SCRUBS PATTERN
A4 PRINT AT HOME
XXS – XXL
This pattern was created in response to the Covid 19 pandemic in 2020. Extra sets of scrubs were desperately needed to plug the shortage in the NHS. Please share and distribute this pattern to anyone that is helping this cause.

To download a step by step photo guide of making instructions, please visit: [www.dotncross.com/sewing-tips/how-to-make-scrubs-for-the-nhs](http://www.dotncross.com/sewing-tips/how-to-make-scrubs-for-the-nhs)

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### Information

**SEAMS ALLOWANCE**
All seams are 1cm unless otherwise stated.

**SEAM FINISHING**
Seams should be finished with overlock, either on an overlocker or with an overlocking stitch on your sewing machine. The overlock stitch should encase the raw edge of the fabric. This is very important as the scrubs will be washed daily at high temperatures and need to withstand a lot of wear and tear!

**LABELS**
Please label both top and trousers with the size. Either by embroidering on facing and waistband, or stitching in a label.

**STITCH LENGTH:**
2.5-3.5mm.

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### Supplies

**FABRICS:** Suitable for poly cottons, ideally 80/20 or 65/35 and between 115 and 125gsm. Staff are wearing them under all the other PPE so it needs to be lighter weight but able to withstand a 90 degree wash (very important).

**FUSING:** Fusible interfacing, medium weight.

**WAIST CORD:** 1-2cm wide.

**THREAD TYPE:** Polyester 120s.

See next page for fabric quantities.
**Fabric consumption**

- Consumption in metres.
- 0.15m tolerance has been added.

<table>
<thead>
<tr>
<th>FLAT LAY - FABRIC NOT FOLDED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fabric Width</strong></td>
</tr>
<tr>
<td>-------------------</td>
</tr>
<tr>
<td>112cm</td>
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<tr>
<td>150cm</td>
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</tbody>
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<table>
<thead>
<tr>
<th>CUT ON FOLD</th>
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<td>150cm</td>
</tr>
</tbody>
</table>

**HOW TO USE THE LAYPLANS**

See next page

- Each size will have a slightly different cutting plan.
- We have shown diagrams for size S and XXL, to give you a good idea of how to lay your pieces.
- For both these sizes, we have created cutting plans for two different fabric widths - 112cm and 150cm.
- We have also shown two different methods of cutting - Flat lay or cutting on the fold.
- If you want to save fabric and cut in bulk on a flat lay, it is best to trace the other side of the front, back, front neck facing and back neck facing on the scrubs top pattern, so you have a ‘full’ piece as shown. This will be more economical, meaning you will get more scrubs from your meterage of fabric.
- If you are a home sewer and are only cutting one or two, it will be quicker to cut on the fold, but you will waste more fabric, especially on the narrower fabric width.

**Sizes**

- Finished garment measurements in cm.

<table>
<thead>
<tr>
<th>SCRUBS TOP</th>
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<tbody>
<tr>
<td><strong>Size</strong></td>
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<tr>
<td>XXS</td>
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<td>XL</td>
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<td>XXL</td>
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<table>
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<td>XL</td>
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<tr>
<td>XXL</td>
</tr>
</tbody>
</table>
Layplan: S

**Fabric 112cm wide - Flat lay**

![Diagram of fabric layout for 112cm wide fabric, flat lay]

**Fabric 150cm wide - Flat lay**

![Diagram of fabric layout for 150cm wide fabric, flat lay]

**Fabric 112cm wide - Cut on fold**

![Diagram of fabric layout for 112cm wide fabric, cut on fold]

**Fabric 150cm wide - Cut on fold**

![Diagram of fabric layout for 150cm wide fabric, cut on fold]
Layplan: XXL

**Fabric 112cm wide** - Flat lay

![Flat lay diagram for 112cm wide fabric]

**Fabric 150cm wide** - Flat lay

![Flat lay diagram for 150cm wide fabric]

**Fabric 112cm wide** - Cut on fold

On XXL the sleeves are too wide to be cut on the fold. Cut all other pieces first, then unfold the fabric to cut the sleeves.

![Cut on fold diagram for 112cm wide fabric]

**Fabric 150cm wide** - Cut on fold

![Cut on fold diagram for 150cm wide fabric]
Tiling plan

- This pattern is designed to be printed at home on A4 sized paper and tiled together.
- Ensure you are printing at 100% scale.
- Print off the first page of the pattern first to check your scaling is at 100% - the square test box should measure exactly 10 x 10cm. If it does not, your scaling is wrong. Adjust your settings and print off another page 1 to test, before printing the rest of the pattern.
- The pattern is 45 pages of A4 in total.
- When joining the pages, the grid is five columns across, and nine pages down. Follow the diagram to the right to piece the pages together.
- Cut off the excess paper along the border line on the right and bottom of each page only (leave intact on the top and left) and then tape or Pritt Stick the pages together exactly on the border line. There are tutorials online to show you how to do this if you haven’t done it before.
Background

Helen from Dot n Cross is volunteering with Cornwall Scrubs, answering the call to support our healthcare workers throughout the Covid 19 crisis.

