



Pants for Patients – Sewing Guide & Community Pack

Overview

Pants for Patients is a simple, sustainable sewing project that restores **dignity and comfort** for people in hospital, hospice or care settings. The design uses a **soft drawstring waistband, wide straight legs**, and a **relaxed fit** so the trousers are easy to make, easy to wear, and suitable for many body shapes.

The trousers are made by volunteers, from re-purposed fabric, to be donated in the community to hospitals, care homes etc

This pack includes **fabric standards, step-by-step instructions, pattern measurements**, and a **starter checklist** to set up a @'**Pants for Patients**' group in your area.

Fabric Standards (Important)

- Use **lightweight to medium-weight woven fabrics**: cotton or polycotton is ideal.
- Fabric must **NOT** be thin, transparent or see-through. *Test*: hold to the light; if you can clearly see your hand, it's too thin.
- Avoid stretch jerseys for beginners (harder to sew). Clean cotton **sheets or duvet covers** are perfect if in good condition.
- Fabric must be **clean, colourfast and pre-washed at 40°C** before sewing. Avoid glitter, sequins, scratchy trims.
- Use **soft cord or cotton tape** for the drawstring (avoid rigid ribbon edges).

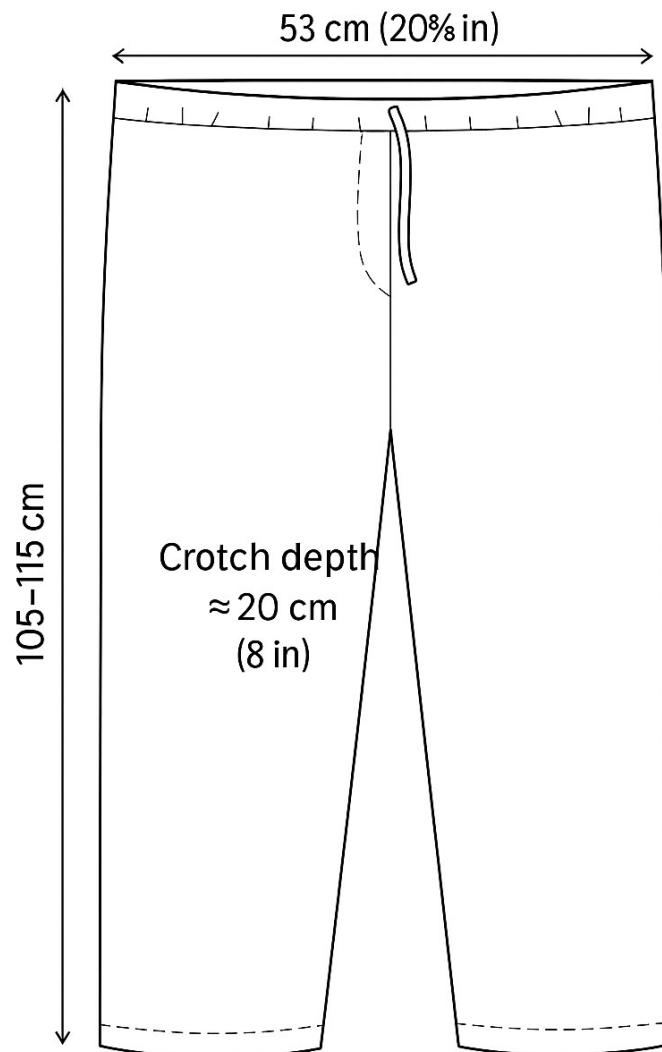
Core Measurements (one-size adjustable)

- **Top width (waist, before gathering): 53 cm (20¼ in)**
- **Bottom width at hem (each leg): 22 cm (8¾ in)**
- **Trouser length (waist to hem): 105–115 cm (41–45 in)** – fits most adults
165–180 cm (5 ft 5–5 ft 11)
- **Waistband casing depth: 3 cm (1¼ in)**
- **Drawstring length: ≈1.5 m (≈1.6 yd)**

Finished Trousers (Front View)

Pattern A - Single Leg Piece (Cut on Fold)

Measurements in cm (in)



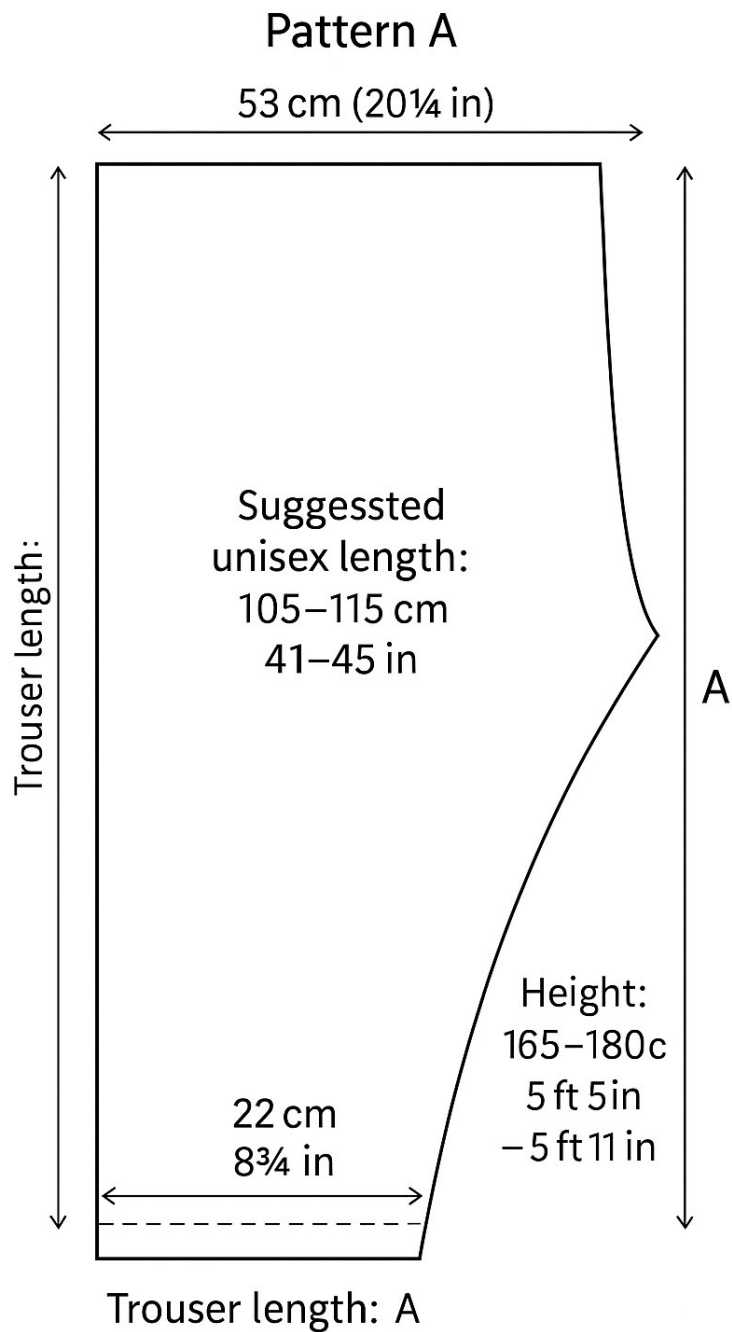
Cut 2 on fold. Add 1 cm ($\frac{9}{8}$ in) seam allowance where needed.

Caption: Suggested unisex fit with key measurements. Hem may be rolled up for shorter wearers.

Cutting Patterns

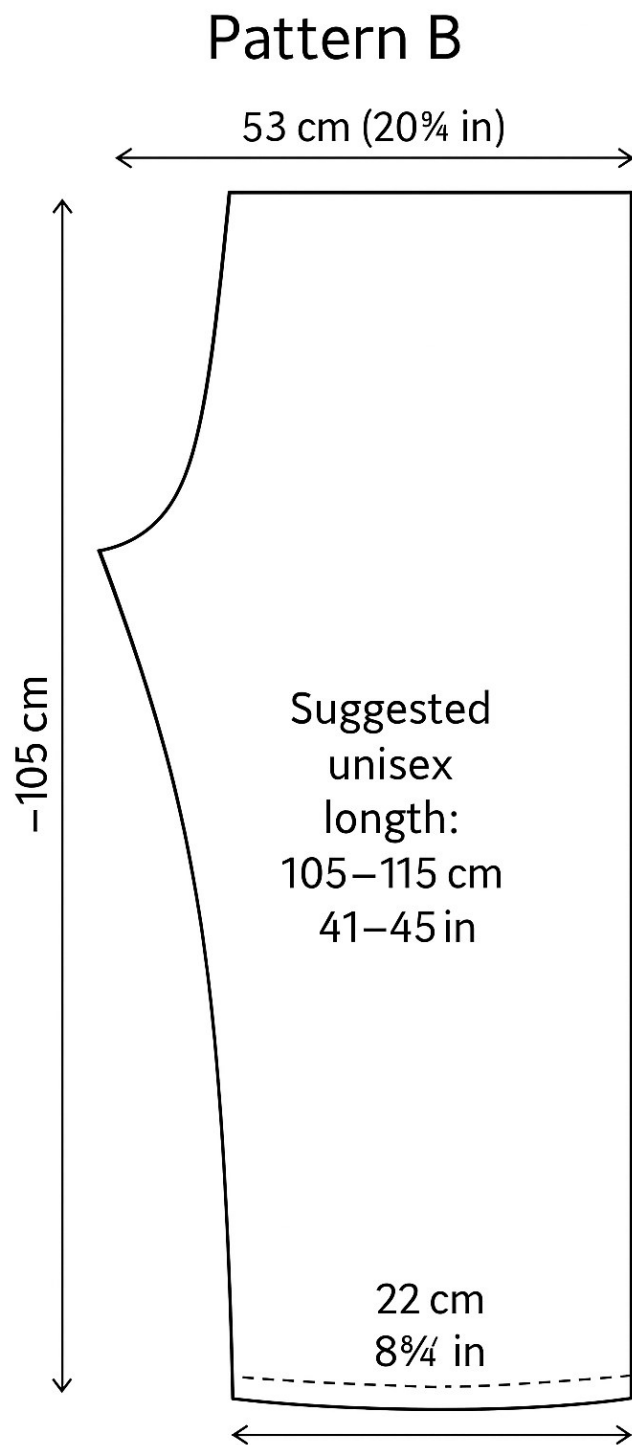
You can make the trousers using either of these two pattern options. Both produce the same fit – choose the method you find easiest:

Pattern A – Single Leg Piece (Cut on Fold)



Caption: Pattern A with fold line; **cut 2 on the fold**. Add **1 cm ($\frac{3}{8}$ in)** seam allowance where needed.

Pattern B – Full Trouser Outline



Caption: Pattern B full outline; add **1 cm (3⁄8 in)** seam allowance.

Tools & Materials

- 1.5–2.0 m (1.6–2.2 yd) of approved fabric (see standards)
- Matching thread • Sewing machine • Fabric scissors • Pins/clips • Tape measure
- Safety pin (for threading drawstring) • Iron
- Soft cord/tape ~1.5 m (1.6 yd)

Step-by-Step Sewing Instructions

1. **Pre-wash & press** – Wash fabric at **40°C**, dry and press (pre-shrinks and removes finishes).
2. **Cut pieces** – Choose **Pattern A** or **Pattern B**. Cut **two leg panels** (on the fold if using Pattern A). If your paper template doesn't include allowances, add **1 cm (3⁄8 in)**.
3. **Inside leg seams** – With **right sides together**, sew each leg's **inside seam** from crotch to hem. Finish raw edges (zig-zag/overlock) and **press towards the back**.
4. **Join at crotch** – Turn one leg **right-side-out** and place it **inside the other** (right sides together). Match crotch notches. Stitch the **crotch curve** in one continuous seam from **front waist to back waist**. Finish and press.
5. **Side seams** – Align and stitch both **side seams** from waist to hem. Finish edges and **press flat**.
6. **Waistband casing** – Fold the waist edge to the wrong side by **1 cm (3⁄8 in)** and press. Fold again by **3 cm (1¼ in)** to form the casing. Stitch close to the lower fold, **leaving a 3 cm (1¼ in) gap at centre front** for the drawstring.
7. **Hem the legs** – Aim for **105–115 cm** trouser length (waist to hem). Fold hem **1 cm (3⁄8 in)**, press; fold again **2 cm (3⁄4 in)** and stitch. Leave extra length if you want a **roll-up** option.
8. **Insert the drawstring** – Cut **~1.5 m** of cord. Attach a safety pin and thread through the casing to exit at the gap. Knot ends (or add toggles). Add a **stopper knot** so it can't pull inside.
9. **Quality check** – Trim threads, check seams, ensure fabric is **opaque** and feels **soft** against skin. Give a final **press**.

Care, Labelling & Donation

- **Launder** finished trousers at **40°C** before donation.
- Optional: add a small **“Pants for Patients – Serving Our Superheroes”** label away from sensitive skin contact.
- Pack in clean bags with a **length note** (e.g., *Unisex adjustable – 110 cm*).
- Donate to your **local hospital/hospice/care facility** or contact **Serving Our Superheroes** for current requests.
- Please **avoid fragrance sprays** on finished items (allergy safe).

How to Set Up “Pants for Patients” in Your Area

- **Connect with a ward lead:** Email Volunteer Services or a Ward Manager (e.g., surgical/oncology/rehab). Explain the project, share a photo, and confirm **preferred lengths, laundering temperature, and any infection-prevention** specifics.
- **Agree fabric standards & packing:** Confirm **opacity** (no see-through fabrics), **40°C wash**, and **paper labels** (item + length). Avoid zips/buttons/metal unless requested.
- **Build your volunteer hub:** Start a **WhatsApp or Facebook group**. Share this guide and the **Pattern A/B diagrams**. Set a **monthly target** (e.g., 20 pairs). Encourage pre-wash and progress photos.
- **Source fabric & notions:** Request donations of **clean cotton sheets/duvet covers**. Buy **soft cord** in bulk. Reuse off-cuts for other community items.
- **Quality control:** Checklist—opaque fabric, secure seams, tidy hems, correct casing, final press. Nominate a **checker** before packing.
- **Logistics & handover:** Arrange **monthly drop-offs** with the ward contact. Keep a simple **log** (date, pairs, lengths). Include a **contact email** for clinical feedback.
- **Safeguarding & hygiene:** Smoke-free, pet-hair-free sewing spaces; wash hands before packing; pause making if unwell.
- **Celebrate & share:** Post updates to the **Pants for Patients Movement** and tag **@ServingOurSuperheroes** and **@PantsForPatients**. Share stories (with consent) to inspire others.

Pants for Patients is an international movement

Website: www.servingoursuperheroes.com

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“Every pair you make brings comfort, dignity, and hope.”