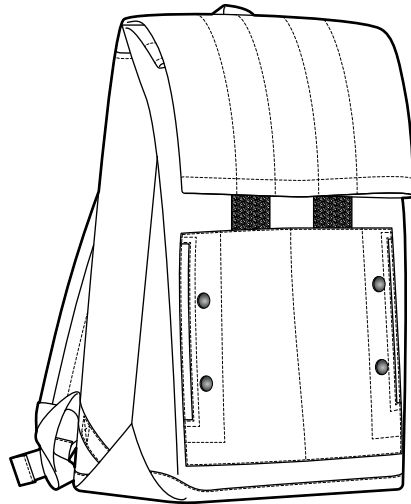


## 0 % BACKPACK // GOOD TO KNOW



**You got a Zero Waste pattern of man worker jacket, congrats !**

This is a complete backpack pattern fitted into a rectangle, it contributes to save our resources by using all the fabric surface. This bag has been designed in a contemporary style with an urban and utilitarian aesthetic, it looks like any backpack you could buy in store. It features 5 pockets and securely closes with Velcro.

You can cut it in one fabric, but also you could divide the pattern by two or more blocks to mix and match different fabrics, up to you !

**Suggested fabrics :** Cordura, rainproof coated fabric, heavy basket weave fabric

**Sewing notions :**

- 4 x 15 mm snap button
- 50 cm of hook fastening tape (5 cm width)
- 60 cm of loop fastening tape (5 cm width)
- 25 cm of hook and loop tapes (2 cm width)
- 350 cm of strap (2,5 cm width)
- 50 cm of herringbone tape 1,5 cm width

**Machines you need:** sewing machine (make sure your machine can deal with thickness), overlock stitch machine (or zigzag stitch otherwise)

**Needed time:** 8 to 10 hours

**Difficulty:** Middle / High

## MARKS AND NOTCHES

**- Before start sewing -**

The best advice I could give you is to trace all the placement marks (hooks & loops fastening tape, pockets, etc.) either with chalk pencil, magic pen or by handstitch.

Go through all pieces to trace all marks and pink all notches. Yes, it looks like time wasting now but it will save more time later, trust me.

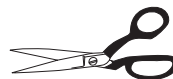
**- What these symbols mean ? -**



Wrong side of fabric



Right side of fabric



Cut, pink or trim



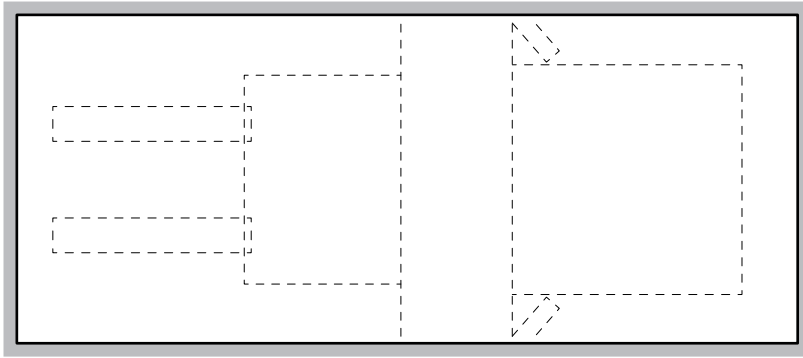
Press with iron



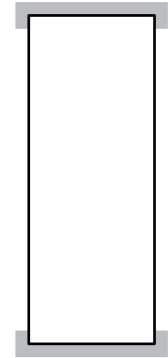
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<http://creativecommons.org/licenses/by-nc-sa/4.0/>.

