

# Scrubs/ Uniform Wash Bag

Many NHS staff and other key workers are being advised to remove their uniforms before they go home. Others are changing more frequently at work and need to wash multiple sets of scrubs or other uniform pieces. These bags are designed to hold the dirty uniform, and or shoes so that the whole thing can be stuffed/ emptied into the washing machine and then cleaned thoroughly on a hot wash. The exact size of these bags isn't vital. About 18-20" square is great, so you can make one from a half metre of 42" wide fabric, or a couple of fat quarters. A pillowcase can also be used or you could cut up Duvet covers etc. The most important thing is that the fabric and any ties or cords will stand a hot 60 degree wash. 100% cotton or most cotton mixes will be fine.



These will be washed frequently so they need to be very sturdy. If you have an over locker, you can over lock the seams, but if not the instructions below show you how to do any seams with a French seam technique.



You need to make a channel at the top of the bag for the draw cords. You can turn the top edge and make a channel, but you need to be able to get the cord in, so working some buttonholes will allow you to do that neatly. Another option is to apply a channel on the outside using 1" wide twill tape or bias binding. I'll show you how later in the handout. An applied channel works great if you are repurposing a pillowcase.



## Basic Requirements (all fabrics and cords should be hot washable.)

- Approximately  $\frac{1}{2}$ m of fabric. This could be
  - 2 fat quarters
  - A pillowcase
  - A piece of fabric about 20" x 40"
- 2m of draw cord

## INSTRUCTIONS (20" x 40" Fabric - French seams)

	
1. The two short ends will be the top of the bag turn and press $\frac{1}{4}$ " over to the wrong side.	2. Turn another 1" over and press do this at both short ends.



3. This shows the folds that will make the channel for your cords. Don't sew the channel just yet. You need the folds so you can tell where to put the button holes.



4. Fold up the channel and on the right side, mark the position of the button holes. They are indicated in red above. The bit at the top is the folded over other end so you can see the relative positions of the two button holes.



5. This is the close up notice how the buttonhole is going to lay on the outside but on the channel.



6. Get your sewing machine book out and work a buttonhole according to the instructions do a test first so you know which way it will start sewing! Carefully cut the hole.



7. FRENCH SEAM - fold up the bag piece right sides OUT and sew a narrow  $\frac{1}{4}$ " seam down both sides. Trim any threads.



8. Turn the bag wrong sides out and press the seams so the seam is on the edge of the bag. The stitch down the sides  $\frac{3}{8}$ " encasing all the raw edges.



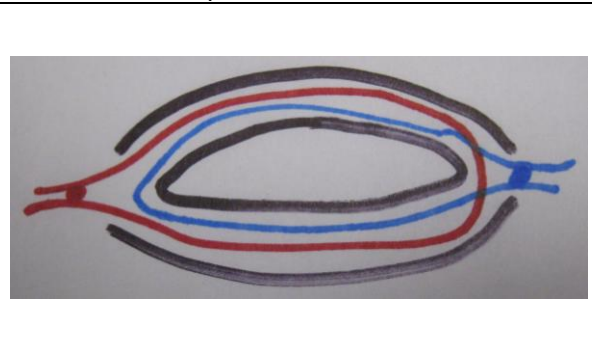
9. Fold the French seam to the side and topstitch it down just the top couple of inches.



10. Turn the pressed section down to make the channel and stitch close to the bottom folded edge all the way around the top.



11. Cut a piece of twill tape twice the length of the top of the bag, plus a few inches for the knot. Use a safety pin and thread the tape through the channel all the way around and back out the same hole. Tie the two ends into a knot.

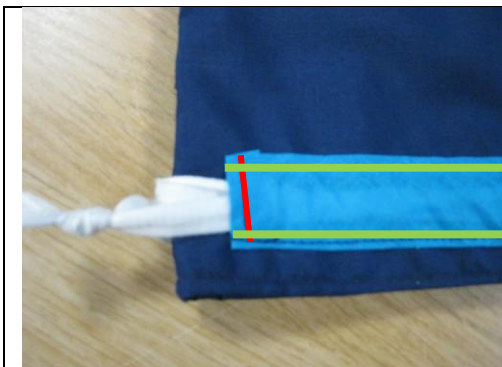


12. To make the draw cord, you thread a second cord into the second hole and all the way around and back up the second hole. Tie a knot. Now when you pull the two ends, one pulls against the other closing the bag.

For using an overlocker....

Instead of steps 7-9 fold the fabric right sides TOGETHER and over lock.

Then proceed with steps 10 onwards.



If you are using a pillowcase or want to make the channel with Bias or other tape on the outside, Cut 2 pieces of 1" bias tape that are 1" shorter than the edge of your bag. Turn a  $\frac{1}{4}$ " on the short edges and stitch (red line). Then position the tape centrally on each side and stitch down the long edges (green lines). Insert the cords as before.