |
| | 3/4 LENGTH | metres yards | 0.9 1 | 0.9 1 | 0.9 1 | 0.9 1 | 1 1 1/8 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 | 1.6 1 3/4 |
| | 1/2 LENGTH | metres yards | 0.8 7/8 | 0.8 7/8 | 0.8 7/8 | 0.8 7/8 | 0.9 1 | 1 1 1/8 | 1.2 1 1/4 | 1.3 1 3/8 | 1.4 1 1/2 |