



# CYCLE IT UP



TURN YOUR OLD...



BED SHEETS

&



SWEATSHIRTS

Into:

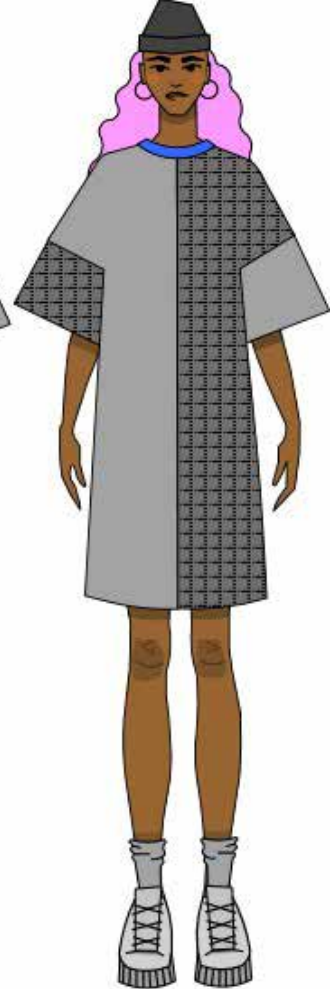
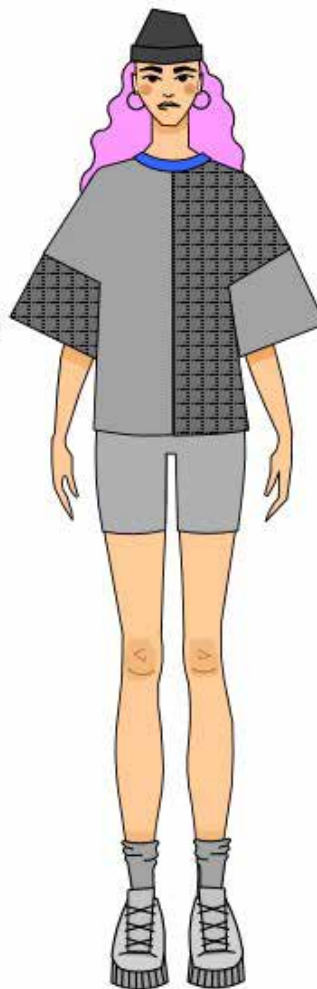
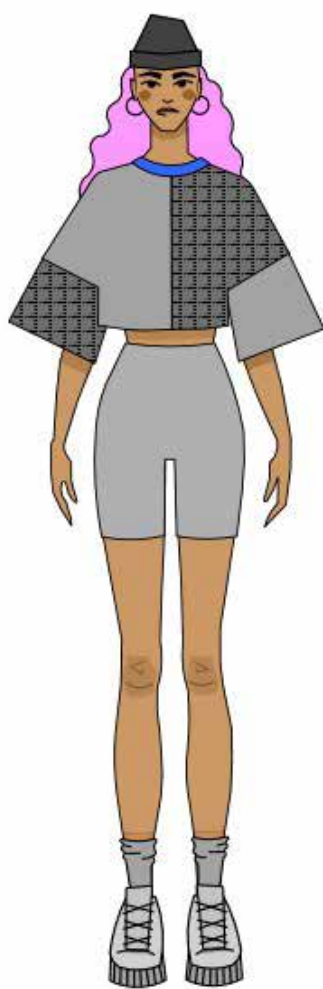
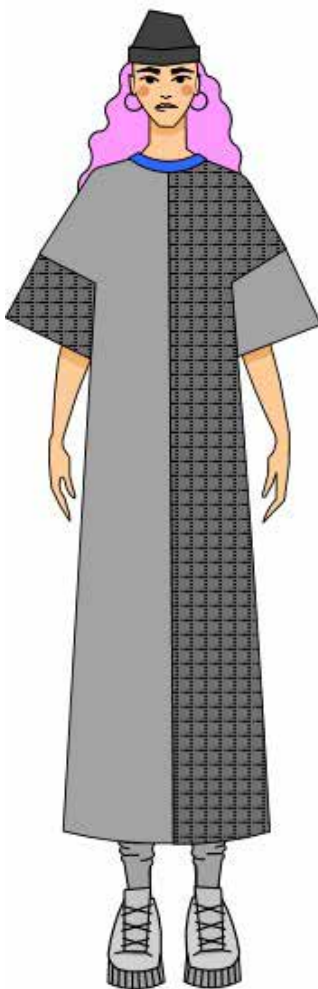
OVERSIZED

