



DIY JUMP SUIT: INSTRUCTIONS

Let's get started!



*for items in **BOLD ITALICS** see pattern key at the end of the instructions

BEFORE YOU START

Your Make Pack contains:

- Reclaimed fabric for the bodice, trousers and belt
- Pins & tailors chalk
- Binding for the straps
- A safety pin
- A reel of thread
- A ReMode care label
- A printed multi-size paper pattern

You will also need:

- Sharp scissor
- A sewing machine
- An iron

NOTES

- Items in **BOLD ITALICS** see pattern key at the end of the instructions
- Use tailors chalk or a pin to mark the end of the dart in your back trousers
- The back and front bodice pieces are very similar, it's a good idea to mark a B and F on the **WRONG SIDE** in tailors chalk in case you get them mixed up or attach a safety pin to your front bodice so you know which is which

1. CUT YOUR FABRIC

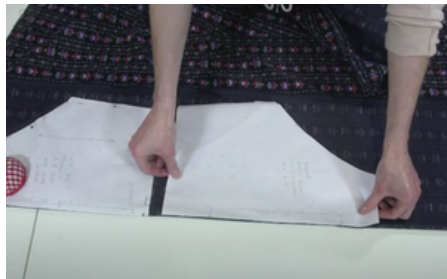
Cut your paper pattern out and iron flat if necessary. Make sure to cut along the line of your chosen size. It may help to draw over it first in a felt tip to keep you right.

Lay your paper patterns onto your fabric as directed by the **GRAINLINE** on the pattern.

Pay attention to any special instructions such as **PLACE ON FOLD**.

Pin in place and cut everything out being careful to mark any **NOTCHES**, **DARTS** or **PLEATS**

Cut your armhole binding using the binding marker as a guide, making sure to cut to the corresponding size (S/M/L/XL). Use the remaining binding to bind your necklines, cutting as you need.



2. BIND YOUR BODICE

We'll start by binding the top edge of our front bodice. To do this, unfold your binding and align it with the raw edge of your fabric, **RIGHT SIDE** of the binding to the **WRONG SIDE** of your bodice neckline. Sew down, using the crease that is closest to the outer edge of your fabric as a guide. Cut your binding at the end as it meets the edge of your neckline.

Don't worry about the raw edges at each end, you'll be trapping these into your armhole binding to provide a neat finish.

Lap your binding over to the front side of the fabric and sew it closed, as close to the edge of the binding as possible.

Repeat this process to bind the back bodice top edge.



3. STAY STITCH THE ARMHOLES

Sew your side seams, with right sides together and 1 cm seam allowance. Press these seams open.

Find your armhole binding. Join the ends of each piece of binding together by sewing them closed to form a loop with 1cm seam allowance. You should have two circular pieces of binding.

Match up the seam you just made in your binding with the side seam of your bodice. Pin these together on the inside edge of your armhole and then pin the binding to your armhole, matching notches. You'll have to stretch the binding to fit as you go.

There should be a part of the binding left loose in between your armhole, this is your shoulder strap.

Sew your binding along the inside edge of your armhole, again using the crease that is closest to the outer edge of your fabric as a guide

Lap your binding over and sew it closed. Once you've sewn the binding to the armhole front, keep going and sew the binding closed on itself to make your shoulder strap.

Repeat this process for the other armhole. You've finished your bodice for now, you can press it and leave it to one side.



4. SEW THE TROUSERS (PART 1)

First, sew the pleats in the front waist of the trousers, there are arrows on your pattern to show you which way to fold. Pin and **BASTE** the pleats flush to your waist seam, then give them a press.

Now, take your back trouser pieces and sew the **DARTS**. Sewing from the **WRONG SIDE** of the fabric, start from the waistband and sew downwards, sewing a few stitches parallel to your fabric edge at the end. This will help soften the end of the dart and make sure it doesn't look pointy. Press flat.

