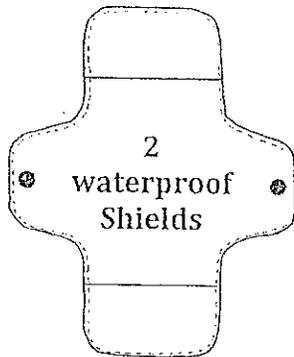
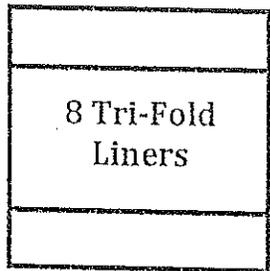


The Washable Feminine Hygiene Kit

This simple drawstring bag filled with items that cost less than \$10 adds up to more dignity, education, health and opportunities for impoverished women.



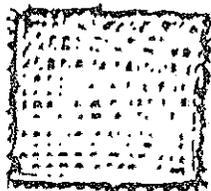
2 moisture barrier shields which wrap to panties to hold pads



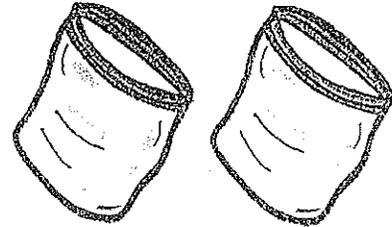
8 absorbent flannel liners in a quick drying tri-fold design



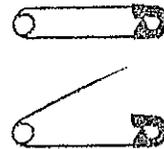
1 pair of panties (women's size 5 or 6)



1 washcloth—a natural conversation starter as well as a perfect segue to discuss health and hygiene in a non-threatening way

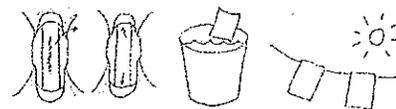
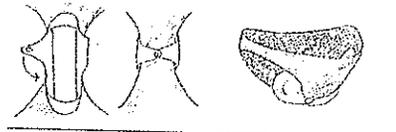


2 one-gallon sized Ziploc® freezer bags to be used to carry wet or soiled items or with a little grey water as “the world’s smallest washing machine”. We request Ziploc® brand freezer bags only as they are durable and their zippers are the most reliable. These bags need to last!



2 safety pins to resize panties if necessary or to clasp shields in case snaps fail with age

INSTRUCTIONS



www.DaysforGirls.org

Easy to follow instructions

1 Inch
Square

Pocket Placement

Cut 2 Pieces of Cotton to
this line for Pockets

Days for Girls International Standard Shield Pattern

1/4" Seam Allowance Included

Regular Shield

Cut 1 PUL

Cut 2 Cotton

Postpartum Shield: Lengthen
Pattern at one end by 2 1/2"

Regular Liner (Absorbant Fabric)

Cut 1 - 8 1/2" x 8 1/2"

Cut 1 - 8 1/2" x 5 3/4"

Postpartum Liner

Cut 1 - 12" x 10 1/2"

Cut 1 - 12" x 7 1/2"

Lengthen here For Postpartum Shield

Pocket Placement

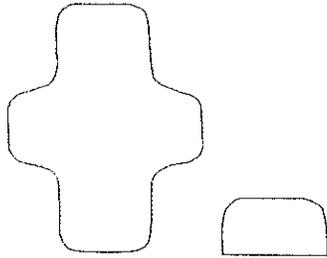
Instructions for the Shield

These instructions are for the Standard Shield Pattern.

Step One:

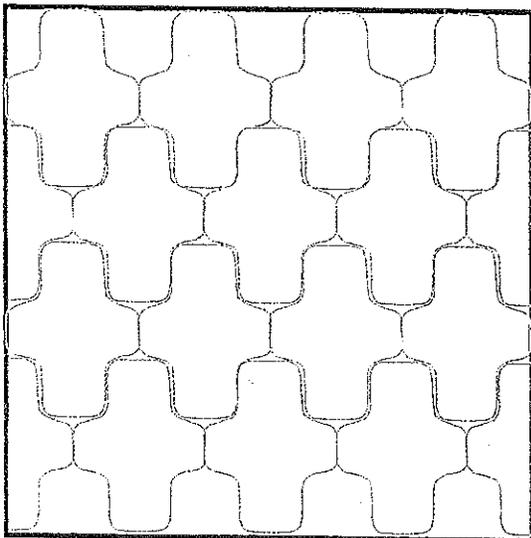
Glue your template onto heavy cardboard or trace onto heavy template plastic and cut out.

Make a second template of just the pocket piece.