MAXI DRESS

CROP TOP

T-SHIRT

DRESS



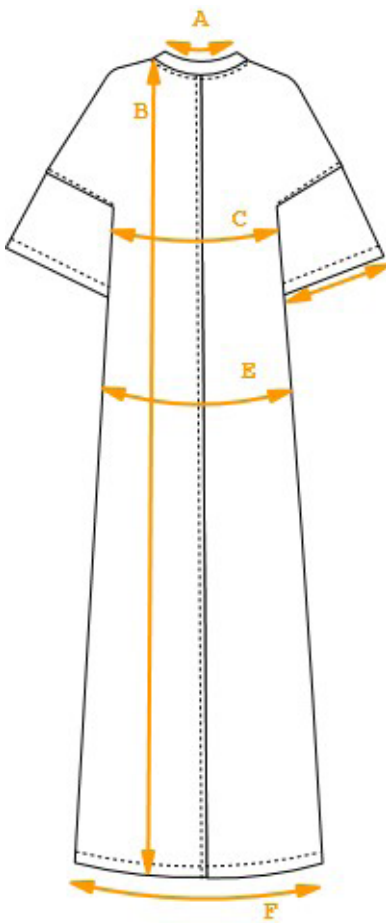
# CYCLE IT UP

## Measures and deciding size

### Psst!

This is an oversized, straight style!

For each size and model, it has the same width from armholes down to the hem.



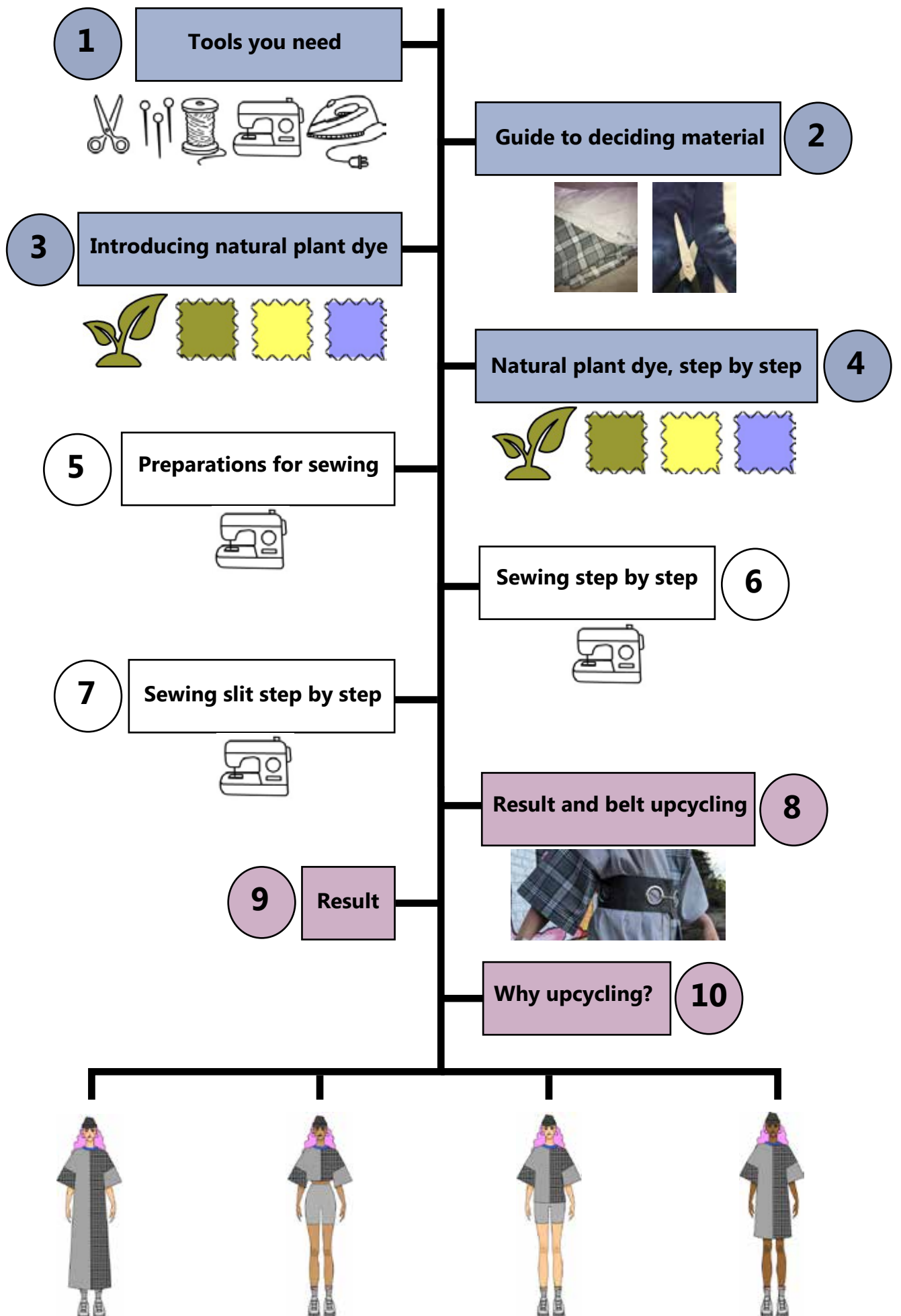
I am going to guide you through the process of creating your own upcycled garment!

Here you can measure on your body to choose what size to make. Measure all the way around!

Measures below are measures of a finished Maxi dress, but applies to all the styles (except length):

CM	XS	S	M	L	XL
A. Neck	58.9	59.6	60.3	60.9	61.6
B. Length	129.5	130	130.5	131	131.5
C. Bust	118	122	126	130	134
D. Arm	55	55	55	55	55
E. Seat	118	122	126	130	134
F. Hem	118	122	126	130	134

# A map of this manual



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## Before we start...

**What you have in your hands, is a change.  
It is a creative project for you,  
but it is also a statement and a  
direction in the right way.  
It is much bigger than just a garment.**

**What you are about to do is called upcycle.  
You use an already existing source,  
turns it into something new and give it greater value.**

**What you need for this garment are:**

1. Bed sheets
2. A sweater that has a wristlet
3. Thread in the same material as the fabric
4. Pins
5. Fabric scissor
6. Sewing machine
7. Iron and ironing board

**So, now it is time to dig into your closet after materials!**



## A small guide to deciding material

We all have things we once bought that we don't use anymore. For this project, I will ask you to dig into your bed sheets storage! Or why not, dig into someone else's sheet storage! **Enter a state of mind**, where you see the sheet as just fabric, not a sheet.

I think it is important when upcycling, to disconnect the associations we already have to that specific product. A sheet is a product associated with sleep, but for us now, it is just fabric with **potential** to transform into a garment! When you look at it that way, it might be **easier to decide** what to use for your upcycled garment.

Look for colors and patterns that catches your eye. **When I look for fabric** and materials for my upcycling projects, I look for interesting color palettes and patterns that I think goes well together, call it some kind of visual research. I play around with it, I put the different sheets and sweatshirts together and try to picture how it would look together as a garment. Do I want one color to be the main color and other colors to play a smaller roll in my garment?

### Fabric facts!

#### Cotton fabric vs. polyester fabric

Cotton fabric is softer, more breathable than polyester. It is a natural fibre whereas polyester is manmade. Polyester on the other hand is stronger and less likely to shrink. Polyester clothes have a tendency to smell more, because bacteria that cause odor grow better in polyester according to research.

### Sustainable tips!

Choose what material you want to work with, cotton, polyester or something else. Try to use clean materials, not mixed such as for example 60% cotton and 40% polyester since that is harder to recycle. Aim to create a garment made out of the same kind of material all together (including the thread).

What's so great with upcycling is the endless possibilities. What you create will be one of a kind. It is easy to make something interesting with small things.

For example: On this arm I have cut off a part of a waistband with a belt loop of a pair of old jeans. I have attached it to the arm of a garment and placed an old strap in the loop. A fun, easy and interesting detail!

You can apply things like this to your own garment! If you find something interesting on any product, try it out! Try it, experiment with it, if it is a belt loop, a button, a zipper or anything really, try it!

Once you've started to play with it, you will find how much fun it is!



## Natural dye

If you can't find any bed sheets or sweatshirts you like colorwise, don't worry!

You can transform a white/bright bed sheet into something colorful and interesting. Here is the best part: you can dye it with plant materials you have in your kitchen! Now, let's dig into your fridge and kitchen storage!

### How to do it:

Use a light colored fabric. Prepare your fabric for natural dye. Before you start your dyeing process, you want to get your fabric ready. First, wash your fabric but don't dry it, it should be wet. Then, mix a fixative to help your fabric take up the natural dye better. Depending on what you dye your fabric with, there are two options:

#### Fixative recipe:

**For berries:** dissolve  $\frac{1}{2}$  cup salt in 8 cups cold water.

**For other plant materials:** 1 part white vinegar to 4 parts cold water.

Place your fabric in the solution for an hour. Rinse in cool water when it's done. Then, it's time to dye your fabric!



Use 100% cotton for natural dye

Remember to use ripe and fresh plant materials, not dried. Decide what color you want to achieve. Think logically – if you want to achieve orange color, use carrots. If you want to achieve a lilac color – use red cabbage and so on.

Here are some examples:

**Orange:** Carrots, Onion skin

**Brown:** Coffee

**Blue:** Blueberries

**Pink:** Cherries

**Black/grey:** Blackberries, Walnut hulls

**Lilac:** Red cabbage

**Green:** Spinach

**Yellow:** Turmeric, paprika

# Natural dye

## Step by step guide

Here I will show you step by step when I used red cabbage to achieve a lilac color

1. Cover your work area to prevent it to get stained
2. Chop your material to small pieces.
3. Place it in a stainless steel pot with twice as much water as plant material. Simmer for an hour to get a nice dark color.
4. Strain out the plant material and return the liquid to the pot.
5. Place your fabric in the pot and let it simmer for an hour or so, depending on the color you want to achieve. Keep the fabric in the liquid until you get the color you want. Remember that the fabric is darker when wet!
6. Wash in cold water, expect the color to run some as the excessive dye will be washed out.
7. Dry as usual

Voila! I achieved a beautiful lavender lilac color. You can apply this process with anything you want - fabric, clothes, socks, towels etc.



## Almost there!

Now it is time to decide what kind of garment you want to make: a maxi dress, a crop top, a t-shirt or a knee length dress. Basically, you can decide any length you want!

Then, the fun part starts:

It is time to design your upcycled garment!

Play with different colors, experiment with color blocking or natural dye. There is no right or wrong, just try and have fun with it. If you feel like you're stuck, don't worry, it is perfectly normal. Start over, do something different and listen to your intuition.

I decided to use two different bed sheets



Cut off a wristlet of a sweatshirt



Cut the sheet open to be able to lay it flat

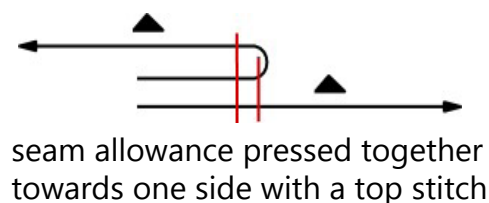
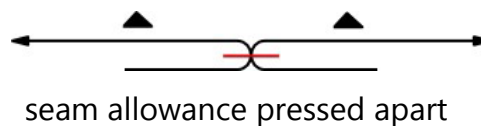
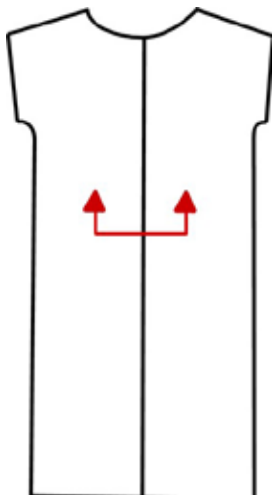


Cut out your pieces. Remember that the right side is upwards



On the next page, I will guide you through step by step how to sew your garment. There I will tell you to press the seam allowances after you have sewn a seam, using an iron. I will ask you to press them apart or together and do a top stitch. Here is a closer look on what I mean:

Imagine that you cut open the seam at the red straight line, and look at it at the direction of the arrows



The red line is stitching and the black arrows pointing upwards indicate the right side of the fabric



## So let's start sewing!

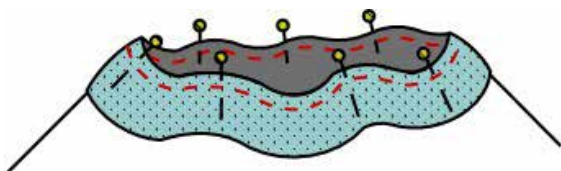
You will need two half front pieces, two half back pieces, two arms and a neckline.  
I will guide you step by step on how to sew it together.

**For the maxi dress, skip nr. 7 and jump to nr. 8!**

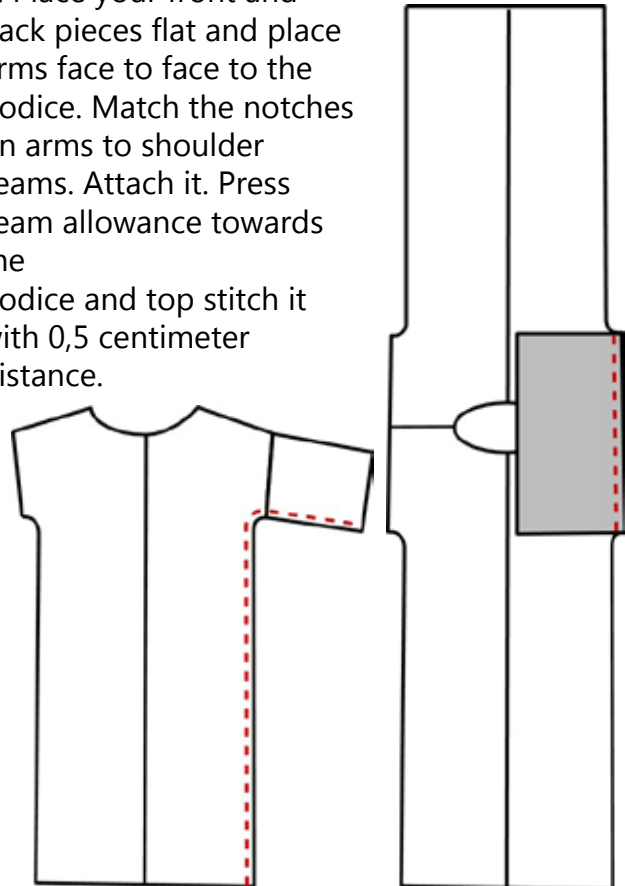
1. If you have access to an overlock, overlock all the pieces.
2. Sew the two front pieces together face to face along center front, press seam allowances together towards one side. Do the same with the back, along center back.
3. Do a top stitch from the right side, to secure the seam allowances, 0,5 cm from the seam. Do that on both front and back.

**Now you have a whole front piece and back piece!**

4. Sew both shoulder seams, press seam allowances together towards one side, top stitch the same way as with the front and back piece, 0,5 cm from seam.
5. Neckline: Press wristlet on half, fold it back up again and place the short sides face to face. Sew the short side with 1 cm seam allowance. Press seam allowance apart and press it on half again. Now it is ready to attach to the neckline. Place the seam on the short side of the wristlet to center back seam on neckline, face to face. Place the notch on the wristlet to center front, face to face. Divide the rest of the wristlet to the neckline by stretching it out and pin it to the neckline. Start at center back and attach the wristlet with one seam around the neckline. Press the seam allowance down towards the bodice and top stitch with 0,5 cm.



6. Place your front and back pieces flat and place arms face to face to the bodice. Match the notches on arms to shoulder seams. Attach it. Press seam allowance towards the bodice and top stitch it with 0,5 centimeter distance.



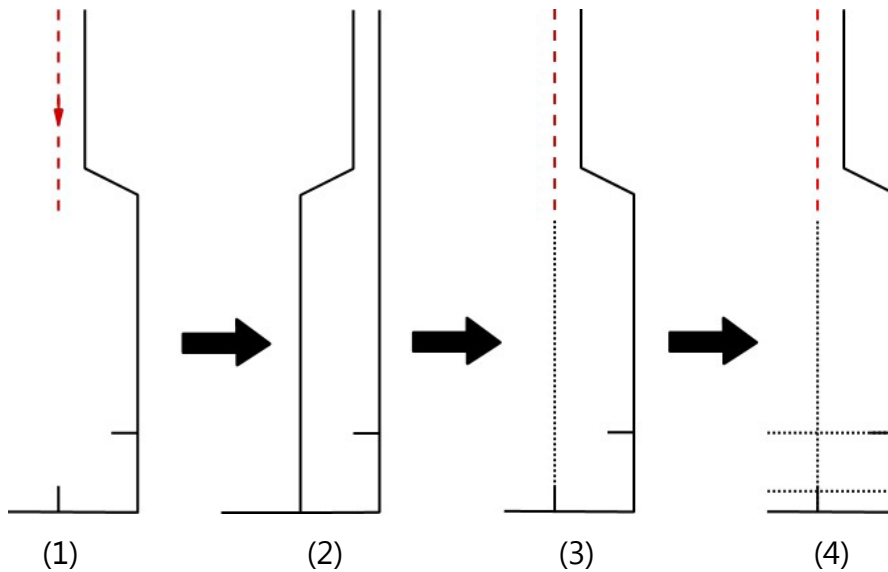
7. **For the shorter models without the slit:** Sew side seam and arm in one seam. Press seam allowance apart or together to one side. Press hem on both bodice and arms. First, press one centimeter up, then press two more centimeters up. Top stitch 1,5 centimeter from the hem to secure it!



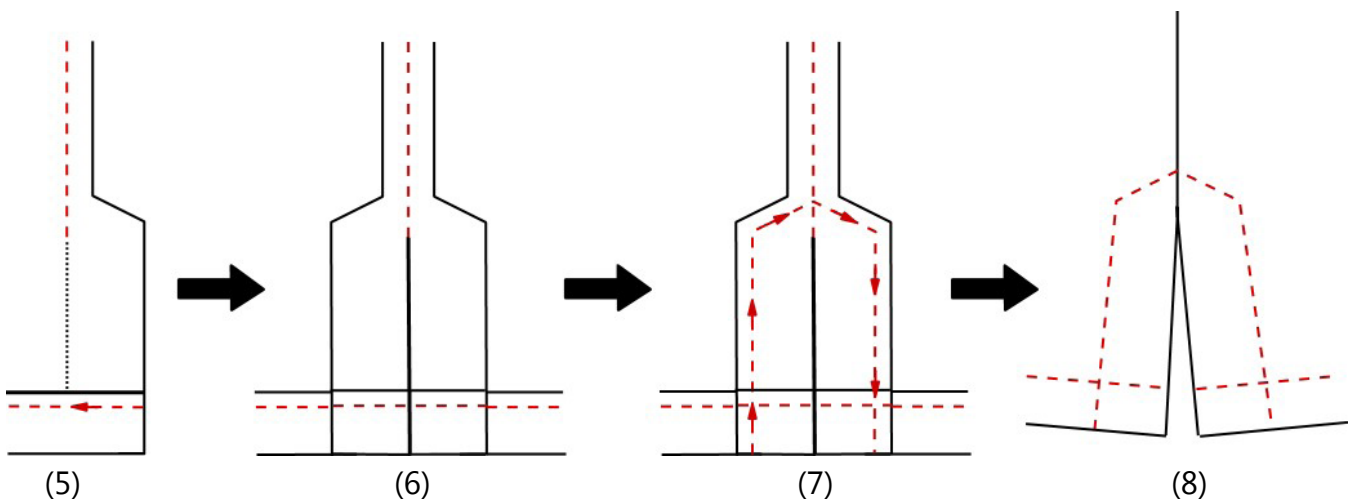
**If you are sewing the maxi dress, I will describe on the other side step by step how to sew the slit!**

