



**TRAIL
LIFE
USA**

Sewing for Adventure

In centuries past, sewing was not a hobby but a basic skill. Men of many different cultures sewed to meet their needs or as part of their trade. They would sew cloth, canvas, and even leather. In the military, soldiers were issued sewing repair kits and expected to maintain their own clothes and gear.

Today many men use sewing to create outdoor gear such as stuff bags, tarps, tents, backpacks and more. Some sew gear because they can make an item for cheaper than they can buy it ready-made. Some sew because they need a custom size or want a custom feature on their gear. Many people make their own gear in order to make it ultra lightweight. Others sew gear because they are designing something new or just for the fun of doing it.

This badge focuses on basic sewing knowledge and skills so you can attach your own Trail Life USA patches and repair your gear in the backcountry and at home. You will do one simple sewing project and can choose three more things to do from the optional projects, repairs, or career explorations.

Name _____

Do all of the following requirements (1-3)

- ____1. Participate in a sewing orientation covering the following:
 - ____a. Tools: measuring tape, marking pencil, pinking shears, patterns, pins, needles, sewing awl (Speedy Stitcher), sail needle, thread, seam ripper, thimble, and bobbins
 - ____b. Notions: elastic, hook and loop fasteners (Velcro), buckles, grommets, buttons, snaps, shock cord, draw cord, cord clasps, closed-cell foam, webbing, and bias tape
 - ____c. Fabrics: woven cotton, cotton flannel, woven polyester, polyester fleece, microfiber, nylon, wool, canvas, rip-stop fabric, netting, coated fabrics, and breathable waterproof fabric
 - ____d. Preparing fabric and pattern pieces for cutout using a layout diagram
 - ____e. Threading a needle
 - ____f. Parts and operation of a sewing machine



____2. Demonstrate the following basic hand sewing techniques:

____a. Threading a needle

____b. Basic stitches: running (straight) stitch, basting stitch, and whipstitch

____c. Sewing on a button

____d. Hand-sewing a patch onto fabric using a whipstitch

____3. Demonstrate the following machine sewing techniques:

____a. Winding thread onto a bobbin

____b. Placing a bobbin into its holder

____c. Threading the machine

____d. Using the presser foot in its appropriate position

____e. Sewing a basting stitch

____f. Sewing a straight stitch

____g. Sewing a zigzag stitch

____h. Machine-sewing a patch onto fabric

Do four of the following (4-15) with at least one optional from Projects (4-8)

For each project, do the following:

____a. Pick out a pattern and read it.

____b. **Using the pattern's material list, collect what is needed.**

____c. Prepare the fabric and pattern pieces for cutout.

____d. Cut out all the pieces for your project using the layout diagram.

____e. Follow the directions carefully to complete your project.

Most any sewing project is acceptable as long as there are instructions to follow.

Project suggestions for gear are:

All That Stuff Bags #544:

<http://www.thegreenpepper.com/downloads/544web.pdf>

Silnylon Stuffsacks: http://thru-hiker.com/projects/silnylon_stuffsacks.php

Simple Gaiter Kit: <http://www.rockywoods.com/Fabrics-Kits/Simple-Gaiter-Kit>

Backpack cover: <http://questoutfitters.com/patterns-packs-cart.htm#Pack%20Patterns>

Drawstring bag from a pattern you found

Projects (Do at least one)

- _____4. Complete a simple gear-sewing project.
- _____5. Complete a second gear-sewing project.
- _____6. Make an item that has a zipper. Describe zipper sizes and styles such as heavy-duty, hidden, separating, non-separating and water-resistant.
- _____7. Sew a blanket (e.g. fleece blanket with a sewn edge binding) and donate it.
- _____8. Make a sewn item that can be used by your troop. Some suggestions are game equipment such as beanbags or flag football belts and flags, a canvas roll-up organizer and hanger for serving utensils in a camp kitchen, storage bags, a tarp, dining fly, or an item for decoration or a part of a costume used in a troop ceremony.

Repairs

- _____9. Using hand-sewing techniques, repair an item of gear or clothing or practice an in-the-field repair such as sewing a buckle on a piece of webbing.
- _____10. Using fabric glue, mend a seam and a tear.
- _____11. Put together a repair kit to take on an outdoor outing and describe the contents.

- _____12. Zippers on tents and sleeping bag often fail on outings. Explain ways to repair them without replacing them including what to do if the pull brakes. Add zipper sliders in the sizes on your equipment and a few other common sizes of zippers to your repair kit.
- _____13. Practice using a sewing awl to sew two thick pieces of material together or a piece of webbing to a piece of packcloth or canvas.
- _____14. Shorten a pair of pants or make a pair of pants into shorts with a hem.

Careers

- _____15. Invite someone with a sewing-related career to talk to your Troop, Unit, or patrol.

Trail Badge Mentor Signature

Date

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