Step Two:

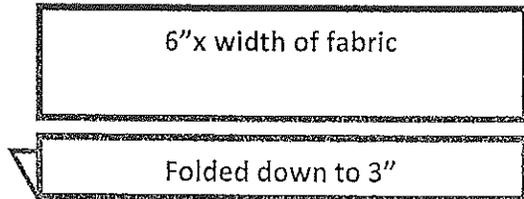
Using your template cut shield bodies out of cotton fabric—tessellate to get as many out of the fabric and PUL as possible.



Tessellation Example

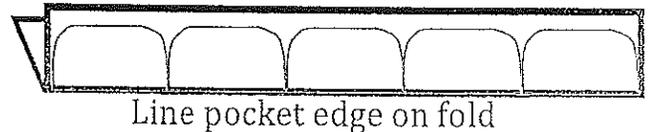
Step Three:

Cut or gently tear a strip of fabric 6" x the width of the fabric (usually 45"). Iron the wrong sides together so that you will now have a long skinny piece 3" x 45".



Step Four:

Place the straight edge of the pocket piece template onto the fold and cut. (The pocket pieces are a double layer for better wear).



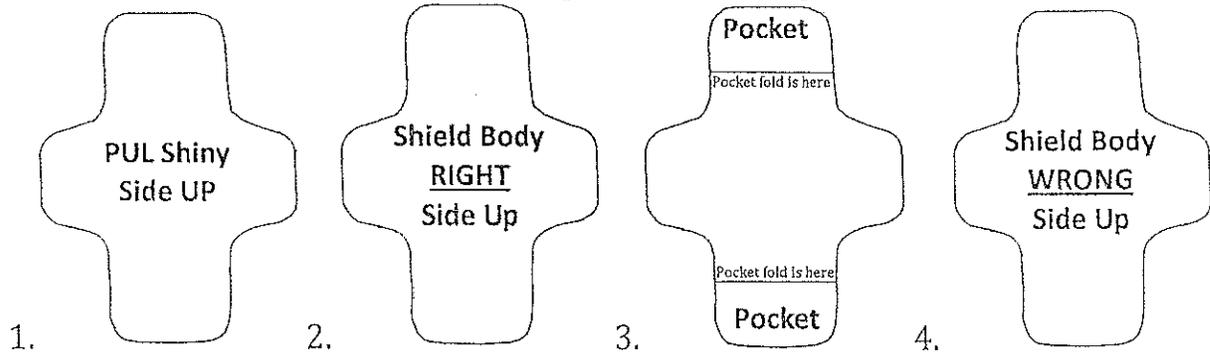
A NOTE ABOUT PUL

Polyurethane laminate or PUL is the waterproof layer in your shield. It can be found at Joann Fabrics, Fabri.com and other fabric stores in the diaper making second. The color doesn't matter as the PUL is sandwiched between two layers of fabric of

Step Five:

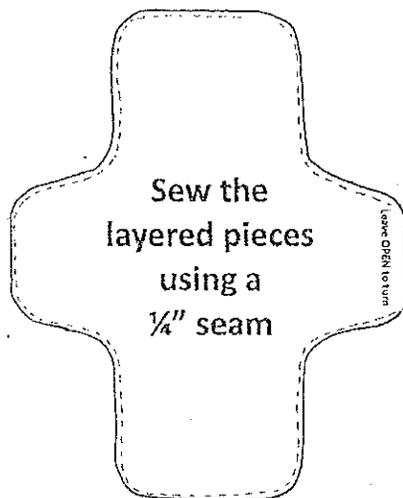
Layer the pieces in this order in preparation to sew: first place the PUL with the shiny side up and dot with glue stick. On top of that, place one cotton piece right side up.

Place the pocket pieces on top of that (make sure pocket fold is facing the middle of the shield not the outside) and place the other cotton piece with the wrong side facing up. Pin as needed, being aware that you want to avoid putting holes in the PUL as much as possible. I like to use snap hair clips to avoid that problem!



Step Six:

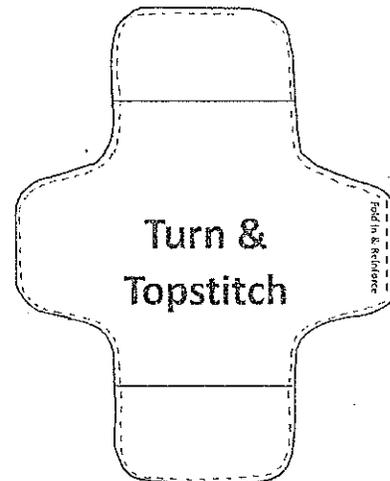
Sew the layered pieces using a 1/4" seam leaving a 2" to 3" opening for turning.



Step Seven:

Turn the shield right side out. Press and topstitch close to the edge closing the opening in the process.

Reinforce this opening well so it will not reopen when used. Make sure to catch all of the layers and to backstitch.



Return your shields for snaps to be added

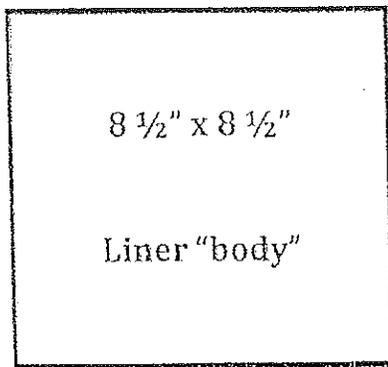
Tri-Fold Liners

(Traditional Method)

The tri-fold liner was created to use as little water as possible to wash, to dry quickly and to be stacked for maximum absorbency. The liner was deliberately designed to look more like a washcloth than a traditional pad for modesty when hung to dry. It includes a "hot zone" across the center of the liner. When the liner is folded, the center has six layers while the less bulky ends go into the shield pocket.

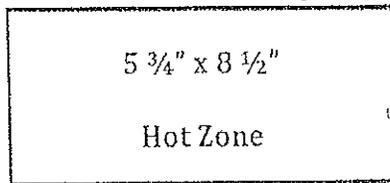
Step One:

Cut an 8 ½" x 8 ½" square of flannel.
This is the "body" of your liner.



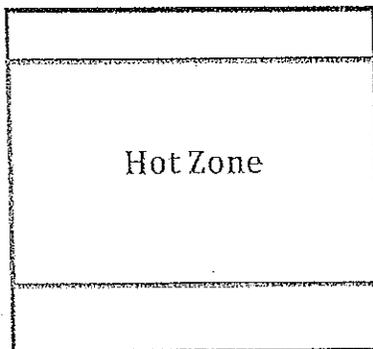
Step Two:

Cut a 5 ¾" x 8 ½" rectangle of flannel.
This is the "hot zone" of your liner.



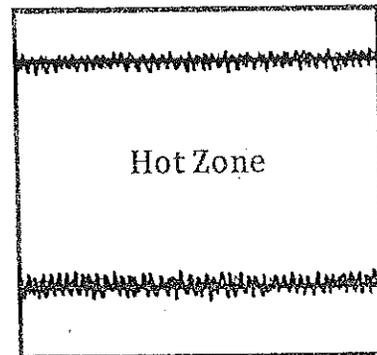
Step Three:

With the liner body face up, place the hot zone across it, also face up.



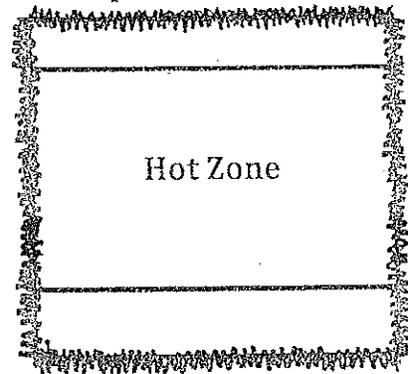
Step Four:

Zig-zag the hot zone down on both long edges—if you have a serger, you should serge the raw edges of the hot zone before you attach it.



Step Five:

Serge or zig-zag all four raw edges on the body, catching the hot zone. Repeat the process as each kit requires 10 liners!

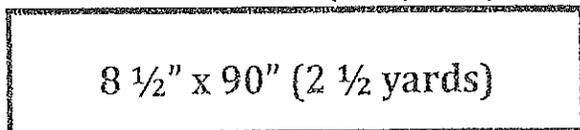


Tri-Fold Liners

(Speed Piecing Method)

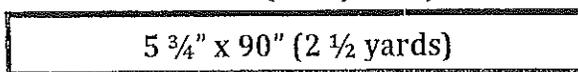
Step One:

Cut or carefully tear a strip of flannel 8 ½" x 90" (2 ½ yards)



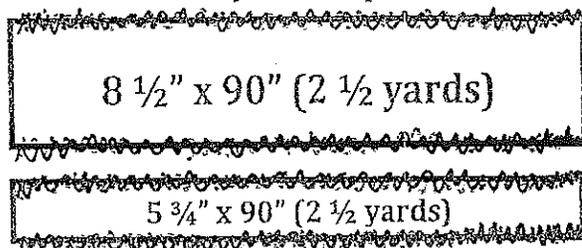
Step Two:

Cut or carefully tear strips of flannel 5 ¾" x 90" (2 ½ yards)



Step Three:

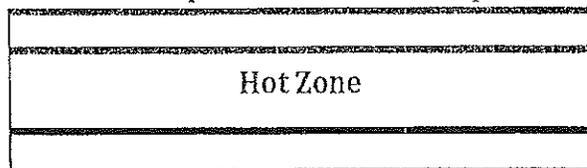
Serge both long sides on all of your strips



Step Four:

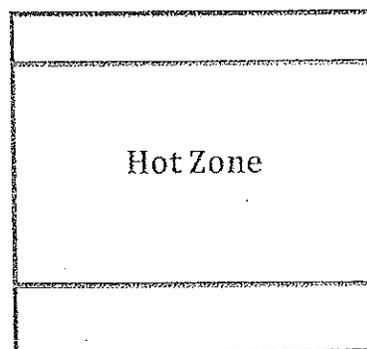
Place the narrow strip of flannel (the hot zone) down the center of the wider strip and stitch down.

Both strips should be face up.



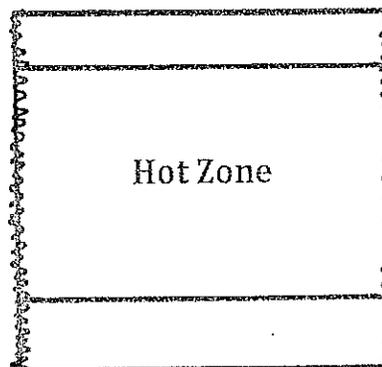
Step Five:

Cut the strips into 8 ½ squares (you should get 10)



Step Six

Serge all of the raw edges the 8 ½" squares and trim thread.



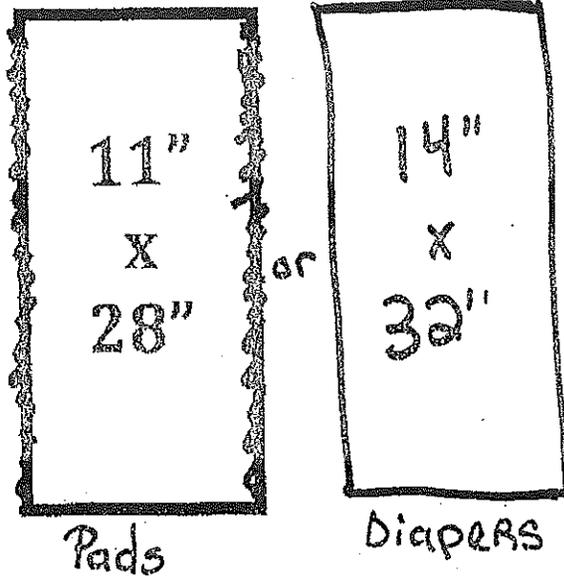
NOTE: If you cut your strips carefully, you will get 3 wide and 3 narrow strips out of a 2 ½ yard piece of flannel—enough for 30 finished liners.

How to Make a Draw String Bag

(Traditional Method--finished bag is 10" x 12")

Step One:

Start with an 11" x 28" piece of cotton fabric.
Serge or zig zag all raw edges

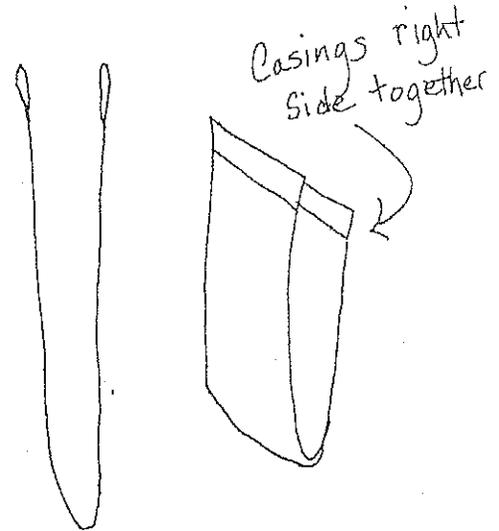


Pads

Diapers

Step Three:

Fold in half with right sides together. Sew up the sides stopping before the casing. Backstitch ends.

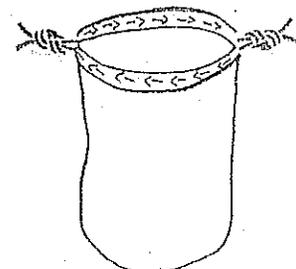


Step Four:

Turn right side out and thread a drawstring through one casing and back through the other. Make sure to leave about 1 1/2- 2 inches at the end. Tie the ends.