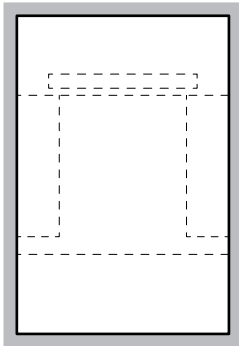
# TO OVERLOCK BEFORE SEWING



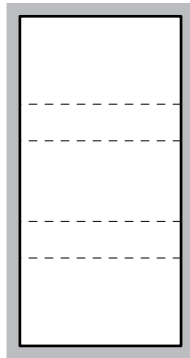
Face/back



Bottom reinforcement



Front pocket



Fastening flap

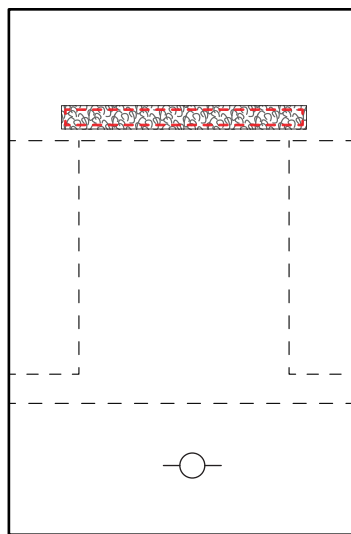


Front pocket facing

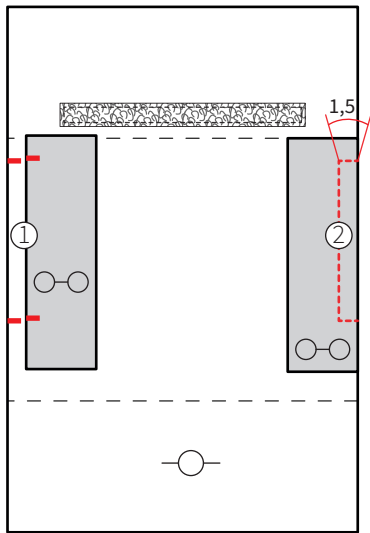


Inside pocket

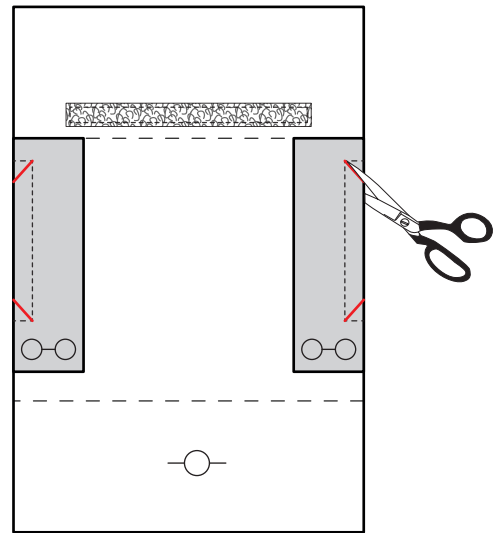
# THE FRONT POCKET



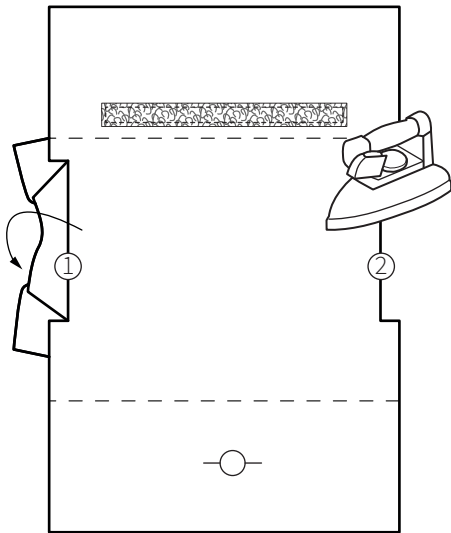
Sew loop part onto the right side following the lines you traced before.



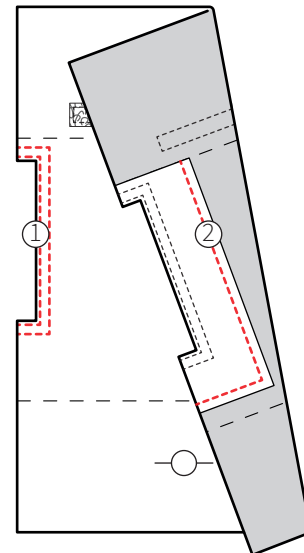
- ① Make the marks match together.
- ② Sew the window with a width of 1,5 cm right side together.



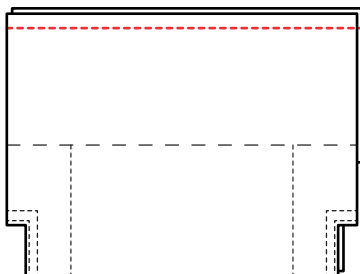
Pink the four corners.



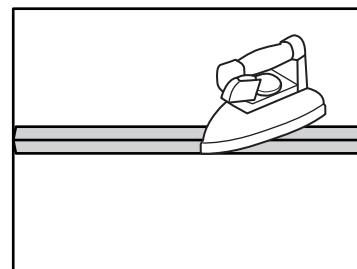
- ① Turn the pocket facing inside pocket.
- ② Press the opening with iron.



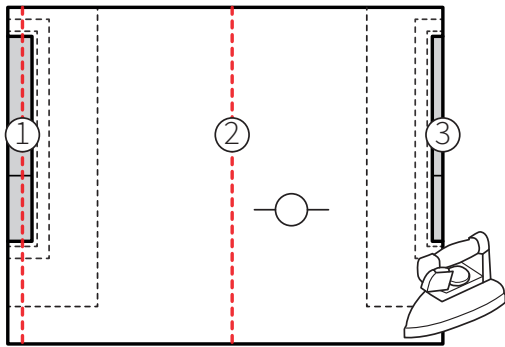
- ① Make two topstitchings spaced of 5 mm around pocket opening.
- ② Sew the pocket facing at 5 mm from edge onto the wrong side.