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8. Sew side seam and arms in one seam. Start at the arms and sew towards the slit. When you get to the slit seam allowance sticking out, sew a few centimeters down and stop there (1). Press seam allowance apart all the way down to the slit notch at the hem (2). Fold back (3), now you have a help line where the slit will be folded. Then press the hem 3 centimeters up, and fold in 1 centimeter (4).



Top stitch 1,5 centimeter from the hem (5). Press slit open again, with the help of the fold line you created in step 2. Then sew all the way around slit (7). Now you have a clean, nice slit for your dress!



Voila! You now finished an upcycled garment! Well done!



## Result & more tips



**THE MAXI DRESS**

### How to make a belt from a curtain

If you feel like style your dress with another upcycled item, use an old curtain with metallic holes to create a belt!

Cut off the upper part, where the metallic holes are. Fold in the short sides 1 cm, press and top stitch. Cut off the long side at 2 cm, fold the long side 1 plus 1 cm up, press and top stitch it. Use for example a shoelace to tie it on the body!



Take up old seam, fold on 1 cm



Press and top stitch



Measure 2 cm at long side, fold up, top stitch

## 9 Bed sheets & a curtain made wearable!



**This is the result of my upcycling project, using this pattern and manual. This is just one way it can turn out.**

**What I find interesting is how different the outcome can be, even if the same pattern and manual is used. That is the beauty of upcycling. You do something for our planet, for your own wallet and your own creative mind - and you create a one of a kind garment!**

## Why upcycling is important...

The concept of up-cycling and remake has grown more and more essential over the past few years, which isn't a surprise to anyone, I think. We live in a time where it is a necessity, there must be a major shift in the way we think, produce and consume, and that requires knowledge.

The mass production and overconsumption are deeply rooted behavioral patterns in our modern society, that directly harm our planet and its habitants.

Fashion is one of the world's largest industries but also one of the most polluting. It plays a major role in the global economy, but at what cost? I am sure everyone has heard about "sustainable fashion", since it has become a commonly used sentence lately. But what does it really mean?

Sustainable fashion means that we have to meet today's needs, while making sure those needs meet future needs as well. It is also about making sure the people involved in the fashion supply chain, are not being harmed in any way. We have to make sure that what we do today, won't have a negative impact on the future. If we are going to tackle the climate change footprint, the fashion industry needs to change its unsustainable ways of working.

Us as consumers play a major roll as well. If there is overconsumption, the companies will mass produce for the masses. But do we really need to buy all the things we do? Like, do we really **need** it? Can we live without it? I think a change is first possible when there is knowledge about the issue. Once there is knowledge, we can take action and a change can happen. Think more sustainable! Create your own clothes using your old sheets, curtains, jeans, jackets, anything! I beleive it is possible to change the fashion industry into a more green direction, that is why I am doing this. I want to spread knowledge, I want to show that it is possible and I want people to be with me in this!

**Lots of love, Anna**