



## HOPEPACK – HOPE 4 EDUCATION

The Child Sponsorship department is really excited about giving our sponsors a different opportunity to provide a basic but much needed item, like a drawstring bag for the children and young-men/women to carry their school supplies and other belongings.

We are looking to have drawstring bags for boys, girls, young and the older students. Solid, patched or patterned fabrics would be lovely.



# Fabric Backpacks Instructions

By Penney Miller

## Materials Needed for 1 fabric backpack:

- Iron/Ironing board
- Fabric scissors
- Regular scissors for cutting rope
- Thread/bobbin
- Straight pins
- Sewing measuring tape
- Clear plastic scotch tape
- Basic sewing machine
- ½ yard of fabric - 45-inch-wide (1 yard will make two backpacks)
- 2- 60-inch length of soft cotton rope - 5mm circumference works great! Here is a link for macramé rope that is 109 yards and makes approximately 30 fabric backpacks for \$16.99

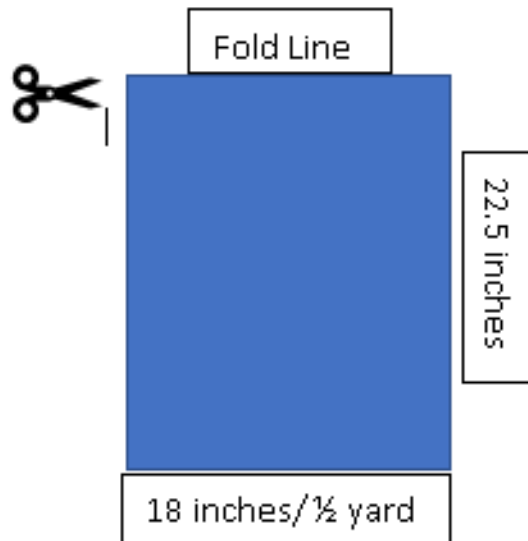
[https://www.amazon.com/s/ref=choice\\_dp\\_b?keywords=macrame%20rope%205mm](https://www.amazon.com/s/ref=choice_dp_b?keywords=macrame%20rope%205mm)

## Notes:

- It is always best to prewash fabric if you can. It will still work fine if you don't but will shrink some if washed in a washing machine.
- If you are working with a yard of fabric, cut the yard of fabric in half at the 18-inch mark while leaving it folded width ways. Should end up with 2 fabric pieces once you cut on the fold of approx. 22.5 inches x 18 inches
- If your fabric has a directional print, you will need more than a ½ yard to make the bag lay the correct direction. It is easier to use prints that are 360 degrees. If you choose to use a directional print then you will want to buy ⅝ yard of fabric so that you can still cut the fabric and end up with two separate pieces that are approximately 18 x 22.5 inches in the correct direction.
  - The short ends of the fabric are the top and bottom of the backpack. The long ends of the fabric are the sides to the backpack.

## Directions:

1. Cut Fabric and Sew Patches:
  - a. Cut your ½ yard of fabric on the fold so that you end up with 2 separate pieces that are approximately 22.5 inches x 18 inches.
  - b. Sew the HopePack patch onto the right side of one of the pieces. Center and stitch into place.

