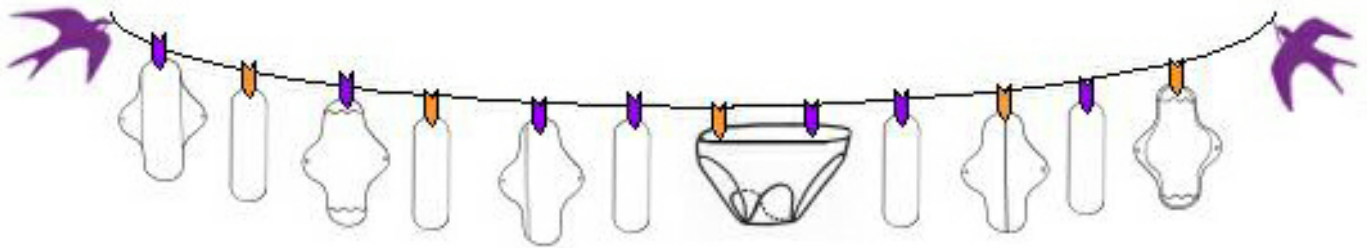




## Factsheet

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### Washable Menstrual Towels



### How to wash cloth menstrual lingerie

#### 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 towels 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 towels in cold water and carry in a waterproof bag until you can soak them.

#### Washing

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

#### Disposables

If using disposable sanitary protection (sanpro) 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, WEN sanitary bags are available from Natural Collection via a link from our website or call them on 0870 331 33 33.

#### Making your own

To make your own washable towels, you can either use a disposable towel as a template, or simply follow the pattern inside this leaflet. Trace the pattern so you don't lose the sewing instructions, this will also make it easier to pin to your fabric. When finished you could pass the pattern on to friends. Further details can be found on the back of this leaflet.

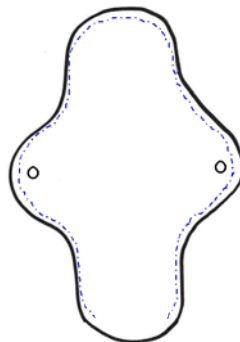
## Medium wrap

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

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

Actual size if over stitching edges

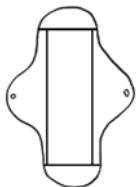
3. Overlock around edge or sew around edge leaving one end open (inside dots open at one end); trim and turn inside out.



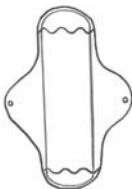
4. Sew up open end.

5. Add poppers to wings where shown.

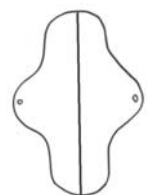
6. Finally, hand sew a pocket on either end of the wrap...



or attach some tape to hold the liner in place.



Envelope style - cut one side of fabric in half and sew all way round before turning inside out and adding poppers.



Fill with liners or folded fabric.

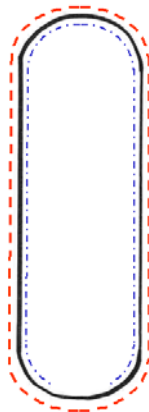
## Medium liner

1. Check size (width and length) on your knickers.

2. If not overlocking, add outside seam allowance when cutting.

3. Pin to fabric

4. Add four - six layers for light flow, more for medium - heavy flow.



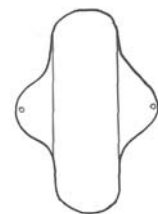
5. Trim, turn inside out, fold in seam and sew end. For liners with wings use wrap pattern without poppers.

Actual size if overlocking edges

6. Liner can then be used by itself placed or sewn in a pair of knickers, with or without velcro ... or held in place in a wrap.



Or, for an all-in-one towel sew several liners, according to your flow, between the two layers of the wrap, or on the outside.



# Washable Menstrual Towels



## How to make your own menstrual lingerie

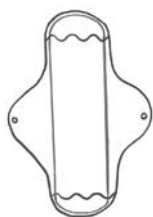
When you make a washable towel you are creating something special and personal for yourself. So be creative, experiment with different materials and designs, and have a great time!

Washable menstrual products, whether homemade or bought, can be used in combination with other forms of sanpro. If you want to celebrate the transition from girlhood to womanhood with your daughter or a group of young girls, using and making your own washable menstrual wear can help them develop into more environmentally aware, practical and healthier women.

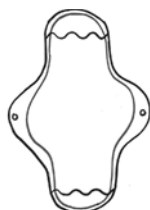
### Suggested fabrics

100% cotton fabrics eg old towels, sheets, pyjamas, t shirts, cotton flannel, or hemp, anything you feel is comfortable, soft and gentle next to your skin.

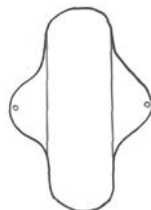
### Styles



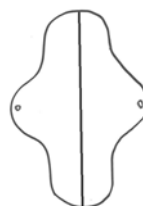
Wrap & insert



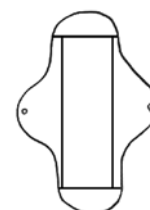
Wrap & winged insert



All-in-one



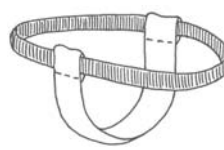
Envelope



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 laundry 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 over stitching facility.