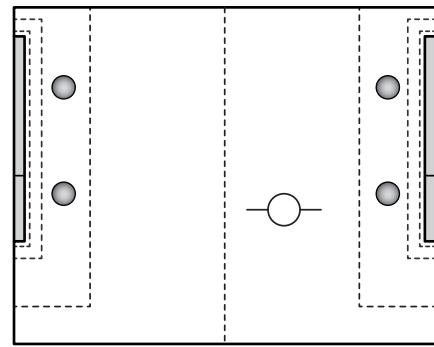
Fold the pocket wrong side together and sew the longer side.



Open the seam and press it.



- ① Make a topstitching at 7 mm from edge.
- ② Make a topstitching on the middle of the pocket to create two separated pockets.
- ③ Fold the edge and make sure that stitching is not visible on the right side. Then, press it.

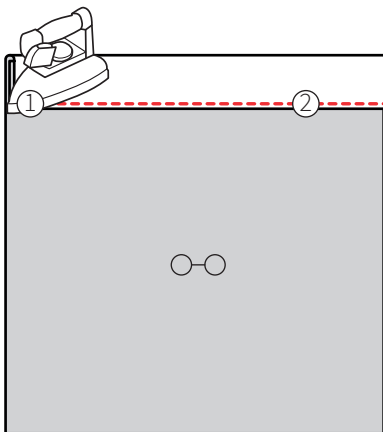


Install the snaps as following:

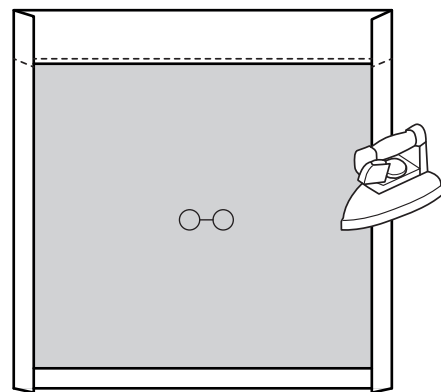
- ① Socket and eyelet part onto the back layer of the pocket (only one layer must be pierced)
- ② Face and stud onto the face of pocket (pierce the two layers of fabric: pocket and its facing)

Do not be impatient and do not sew the pocket onto the face now, it's coming later.

## THE INSIDE POCKET



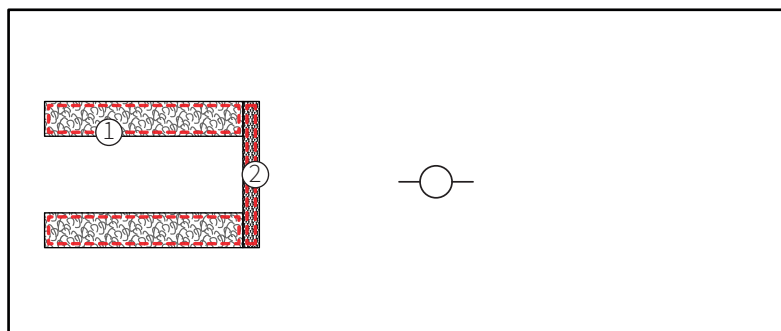
- ① Fold twice and press the hem following the value of the pattern.
- ② Topstitch at 1 mm from the edge.



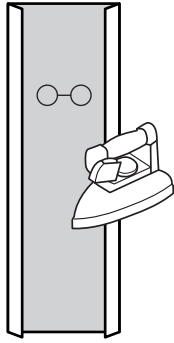
Press the three sides at 1 cm.

**THE BOTH POCKETS ARE READY  
YOU DESERVE A BREAK NOW**

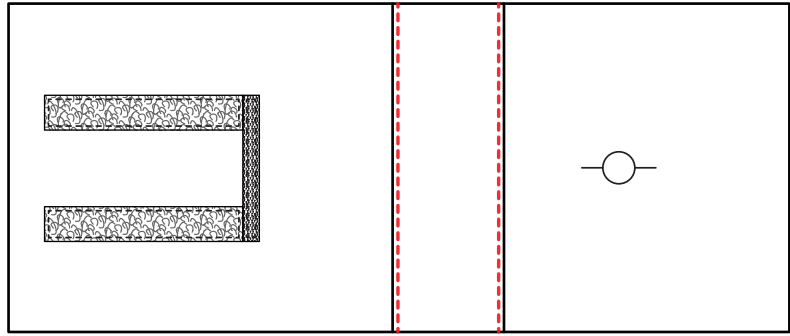
## THE FACE/BACK



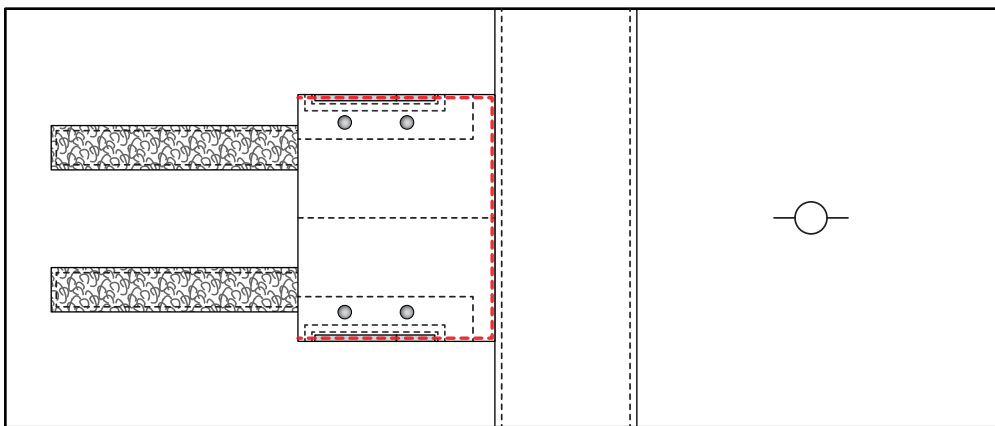
- ① Sew the loop tape of 5 cm width onto the right side following the placement line.
- ② Sew the hook tape of 2 cm width onto the right side for pocket fastening following the placement line.



Fold and press the longer sides of bottom reinforcement at 1 cm.

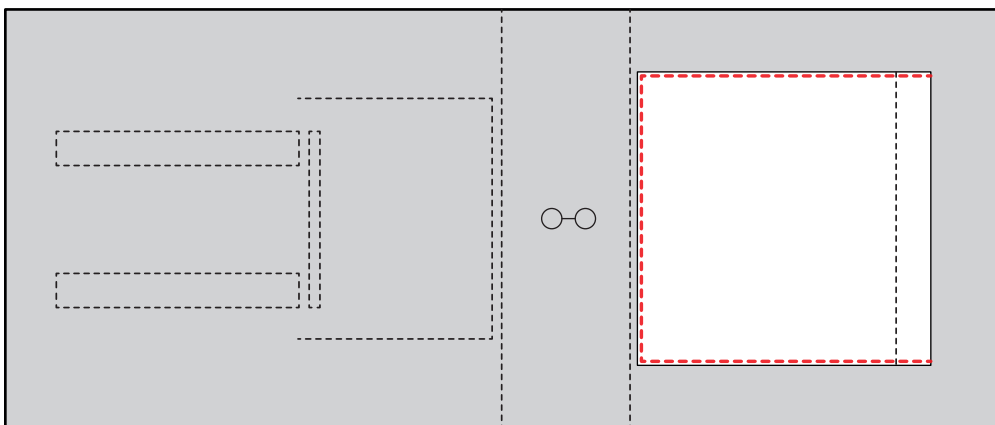


Patch it on the right side by topstitch it at 1 mm following the placement lines you traced before.



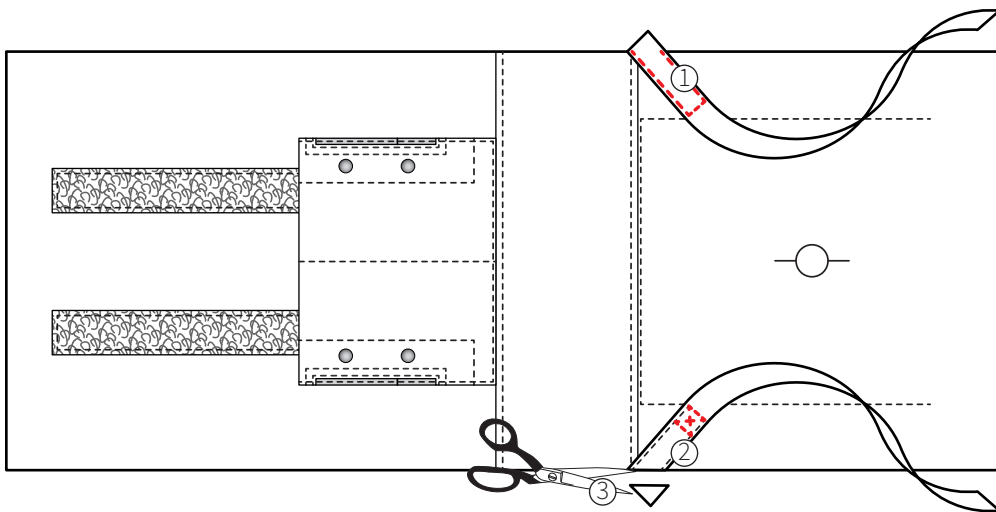
Patch the front pocket onto the right side of front/back panel by topstitch it at 1 mm, which must be juxtaposed to the bottom reinforcement and follow the lines you traced before.

**Piece of advice: make a strong backtack on the both top corners.**

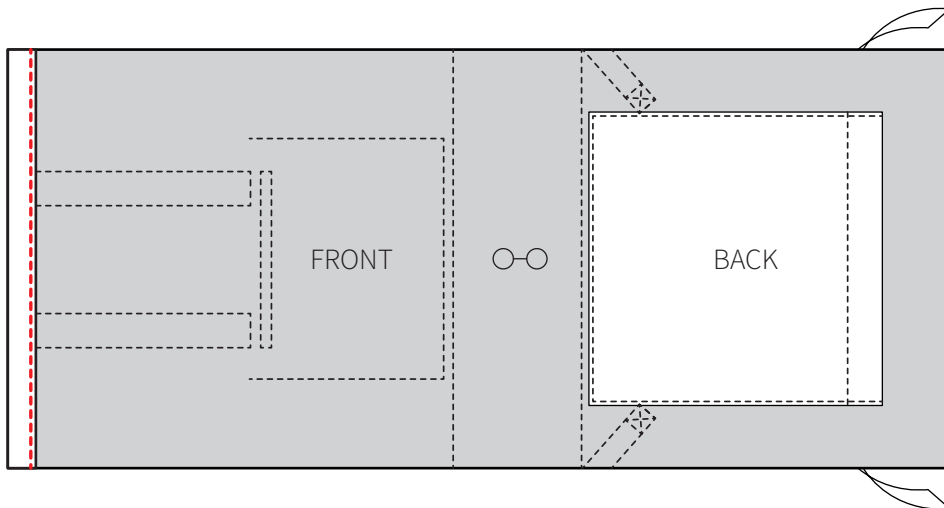


Patch the inside pocket onto the wrong side of front/back panel by topstitch it at 1 mm, which must be juxtaposed to the bottom reinforcement and follow the lines you traced before.

**Piece of advice: make a strong backtack on the both top corners.**



- ① Cut a length of 60 cm of strap 2,5 cm width and patch it onto the right side following the lines and topstitch it at 1 mm.
- ② Make a cross in order to make this area more resistant to traction.
- ③ Pink the extra piece of strap.



Sew the hem of the front part.

## THE SHOULDER STRAPS

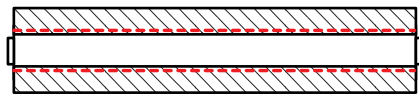


Assemble two shoulder straps wrong side together at 0,7 cm from edge.

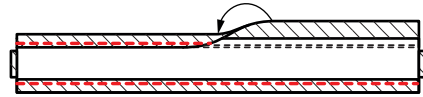


Make the strap goes throught the tunnel to make the shoulder strap thicker.  
Cut the strap at the same length as shoulder the strap.

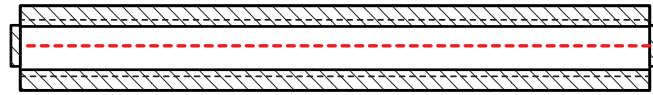
**Piece of advice:** make sure your machine can sew through this kind of thickness.



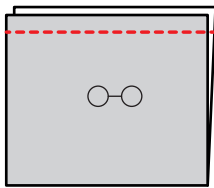
Patch at 1 mm two lengths of strap following the stitch line on the shoulder strap.



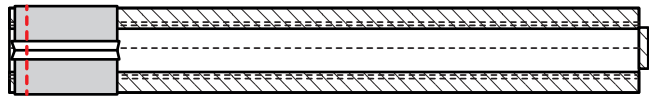
Refold the strap along the stitch line and topstitch at 1 mm.



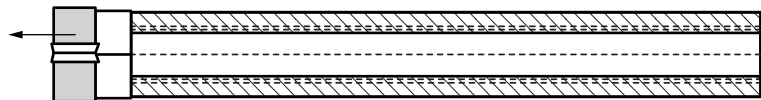
Topstitch the strap on the middle to block the inside strap.



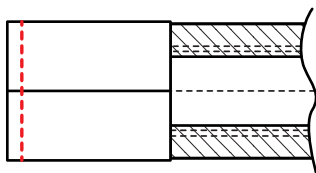
Fold the shoulder strap link right side together.  
Sew the shorter side at 0,5 cm.



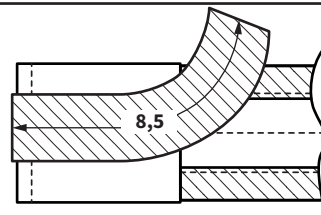
Slip the shoulder strap inside the link and align the edges.  
Make sure that the seam of the link is aligned with the topstitching of the shoulder strap on the under side (the side with two stitch lines visible on the strap).



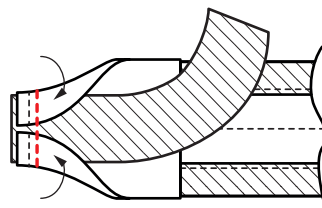
Turn the link out.