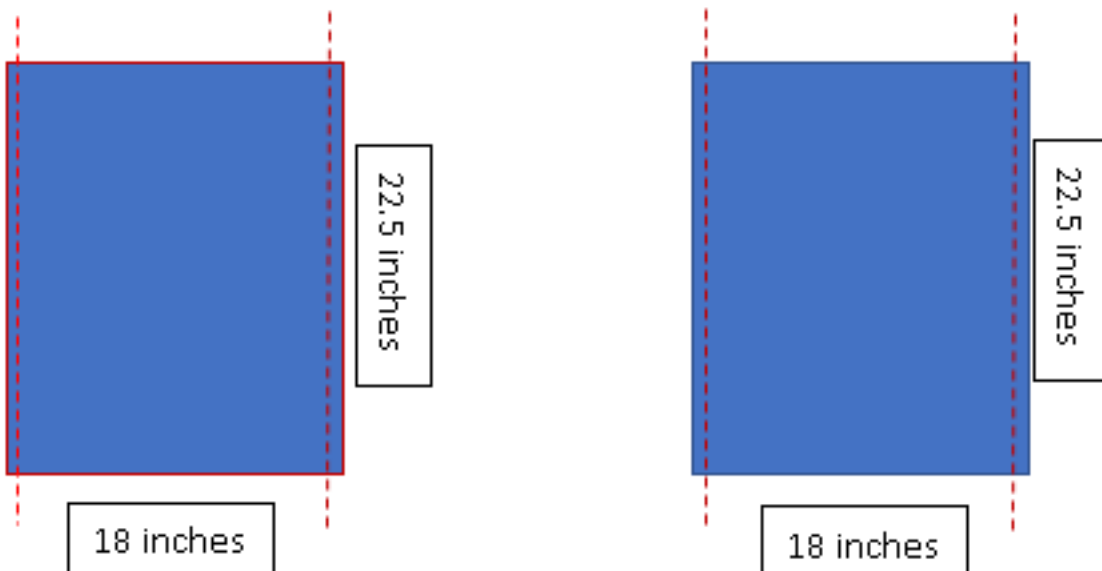


2. Iron Fabric:

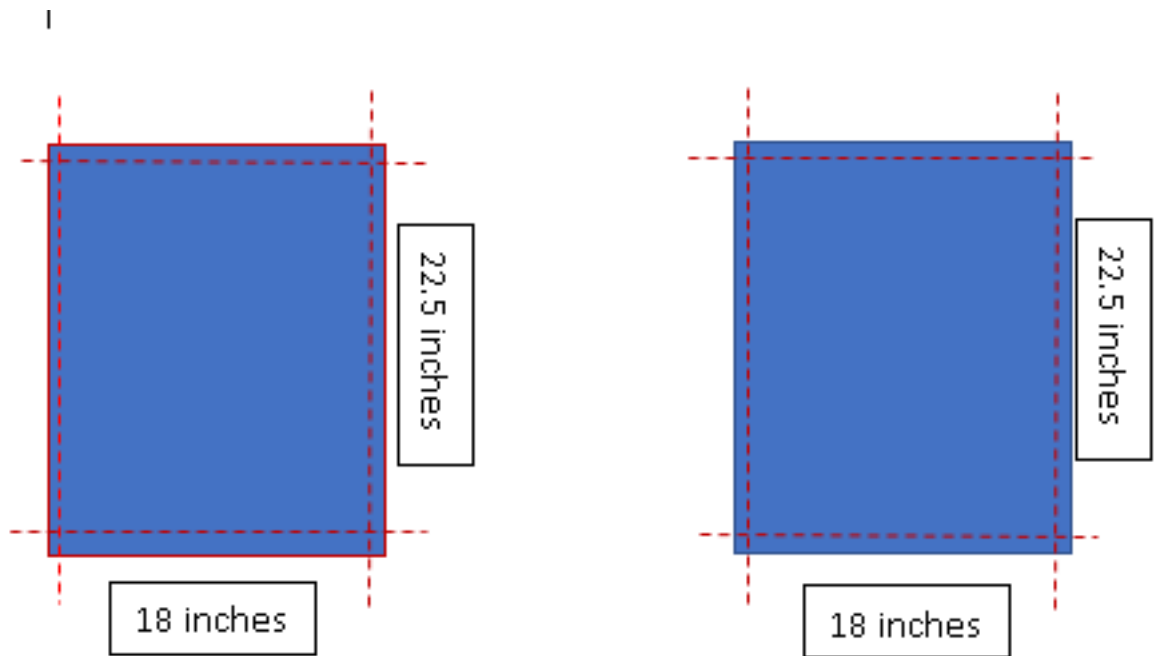
- a. Next fold the fabric on both long sides (22.5 inch sides) under about ½ inch and iron to create a fold. This helps prevent the backpack from unraveling when sewing both sides together. Fold under so that raw edge is now on wrong side of fabric. Repeat on



the other long sides of second piece of fabric.