To make a request for scrubs or to sign up as a volunteer visit:
www.cornwallscrubs.co.uk

If you want to support us financially, £12 will fund a set of scrubs and help us keep this wheel turning. You can make a donation at:
www.gofundme.com/cornwall-scrubs

Cornwall Scrubs is part of a nationwide movement called For The Love Of Scrubs. It has been set up by A&E nurse, Ashleigh Lindsell based in the Midlands. There are now 23,000 members and volunteers co-ordinating the effort all over the UK.

This is needed because many normally non scrubs-wearing staff are being deployed to scrubs-wearing areas. In combination with a need to change clothes more frequently and the influx of returning staff, all health trusts have been met with a global shortage of workwear such as scrubs as well as the PPE required to stay safe on the job.

The Cornish effort is led by Annie Lucas, owner of pop up sewing school Start to Stitch and founder of Kernow Sewcial, along with an amazing team of very skilled admins who have worked extremely long hours to get the project off the ground efficiently and professionally. It is a colossal team effort.

We hope to have made a minimum of 600 sets of scrubs by the time the pandemic is over but it looks like we may be able to achieve 1000 or more and meet the growing demand across care homes, the hospital, GP surgeries and other healthcare settings in Cornwall.
SCRUBS PATTERN

This pattern was created in response to the Covid 19 pandemic in 2020. Extra sets of scrubs were desperately needed to plug the shortage in the NHS. Please share and distribute this pattern to anyone that is helping this cause.

To download a step by step photo guide of how to make these scrubs, please visit: www.dotncross.com/sewing-tips/how-to-make-scrubs-for-the-nhs

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TEST SQUARE
10 X 10cm

Please check before cutting

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SCRUBS TOP

Back
Cut 1 self on fold
1cm seam allowance included

TEST SQUARE
10 X 10cm
Please check before cutting
Print off page 1 of the pattern / first to check
your scaling is at 100%. This square test box
should measure exactly 10 x 10cm. If it does
not, your scaling is wrong. Adjust your
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SCRUBS TOP
Sleeve
Cut 1 pair self
1cm seam allowance included

SCRUBS PATTERN
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---

**SCRUBS TOP**

**Back**

Cut 1 self on fold

1cm seam allowance included

---

**SCRUBS TOP**

**Sleeve**

Cut 1 pair self

1cm seam allowance included

---

**SCRUBS TOP**

**Front neck facing**

Cut 1 self on fold + fuse

1cm seam allowance included

---

**SCRUBS TOP**

**Back neck facing**

Cut 1 self on fold + fuse

1cm seam allowance included

---

**PATCH POCKET POSITION**
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SCRUBS TOP
Back
Cut 1 self on fold
1cm seam allowance included

TEST SQUARE
10 X 10cm
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SCRUBS TOP
Sleeve
Cut 1 pair self
1cm seam allowance included

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SCRUBS TOP
Back
Cut 1 self on fold
1cm seam allowance included

ORDER OF ASSEMBLY

PLACE ON FOLD

GRAINLINE

XXL
XL
L
M
S
XS
XXS

SCRUBS TOP
Front
Cut 1 self on fold
1cm seam allowance included

PLACE ON FOLD

GRAINLINE

XXL
XL
L
M
S
XS
XXS

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SCRUBS TOP

Sleeve
Cut 1 pair self
1cm seam allowance included

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PLACE ON FOLD

GRAINLINE

PATCH
POCKET
POSITION

печат בפורמט A4

_place on fold_
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SCRUBS TOP
Back
Cut 1 self on fold
1cm seam allowance included
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---

**SCRUBS TOP**

Back

Cut 1 self on fold

1cm seam allowance included

---

**TEST SQUARE**

10 X 10cm

Please check before cutting

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---

**SCRUBS TOP**

Sleeve

Cut 1 pair self

1cm seam allowance included

---

**SCRUBS PATTERN**

---

**PLACE ON FOLD**

---

**GRAINLINE**

---

**PATCH**

**POCKET**

**POSITION**

---

**PLACE ON FOLD**

---
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---

**SCRUBS TOP**

**Back**

Cut 1 self on fold

1cm seam allowance included

---

**SCRUBS TOP**

**Front neck facing**

Cut 1 self on fold + fuse

1cm seam allowance included

---

**SCRUBS TOP**

**Sleeve**

Cut 1 pair self

1cm seam allowance included

---

**SCRUBS TOP**

**Back neck facing**

Cut 1 self on fold + fuse

1cm seam allowance included

---

**PATCH**

**POCKET**

**POSITION**

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---

**Scrubs Top**

- **Front neck facing**
  - Cut 1 self on fold + fuse
  - 1cm seam allowance included