5. POCKETS



Match the bottom edge of your pockets to the notches in the trouser legs, being careful to put right sides together. Your pocket top edge should be flush with the waistband.

Sew these on using a 0.75cm seam allowance, and press this seam nice and flat.

6. TROUSERS (PART 2)

Now, take one front and one back leg and pin these **RIGHT SIDES** together making sure you are pinning a correct pair (i.e both left legs).

Sew these together, starting from the top of the pocket bag and using a 1cm seam allowance. Once you get to the end of the pocket bag, pivot your trouser leg, keeping the needle in the fabric as you do this.

Continue down the leg until you reach the ankle.
Repeat this process for the other leg.

Pin & sew your inside leg seams, matching notches and making sure you've pinned **RIGHT SIDES TOGETHER**.

Now we'll sew our crotch seam. Leave one leg inside out and turn the other the right way round.

Fit this leg inside the inside out leg and pin along the crotch seam with **RIGHT SIDES** together, matching your seams at **CENTRE FRONT** and **CENTRE BACK**.

This sounds tricky but is actually really simple, you might want to watch our 'how to' video closely to see how I'm doing it. Now sew this closed.

Turn your bodice inside out and match up all the seams with the corresponding seams on the trouser waistband.

Sew the bodice and trousers together all the way around the waist seam.

7. BELT LOOPS

Take your belt loop fabric and fold it in half in half, **RIGHT SIDES TOGETHER** and press with the iron.

Now fold each outer edge in towards the crease you just ironed and press.

Now fold the fabric in on itself again and press closed.

Topstitch closed, as close to the edge as possible.

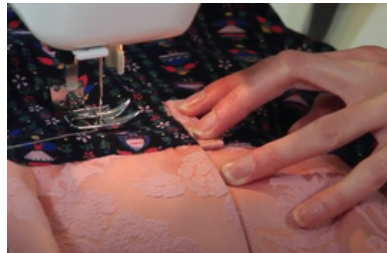
Chop this in half and press both edges under by about half a cm.

Now we will attach our belt loops. Place one belt loop face down on your jumpsuit at the side seam, position the crease just below the waistband and just behind your pocket bag to avoid bulk.

Now sew down along the crease, go back and forth a few times for stability. TIP - Belt loops can be a bit tough to sew over as they're quite thick, so you may need to turn the wheel by hand a little to avoid breaking your needle. Or alternatively, you can sew them on completely by hand.

Now, flip the belt loop up and sew over that bottom edge a few times to secure it

Next, sew the other end of the belt loop to the bodice wherever it lands comfortably. You don't want to over stretch the belt loop by placing this piece too high up the seam as it will pull your fabric and make it look awkward.



8. WAIST TIE

Sew the short edges of both waist tie pieces together at the **CB** seam making sure to match **RIGHT SIDES TOGETHER**.

Press the seam open and then fold right sides together along the long edge before sewing closed along this edge with a 1cm seam allowance.

Your belt is now inside out. To turn it the right way round, get a large safety pin and attach it to one end of your belt. Now feed the safety pin through the middle of your belt until it reaches the other end. You can now easily pull the rest of the belt through behind it. Give it a good press right along the seam line.

Push the ends of the belt inside and iron this down before carefully hand sewing it closed, using a blindstitch or something similar so that it's invisible.

Give your belt ends a final press.



9. HEMMING THE TROUSERS

Turn up the hem by 1cm, tucking the raw edge of the fabric up inside the trouser leg, with **WRONG SIDES** together. Press this flat.

Turn up again by a further 2cm, enclosing the raw edge inside. Press this flat.

If you have a free arm on your machine it would be good to use this when sewing. Sew using a straight stitch with the trousers inside out, so you are sewing from the inside. TIP – If you have very thick side seams you need to go very slowly over the seam allowances, possibly hand winding it if your machine is struggling so you don't break your needle.

YOU'RE DONE!

We hope you've had fun!