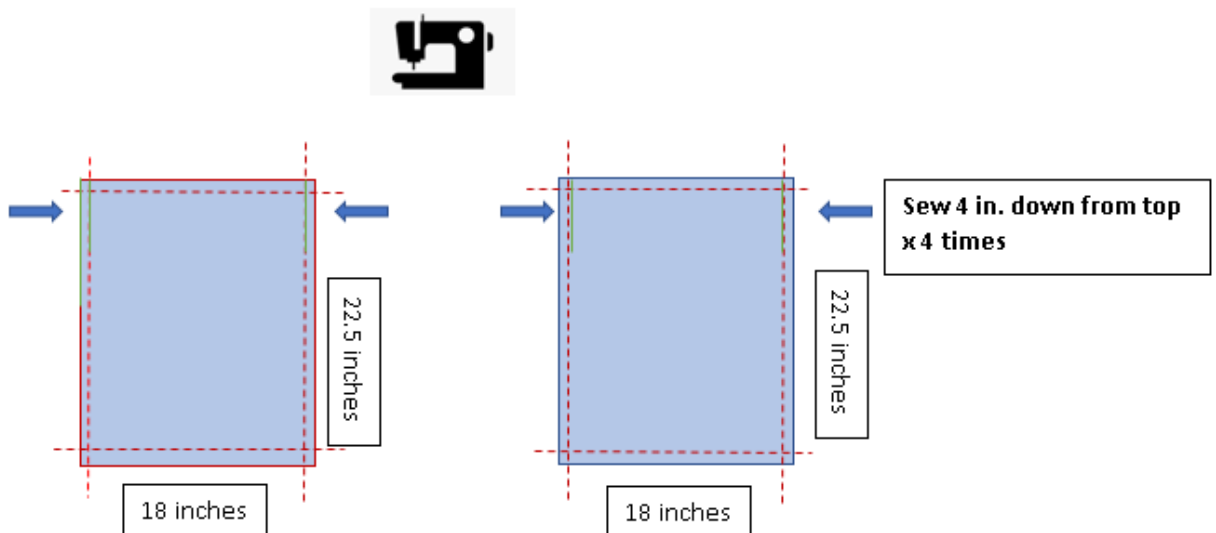


- b. Next fold both short sides under about  $\frac{1}{2}$  inch and iron to create a fold. Repeat on the other short sides of second piece of fabric.



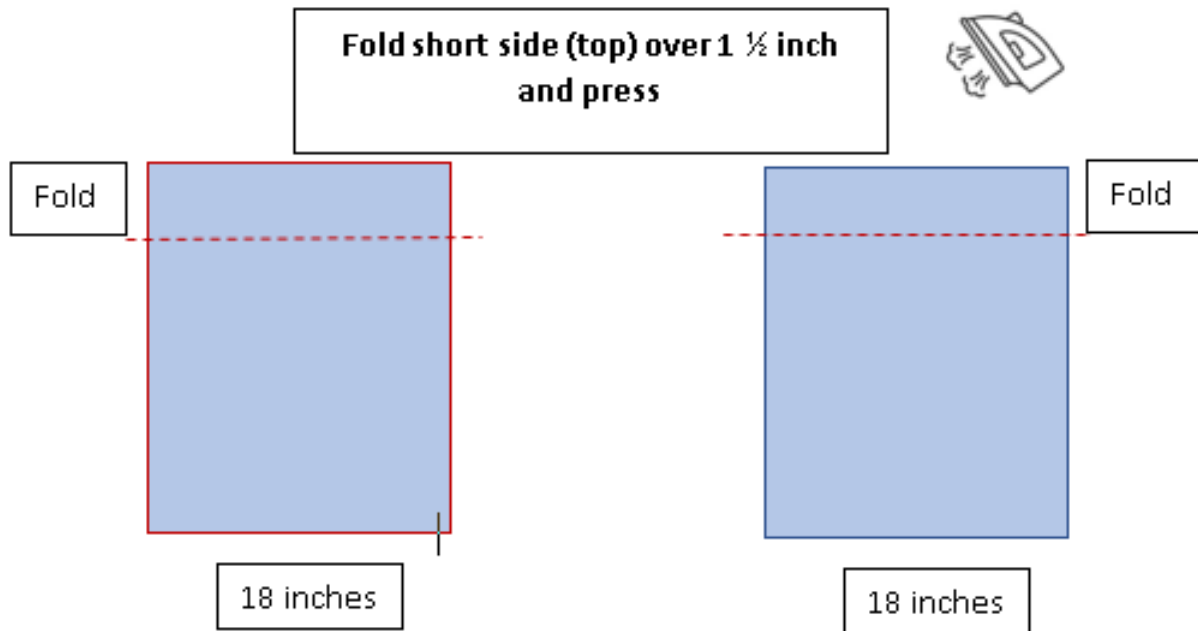
3. Sew Fabric:

- a. Sew the edge of a long side down about 4 inches from the top and stop. (Sew directly on top of the new folds you just made). Repeat on the other side of the long side of the same piece of fabric and sew about 4 inches down from the top. Repeat the same step on the second piece of fabric. This creates a hem for the rope to later be fed through so that you don't have a raw edge.