- **Back neck facing**
  - Cut 1 self on fold + fuse
  - 1cm seam allowance included

**Sleeve**

- Cut 1 pair self

**Test Square**

10 X 10cm

Please check before cutting

Print off page 1 of the pattern / first to check your scaling is at 100%. This square test box should measure exactly 10 x 10cm. If it does not, your scaling is wrong. Adjust your settings and print off another page 1 to test, before printing the rest of the pattern.
SCRUBS TOP
Back neck facing
Cut 1 self on fold + fuse
1cm seam allowance included

PLACE ON FOLD
GRAINLINE

SCRUBS TOP
Front neck facing
Cut 1 self on fold + fuse
1cm seam allowance included

PLACE ON FOLD
GRAINLINE
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SCRUBS TOP

Sleeve
Cut 1 pair self
1cm seam allowance included

SCRUBS PATTERN

PLACE ON FOLD
GRAINLINE

PLACE ON FOLD
GRAINLINE

XXL
XL
L
M
S
XS
XXS

PLACE ON FOLD
GRAINLINE

XXL
XL
L
M
S
XS
XXS

BACK
Cut 1 self on fold
1cm seam allowance included

Front
Cut 1 self on fold + fuse
1cm seam allowance included

TEST SQUARE
10 X 10cm
Please check before cutting

SCRUBS TOP

Front neck facing
Cut 1 self on fold + fuse
1cm seam allowance included

PATCH
POCKET
POSITION

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SCRUBS TOP

Front

Cut 1 self on fold
1 cm seam allowance included

PLACE ON FOLD

GRAINLINE

Back neck facing

Cut 1 self on fold + fuse
1 cm seam allowance included

PLACE ON FOLD

GRAINLINE

PATCH

POCKET

POSITION

SCRUBS PATTERN

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SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SCRUBS TROUSER
Side pocket bag
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included
SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

Patch pocket
Cut 1 pair self
1 cm seam allowance included

SCRUBS TROUSER

Front leg
Cut 1 pair self
1cm seam allowance included

Side pocket bag
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER

Patch pocket
Cut 2 pairs self
1.5cm seam allowance included
SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included
SCRUBS PATTERN

**Back leg**
Cut 1 pair self
1cm seam allowance included

**PATCH POCKET**

**Front leg**
Cut 1 pair self
1cm seam allowance included

**SIDE POCKET BAG**
Cut 2 pairs self
1cm seam allowance included

**GRAINLINE**

**SCRUBS TROUSERS**

**GRAINLINE**

**XXS**

**XS**

**S**

**M**

**L**

**XL**

**XXL**
XXS
XS
S
M
L
XL
XXL

---

SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

---

SCRUBS TROUSER

Front leg
Cut 1 pair self
1cm seam allowance included

---

Side pocket bag
Cut 2 pairs self
1cm seam allowance included

---

SCRUBS TOP & TROUSER

Patch pocket
Cut 2 pairs self
1.5cm seam allowance included

---

GRAINLINE

---

GRAINLINE
SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET

POSITION

SCRUBS TROUSER

Front leg
Cut 1 pair self
1cm seam allowance included

SCRUBS TROUSER

Side pocket bag
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

GRAINLINE

XXS
XS
S
M
L
XL
XXL

XXS
XS
S
M
L
XL
XXL

SCRUBS TOP & TROUSER

Patch pocket
Cut 2 pairs self
1.5cm seam allowance included
SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET

POSITION

SCRUBS TROUSER

Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET BAG
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included

GRAINLINE
SCRUBS TROUSER

Back leg
Cut 1 pair self
1 cm seam allowance included

PATCH POCKET
POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1 cm seam allowance included

SCRUBS TROUSER
Side pocket bag
Cut 2 pairs self
1 cm seam allowance included

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5 cm seam allowance included
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XXS | XS | S | M | L | XL | XXL

SCRUBS TROUSER
Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET

POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET BAG
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included

GRAINLINE
Scrubs Trousers

1cm seam allowance included
Cut 1 pair self
Back Leg

CROSS
N
DOT

Patch Pocket
1.5cm seam allowance included

GRAINLINE
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SCRUBS TROUSER
Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET
POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET
Bag
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included

XXS
XS
S
M
L
XL
XXL
SCRUBS TROUSER

Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET
POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET BAG
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included
SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included
SCRUBS TROUSER
Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET
POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET BAG
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included

GRAINLINE
SCRUBS TROUSER
Back leg
Cut 1 pair self
1cm seam allowance included

PATCH POCKET
POSITION

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

SIDE POCKET BAG
Cut 2 pairs self
1cm seam allowance included

GRAINLINE

GRAINLINE

XXS
XS
S
M
L
XL
XXL

GRAINLINE

GRAINLINE

SCRUBS TOP & TROUSER
Patch pocket
Cut 2 pairs self
1.5cm seam allowance included