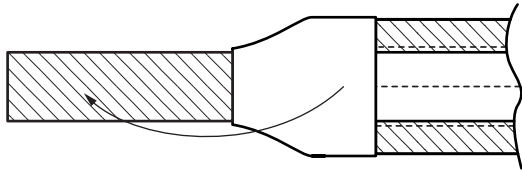
Block the edge by sewing it at 7 mm.



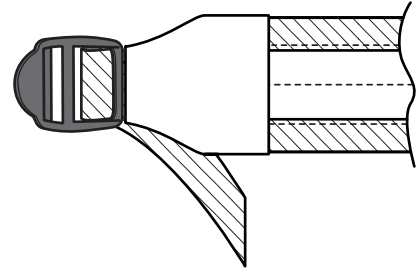
Cut a strap piece of 8,5 cm long.  
Place the strap on the middle up face of the link (the face with only one stitching line visible on the strap).



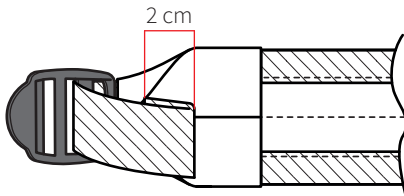
Fold the both corners above the strap and sew at 1 cm.



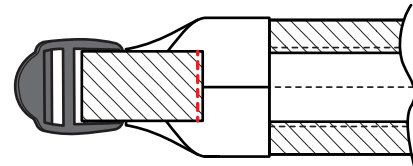
Pull on the strap to flip the fold over itself.



Slip the strap through the adjustment buckle as shown. The buckle must be blocked at the edge of strap link.

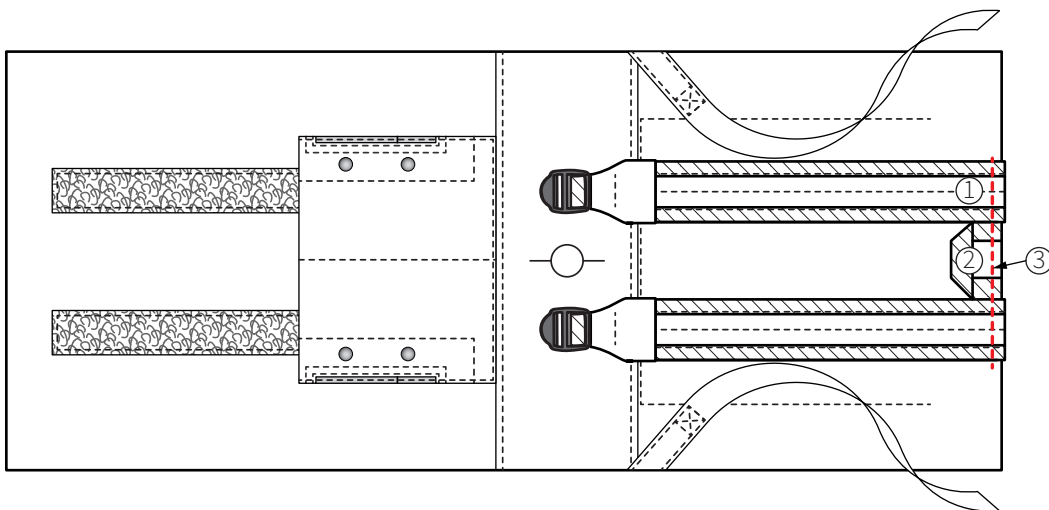


Fold the end of the strap at 2 cm.



Make a topstitching.

Piece of advice: make a strong backtack to make it resistant.

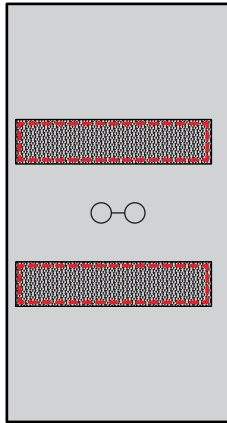


- ① Place the shoulder straps between the marks.
- ② Place the back loop strap between the two shoulder straps.
- ③ Sew all of them at 7 mm.

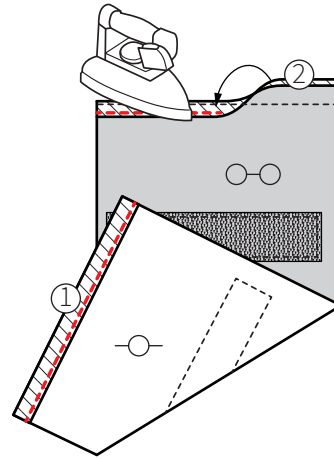
**HAVE A CUP OF SOMETHING THAT  
MAKES YOU HAPPY**



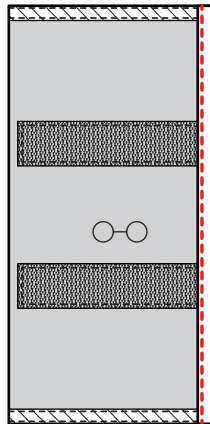
# THE FASTENING FLAP



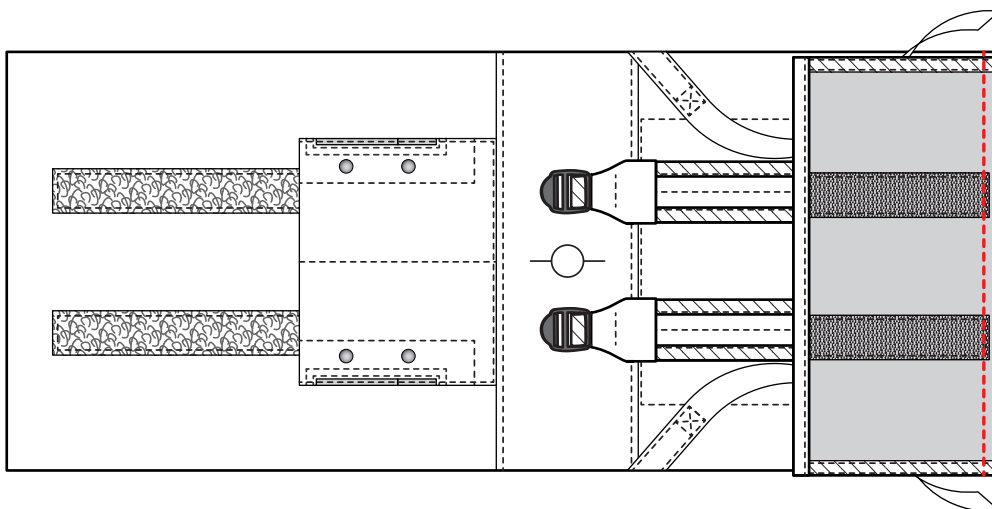
Sew the hook part onto the wrong side of the fastening flap following the lines you traced before.



- ① Sew the herringbone tape onto the right side of fastening flap at 1 cm from edge.
- ② Fold and press on the wrong side. Then, sew it at 1 mm from edge of herringbone tape.

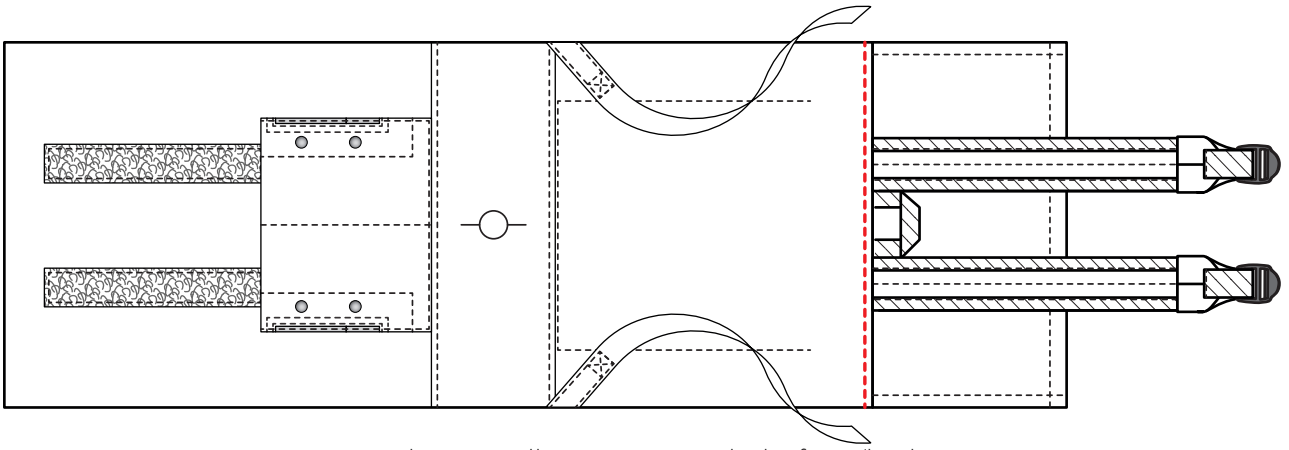


Make the hem of the flap following the value of the pattern.



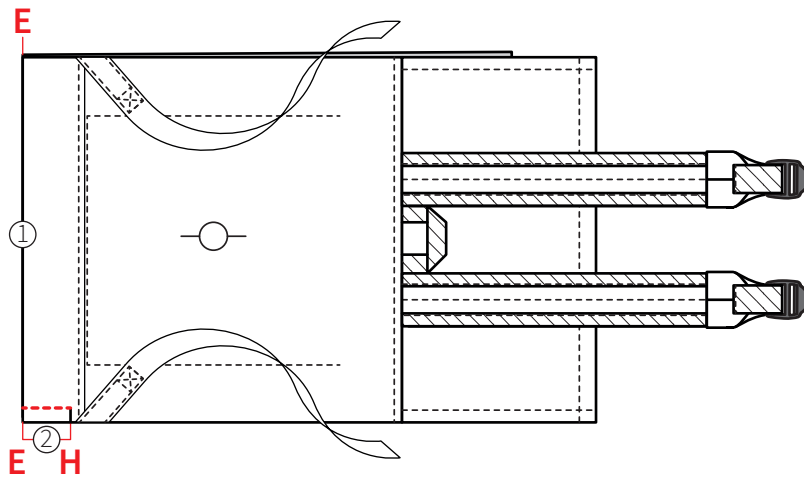
Sew the fastening flap onto the front/back panel right side together.