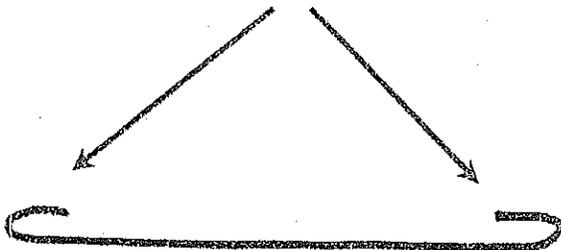
Repeat going the opposite directions with the second drawstring



Step Two:

Turn each short end wrong sides in about 1 1/4" for the drawstring casings. Stitch the casings down.

1 1/4" fold over

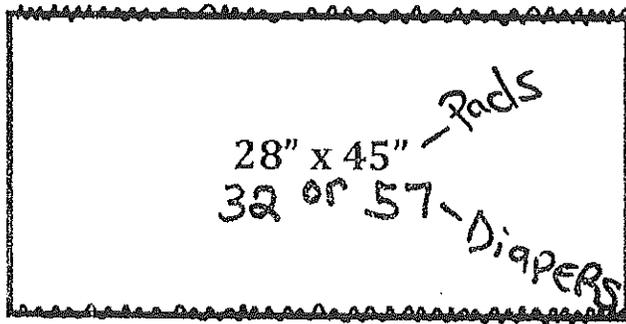


How to Make a Draw String Bag

(Speed Method--finished bag is approx 10" x 12")

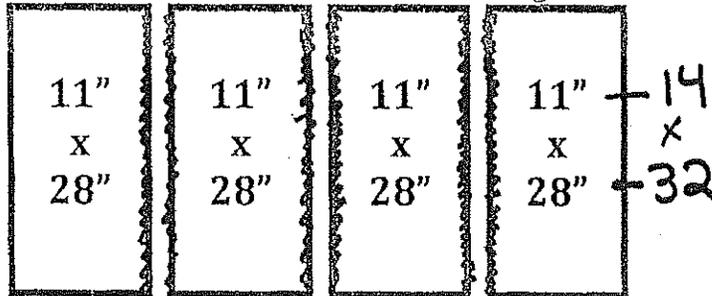
Step One:

Start with a 28" x 45" piece of cotton fabric.
Serge or zig zag both long raw edges



Step Two:

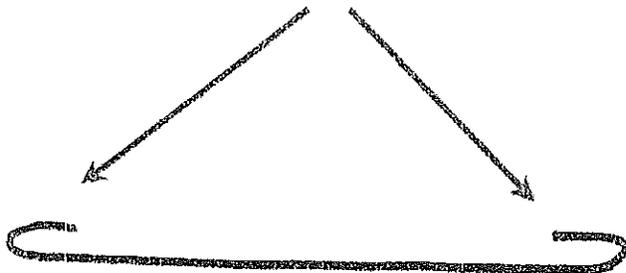
Cut into 4 equal pieces.
Serge or zig zag all of the raw edges



Step Three:

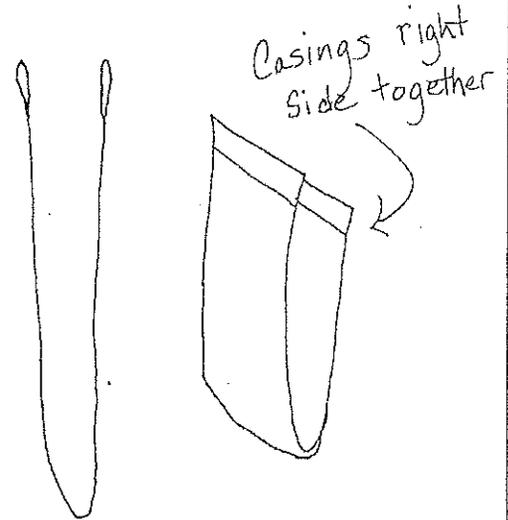
Turn each short end wrong sides in about 1 1/4" for the drawstring casings.
Stitch the casings down.

1 1/4" fold over



Step Four:

Fold in half with right sides together. Sew up the sides stopping before the casing. Backstitch ends.



Step Five:

Turn right side out and thread a drawstring through one casing and back through the other. Make sure to leave about 1 1/2- 2 inches at the end.
Tie the ends.



Repeat going the opposite directions with the second drawstring.