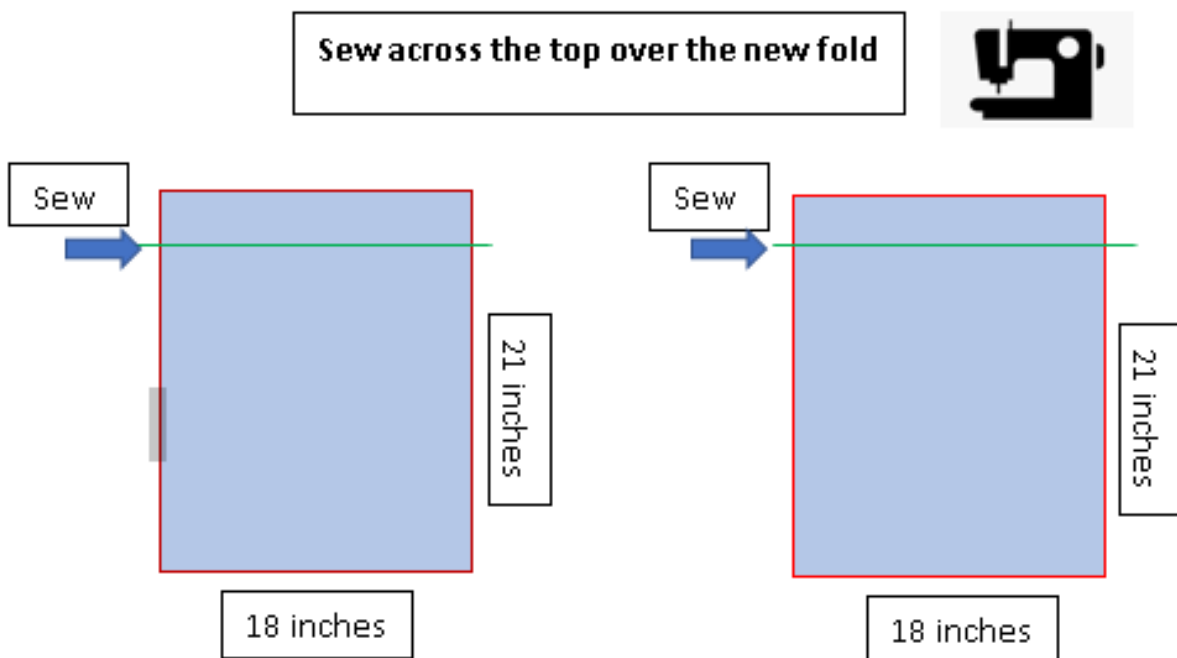


4. Iron Fabric:

- a. Take the top of the fabric that you just sewed for a hem on the short side and fold over about 1 ½ inches. Press with iron. Your new length on the long side is now 21 inches. Repeat with second piece of fabric.

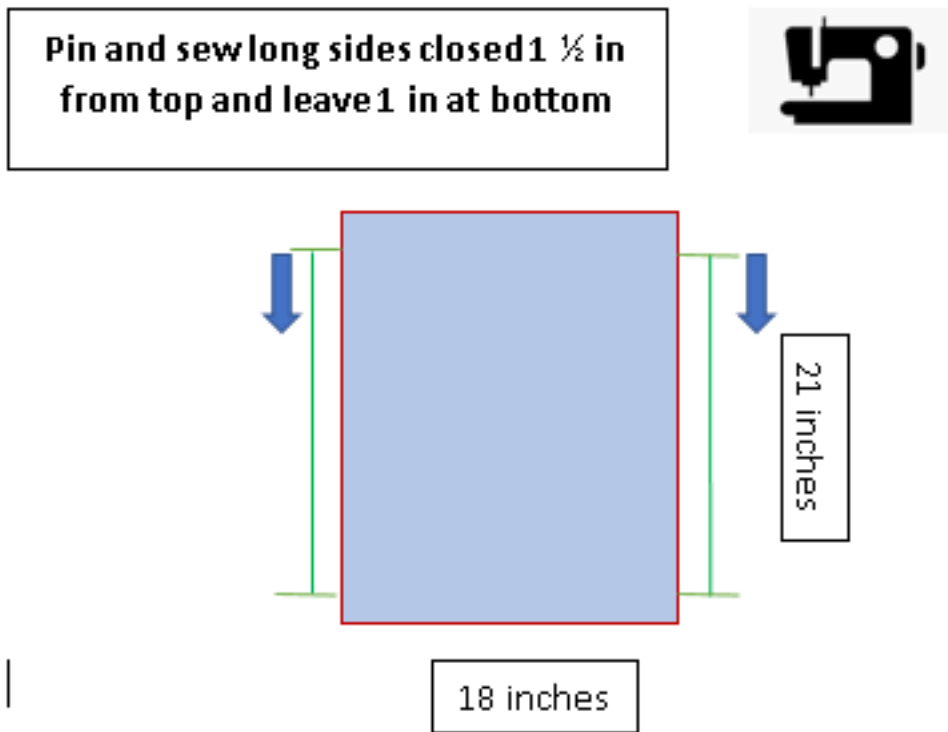


5. Sew Top Fold in place:
- a. You have just created a place for your rope to be fed through. Repeat on both pieces of fabric. Remember your fabric is now 21 inches long.



6. Pin and Sew:

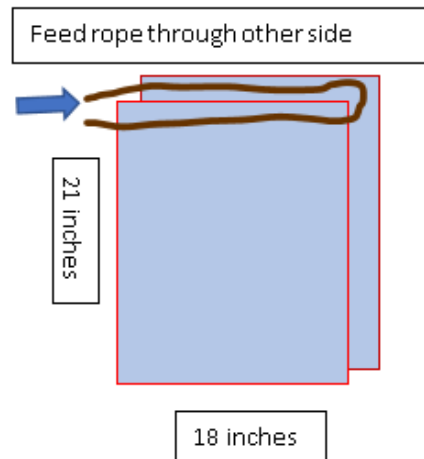
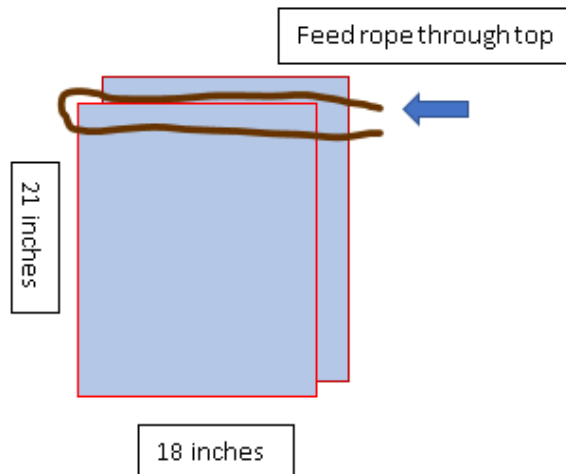
a. Pin and Sew the two pieces of fabric with right sides together. Starting at the top of the fabric 1 ½ inches from the top (just right under your new fold that you sewed) begin to close the long sides of the fabric together stopping about 1 inch from the bottom. You don't want to start at the very top because you will have just closed the part of the backpack shut where you need to feed your rope through at a later step. You don't want to sew all the way to the bottom as this will be where you place and sew the rope to the bottom portion of the back pack. Repeat this step on the other long side of the fabric piece so that both long sides of the backpack are now sewn shut almost all the way.



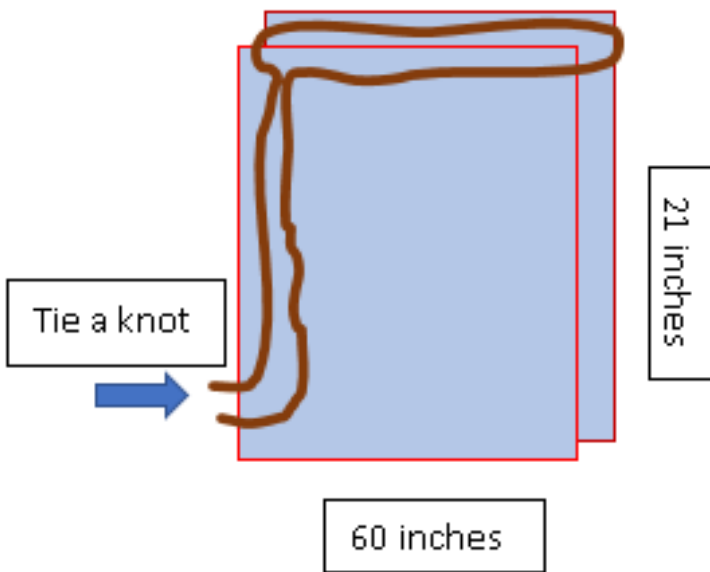
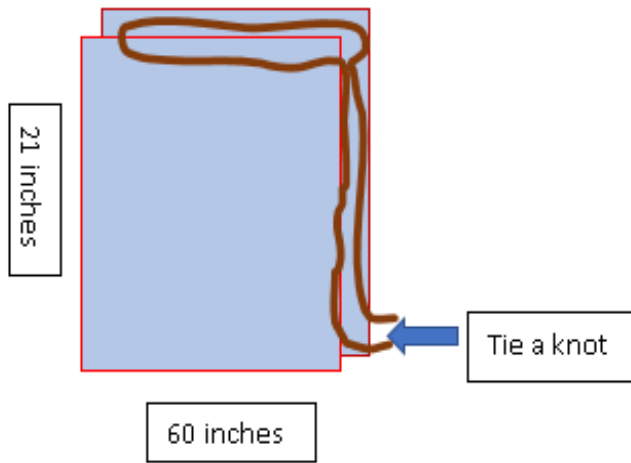
7. Cut 2 pieces of rope at 60 inches long and feed through the top opening:

a. Wrap each end in the clear scotch tape. This takes about 2 inches of scotch tape for each end. After you have wrapped each of the 4 ends individually, you are ready to feed the rope through the opening you created at the top.

b. Start on one end with one rope strand - it doesn't matter where you start. Feed it all the way through one side. Then, complete the circle by starting on the next opening when you get to it and feed it all the way through until you all the way around. Next grab both ends of the one strand of rope and make it even length by tugging on it as needed to even it out.

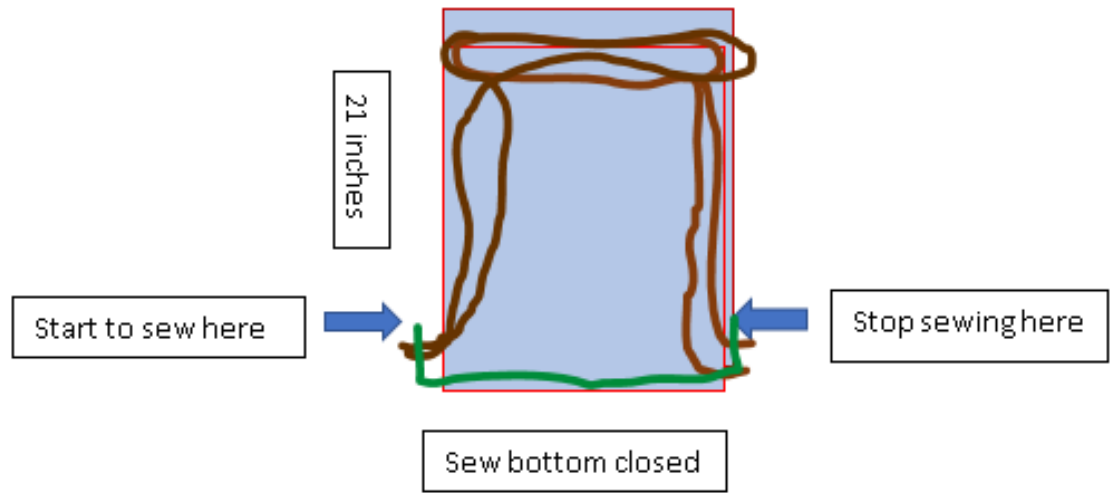


- c. Repeat this process with the second strand of rope but this time start on the opposite side that you began with your first rope.
- d. At this point you are ready to pin the loose ends of rope to each side. Make sure you tuck the main part of your rope into the inside of your bag so that only the very ends will be on the outside once it is all sewn together. Tie a knot on the two loose ends of each strand of rope. You will want to pin the rope to the bottom corner on the same side that it exits the top that it goes directly from top to bottom. You don't want the rope on the top portion being on the opposite bottom corner. Pin the rope in place to the fabric so that you can be ready to close the rest of the sides and bottom seam. Repeat so that rope is ready to be sewn on both sides of the bag



8. Sew:
  - a. Sew the remaining side seams and bottom closed. Start on one end and sew one continuous seam all the way to the other end. When sewing over and securing the rope that is sandwiched between the two fabric pieces, be sure to backstitch/go over a couple of times with the sewing machine to make sure the rope is nice and secure and won't come undone.





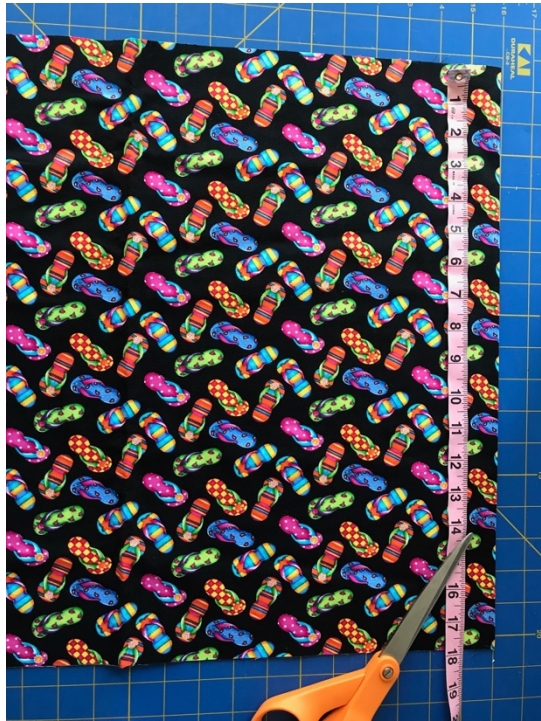
9. Turn right side out and your bag is completed!



# Fabric Backpacks

## Directions with photos

**Step 1a:** Cut  $\frac{1}{2}$  yard of fabric on fold if necessary. **Step 1b:** Sew H4KI Patch onto right side of one piece of fabric. Center and stitch in place.



**Step 2:** Iron Fabric - first long sides and then short sides. Repeat.





**Step 3: Sew Fabric 4 inches down from the top on the long sides-sew at same end. Repeat on second piece of fabric.**



**Step 4: Iron Top Fold. Take the same side that you just sewed 4 inches down on and fold so that there is a 1 1/2 inch fold.**





**Step 5: Sew top fold in place.**

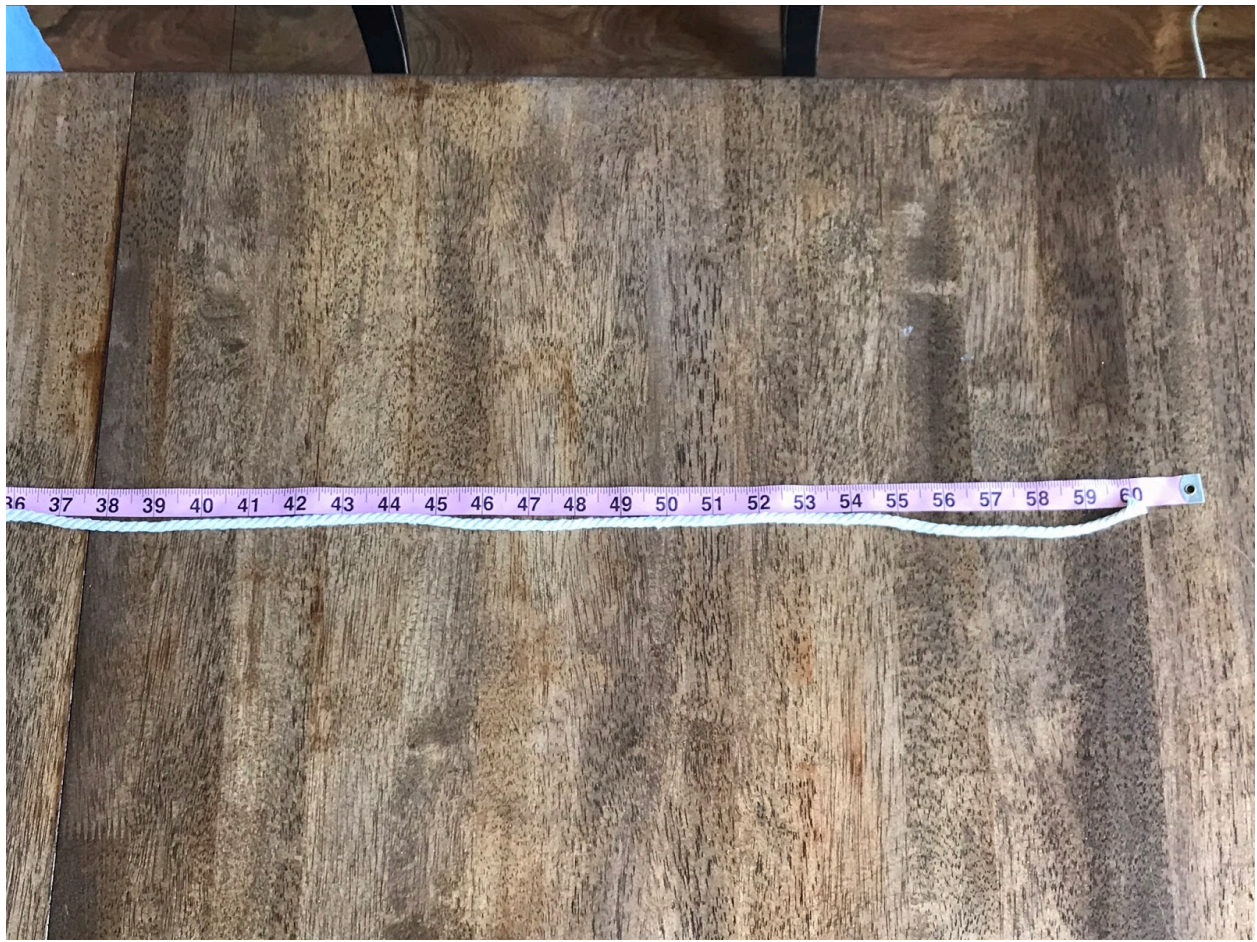


**Step 6: Pin and sew long sides together. Put right sides together.**



**Step 7a - Cut Rope x 2 strands**





**7b - Feed rope through- start with one strand on any end - complete the circle. Even out the ends and tie a knot. Take second strand of rope and start on the opposite side and complete the circle. Even out the ends and tie a knot.**





**Step 8: Sew up the bottom of the backpack and remaining corners.**



**Step 9: Turn right side out and your backpack is complete!**



## **Time for Each Step:**

**Step 1a + 1b = 2 min**  
**Step 2 = 2 ½ min**  
**Step 3a = 1 min (pin)**  
**Step 3b = 2 min (sew)**  
**Step 4 = 1 min**  
**Step 5 = 1 ½ min**  
**Step 6a+6b = 2 ½ min (pin+sew)**  
**Step 7a = 2 min**  
**Step 7b = 5 ½ min**  
**Step 8+9 = 2 ½ min**  
**Total - 22 ½ minutes**

## **Volunteers Needed for Each Station (minimum)**

**Step 1a + 1b = 2**  
**Step 2 = 2**  
**Step 3a = 1**  
**Step 3b = 2**  
**Step 4 = 1**  
**Step 5 = 2**  
**Step 6a + 6b = 2**  
**Step 7a = 2**  
**Step 7b = 4**  
**Step 8+9 = 2**

## **Materials Needed for Each Station**

**Step 1 = sewing scissors, tape measure, straight pins, sewing machine, H4KI label**  
**Step 2 = iron x 2, ironing board x 2**  
**Step 3 = straight pins x 2, measuring tape x 2, sewing machine x 2**  
**Step 4 = iron, ironing board**  
**Step 5 = sewing machine x 2**  
**Step 6 = straight pins, sewing machine**  
**Step 7a = regular scissors x 2, rope, tape measure, scotch tape**  
**Step 7b = none**  
**Step 8+9 = sewing machine x 2**

**THANK YOU FOR BRINGING DIGNITY, HEALTH, JOY & LOVE**