Piece of advice: make strong backtack on the shoulder straps and the back loop.

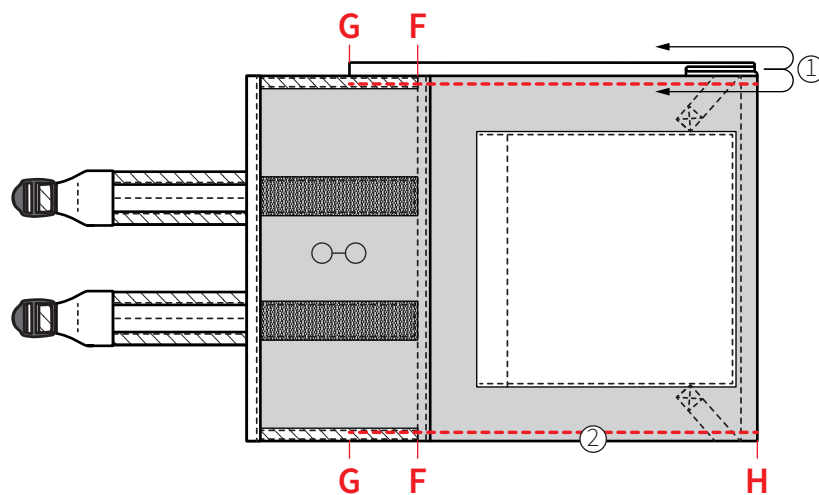


Lay the seam allowances towards the front/back.  
Make topstitching at 7 mm if it is possible.

## THE SIDE FOLD



- ① Fold the bag following the notches «E».
- ② Sew the segment «EH» at 7 mm from edge.

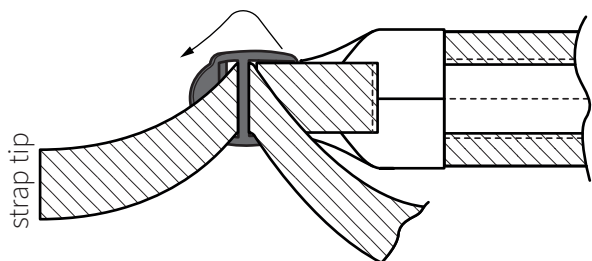


- ① Fold the bag again on the line of notches «H».
- ② Align notches «F» and «G» and sew the segment «HFG» at 1 cm.

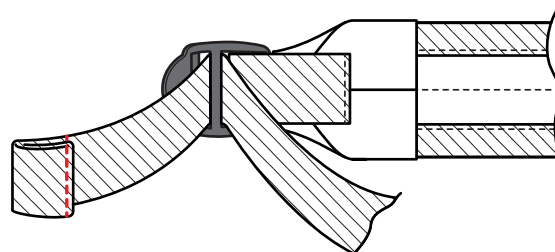
Piece of advice: make strong backtack on «G».

**TURN THE BAG RIGHT SIDE OUT  
BE BRAVE, IT IS ALMOST OVER !**

## **THE FINAL TOUCH**

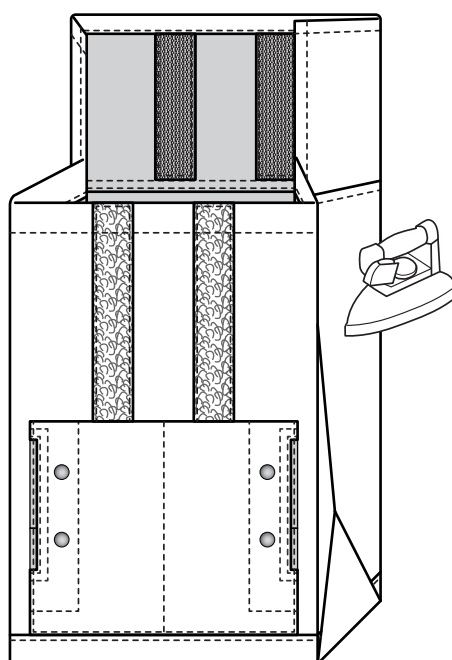


Slip the bottom strap through the buckle as shown.



Fold the tip twice and sew it at 2 mm.

## **THE CHERRY ON THE CAKE**



In order to give a better shape to the backpack, you can press the side lines.

You got it !

**I hope you enjoyed this moment we spent together, now enjoy your creation !**