

LUOPAD SEWING INSTRUCTIONS

MATERIALS NEEDED:

- Towels or washcloths (new or used)
- Flannel cloth (like flannel sheets)
- Thread

INSTRUCTIONS

Please only use **straight stitching** for added strength and durability.

1. Using **Pattern A** on the following page, cut out two pieces of flannel for the outer layers.
2. Using **Pattern B** on the following page, cut out 2-3 pieces of towel (depending on the thickness of the towel) for the inner liner. The towel liner should be about $\frac{1}{2}$ " thick.
3. Straight-stitch the towels together (**no zig-zag**) using a $\frac{1}{4}$ " seam from cut edge (yellow line below).



4. Sew "right sides" of flannel pieces together using a $\frac{1}{4}$ " seam from cut edge, leaving a 2" opening at the top for turning (red line to right).



5. Turn the flannel pieces right side out. Use a dowel rod or other tool to poke out the wings and smooth outer seams.
6. Straight-stitch around the flannel pieces (**no zig-zag**), leaving the 2" hole open (black line below).
7. Insert the towel liner. Turn the open edge under and close the 2" hole using a straight-stitch (yellow line below).
8. Attach the inside towel liner to the flannel by straight-stitching down the middle and around the edge (gray line below). This ensures the towel liner is attached to both the front and back flannel pieces of the LuoPad.



The finished LuoPad should look the same on **BOTH** sides.

9. Send completed LuoPads to the Unto Global Logistics Center (1506 Quarry Road, Mount Joy, PA 17552) where snaps will be applied. There they will be packaged for girls and women around the world.