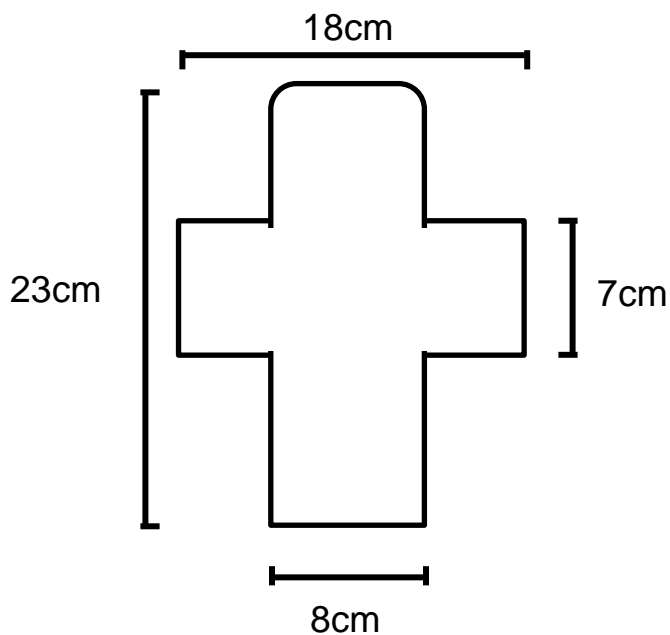


Step-by-Step Guide for Creating Reusable Menstrual Pads (RUMPS)

Required Materials:

- ❖ Thick paper, like cardboard or construction paper
 - ❖ Marker
 - ❖ Ruler
 - ❖ Scissors
 - ❖ Thin fabric, like cotton
 - ❖ Thick fabric, like bath towels
 - ❖ Button
 - ❖ Needle
 - ❖ Thread
-

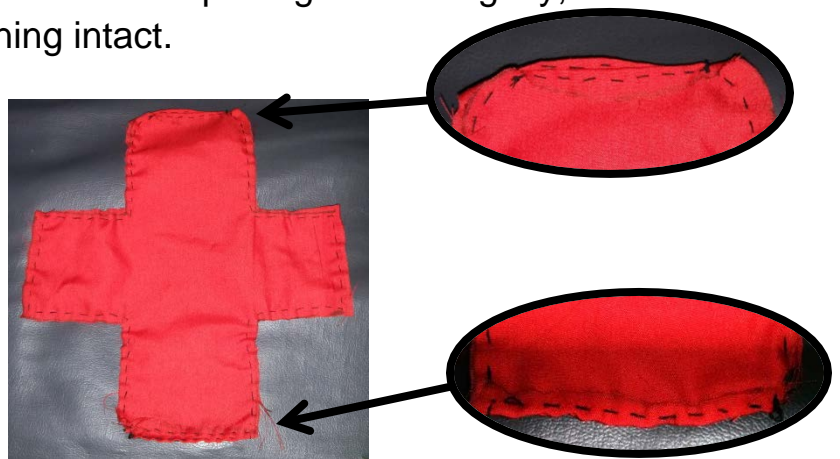
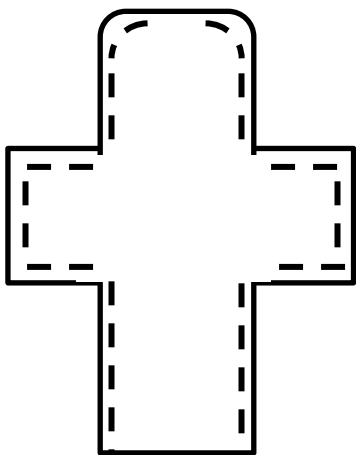
1. Using a ruler, draw the pattern below onto a thick piece of paper, then cut out the pattern.



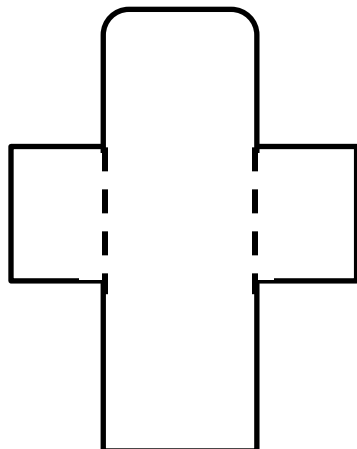
2. Using a marker, trace the pattern onto thin fabric twice, then cut out both pieces of fabric.



3. Lay the two pieces of fabric on top of each other so that they are evenly lined up. Sew up the long sides of the pattern, leaving the bottom open, and most of the top. Fold the edges of the top and bottom openings down slightly, and sew the edge together, leaving the opening intact.



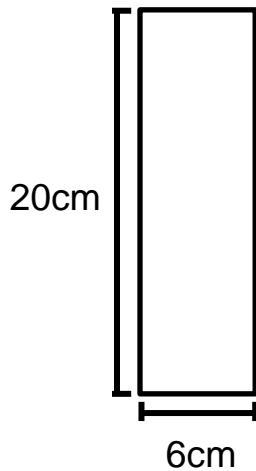
4. Pull the fabric through the bottom opening so that the seams are on the inside, then sew up the sides of the middle rectangle. Make sure you pull the fabric through the bottom *before* you sew the sides.



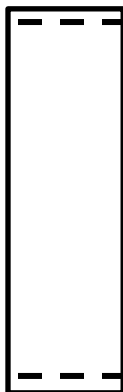
5. Sew a button on one of the side flaps. Fold the flap over at the seam with the button facing up. Fold the other flap on top of the button, and mark the middle of the button with a dot. Cut a hole just large enough for the button to pass through on the dot. Sew around the edges of the button hole.



6. Using a ruler, cut 3 or 4 rectangles of thick fabric measuring 20 cm by 6 cm. Cut more pieces for heavier flows, and fewer pieces for lighter flows.



7. Lay the pieces of thick fabric on top of each other and sew them together along the short edge.



8. Insert the thick fabric through the bottom opening of the thin fabric casing. Slide the insert up until rests in the center of the casing. Use the small opening in top to help pull the insert upwards with your fingers.



9. Make additional casings and inserts to change and wear throughout the day and night. Wash both the casings and inserts thoroughly after every use.