We'd really love to see your finished item. Share with us on social media or email a photo to hello@remodeyouth.org



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PATTERN KEY

Sewing methods and terms ITALICISED in sewing directions are defined below-

CENTRE FRONT or CF- The exact position of the middle of the front of the body. Imagine an invisible line going down the centre of the chest all the way to the floor.

CENTRE BACK or CB- The exact position of the middle of the back of the body. Imagine an invisible line going down the centre of the shoulder blades all the way to the floor

RIGHT SIDE or RS- The side of the fabric that ends up on the outside of the garment, often abbreviated in pattern instructions to RS. Some are easy to tell as one side will have a visible print or texture (such as velvet) other times it's harder to tell and so it's a good idea to decide which is your RS and RS before cutting and mark with an X using tailors chalk to avoid confusion later on.

WRONG SIDE or WS- The side of the fabric that ends up on the inside of the garment. Some are easy to tell as WS will have a duller or less textured print. See above for more info.

ON THE BIAS- Cutting on the bias means to place your pattern piece diagonally to the selvedge or grain of the fabric. At a 45 degree angle to the grainline.

INTERFACING- fabric which is attached to the wrong side of your fabric to stiffen and strengthen areas of strain, wear and tear or to help keep their shape. Most often used in waistbands, button stands, collars and cuffs. Can be ironed-on or sewn in. The fusible or iron-on version is also often called Vilene – this is simply the brand name. Pin fusible interfacing to WRONG SIDE of fabric. Fuse interfacing in place by ironing on medium heat for 10/15 seconds or following manufacturers instructions. Always pin shiny/rough/glue side down. If unsure, do a small test first!

STAY-STITCH- Sew a row of stitching within the seam allowance close to the cut edge of your fabric to prevent stretching on curved edges

DART- Usually shown in the shape of a 'V'. They take in fabric to give shape to the garment. Fold the fabric along the shape of the V and sew from the top to the point, following the line shown on the pattern.

PLEAT- A pleat is a fold in fabric that add fullness into a garment. Fold the fabric in the direction shown on the pattern and baste along the top edge to keep in place.

UNDERSTITCH- Press facing or lining and seam away from garment, stitching through facing and seam allowances close to seam to keep seam sitting flat on the underside.

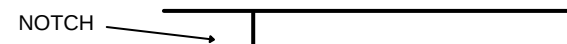
BASTE- Sew a temporary row of stitching using a long stitch length, to hold seams in place before sewing permanently. Sometimes referred to as 'tacking'.

TOP STITCH- The process of stitching on the exterior side of a project to finish seams or folds to keep them in place. Usually paired with a longer stitch length which looks more professional and can make it easier to go in a straight line.

PLACE ON FOLD- Long line marking with directional arrows on either end means that outer line of pattern is to be placed exactly on folded edge of fabric prior to cutting. No seam allowance is needed on this edge as you are cutting it in one piece. PLACE ON FOLD marking normally corresponds to the CF or CB of a bodice pattern.



NOTCHES- A notch is a mark on the sewing pattern which guides you on the correct positioning of the garment sections. Use notches to match up your pattern pieces while sewing. On our patterns, the notch symbol appears as a simple short line at a right angle to the original pattern line. Snip into your notches by 2/3mm ONLY. Any more and you will end up with a hole in your garment.



LOOP- Fold in half, lengthwise with RIGHT sides together. Stitch a scant 6mm from fold edge, stretching loop while stitching. With a needle, attach a strong thread to one end of loop. Draw needle eye forward, through fold, turning loop RIGHT side out. Cut to desired length (roughly 6cm depending on size of button to be used – check first!) Fold loop in half bringing ends together as shown. To keep ends together, hand tack inner edges within seam allowance

GRAINLINE- This mark is a horizontal line with arrows on either end (as illustrated below); line this up with the grain of your fabric as you position your pattern pieces. (The grain of your fabric is parallel to the selvedge edges)



STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED