



Camp Pants

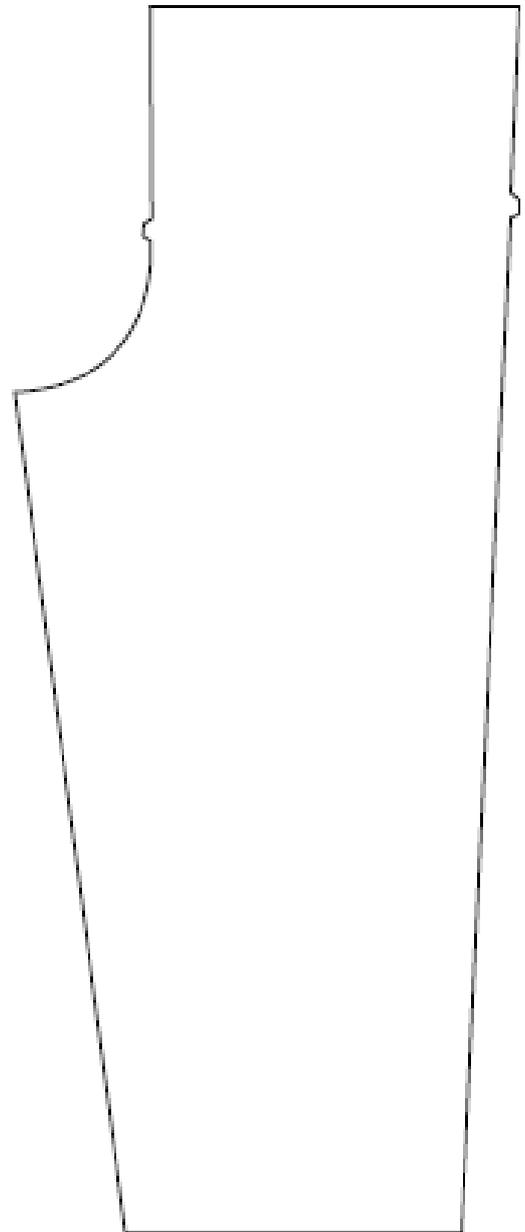
You will need:

- Sewing machine
- Scissors
- Pins
- Safety pin
- Elastic
- Fabric (cotton drill fabric works best)
- Paper for making a template
- A pair of tracksuit pants that fit you (loosely)

Ask an adult for help or permission before using a sewing machine!

Instructions for making your pattern:

1. Find a pair of tracksuit pants that loosely fit you.
2. Turn one leg inside out and place it inside the other leg.
3. Place the pants on some paper – butcher's paper, tracing paper, or newspaper taped together would all be fine.
4. Draw around your tracksuit pant leg.
5. Draw around your outline, this time adding an extra 2cm all the way around. Include notches like the template on the right.
6. Cut out your pattern.



Instructions for making your pants:

1. Fold your fabric or place two pieces right sides together. 'Right sides' means the side of the fabric you want to be able to see when your pants are finished.
2. Using your pattern, cut two folded pieces. This should give you four leg pieces. Don't forget to cut around the notches, too!
3. Place front and back leg pattern pieces right sides together with matching notches.



4. Pin the pieces together, and sew down both long straight sides with a 1cm wide seam allowance. This means that your stitches are 1cm in from the edge of the fabric.
5. Repeat with the other leg.
6. Turn one leg in the right way. Place this leg inside the other leg (so that right sides are together!). Pin around the arch (the crotch), and sew both legs together.



7. Pull the inside leg out, leaving your pants inside out.
8. Fold over 1cm at the top of your pants to neaten the waist, and sew it down. It will be easier to do this if you iron it first.
9. Fold over the waist over again, but wider this time – 3cm. When you sew it down, leave a 3cm gap. This is where you will thread your elastic.



10. Measure elastic around your waist, and cut it to size. Remember that it's easy to make your pants tighter by shortening the elastic, so be generous.



11. Place a large safety pin at the end of the elastic. Thread it through the waist of your pants. The safety pin will help you to thread it through.
12. Sew or tie the ends of the elastic together, and then stitch up the gap.
13. With your pants still inside out, turn the bottoms up by about 1cm to create a hem. Pin and stitch. Hem a second time for a neater finish.



14. Turn your pants in the right way, and try them on!

