

MILAN AV-JC

ZERO WASTE

SEWING PATTERNS



KARMA

TRENCH

SIZES 34 - 46

INSTRUCTIONS
BOOKLET

Level : Easy



www.reformonsnous.fr

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THANK YOU

for choosing MILAN AV-JC for the creation of your trench!

This pattern is NOT like the others since you won't have any fabric scraps when cutting.

And that's not insignificant when we know that **every year, 60 billion m2 of fabric are wasted** when cutting the garments we buy.... Contrary to people opinion, they are not reused nor recycled. Most of these leftovers end up in asian landfills, far from sight, far from mind.

@MILAN AV-JC, we believe that WASTE IS A DESIGN FLAW .

So instead of developing conventional patterns like hundreds other brands could do, we take the time to research and develop zero waste patterns. It is not easy but we know it worth it. We have received amazing support & feedbacks from you since we have released our first zero waste pattern last year and it give us hope.



So keep spreading the word !

At the end, **we all know who will be thankful...** 🌍

In this booklet, you will find all the information you need to make your own **trench** whether it be for choosing the fabric, cutting out of the pattern, or assembling the garment.

We recommend you to watch the video tutorial available for free on the **youtube channel MILAN AV-JC**

HAPPY SEWING !

CHOOSING YOUR SIZE

The trench pattern is available in sizes 34 to 46. Below you will find the measurement table used to develop all the MILAN AV-JC patterns.

This will allow you to best choose the size adapted to your morphology:

	T-34	T-36	T-38	T-40	T-42	T-44	T-46
BUST (cm)	82	86	90	94	98	102	106
WAIST (cm)	64	68	72	76	80	84	88
HIPS (cm)	90	94	98	102	106	110	114

Please note : If you are hesitant between two sizes, do not worry too much as this trench is outerwear, which not only has enough ease, but also a certain percentage of elasticity from the choice of fabric.
(please refer to CHOOSING YOUR FABRIC below)

The model in the photos measures 1m70 and is wearing a size 38.



CHOOSING YOUR FABRIC

This trench model has been developed exclusively for **suede**,
with a **raw edge finish**.

Therefore you must choose a supple fabric that **does not fray** !

Here will find the reference that we used:

SUEDINE EXTENSIBLE ORANGE TERRA COTTA HANNAH

Composition: 94% Polyester 8% Elasthanne

Width :150cm

Weight: 300g/m2 (450g/mL)

Stretching ability : > 20% (weft) / 2% (warp)

// Attention//

Before buying your suede, please refer to the chart below, to know the minimum length and width needed to cut out your trench !



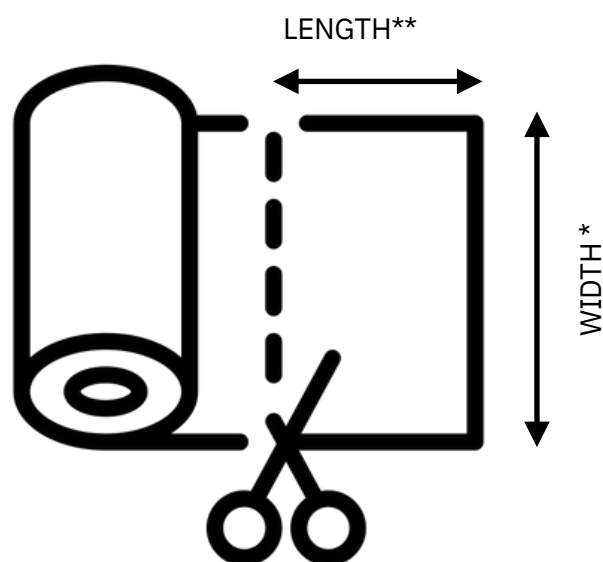
	LAIZE Minimum* (cm)	LONGUEUR Minimum ** (cm)
T-34	130	202
T-36	134	203
T-38	138	204
T-40	140	205
T-42	144	206
T-44	147	209
T-46	147	209

*** minimum WIDTH:**

This measure corresponds to the **width** of the fabric needed to cut out your pattern .

Unlike conventionnel patterns, zero waste patterns are made for a specific width covering every inch of fabric.

You will need to take this measurement into account when buying your fabric.



For example : if you are a size 36, the width of fabric should be at least 134 cm. If you are a size 46 the width of fabric should be at least 147 cm.

NB: the reference of suede used for the MILAN AV-JC trench is 150 cm wide. If you choose to use the same reference, it doesn't matter which size you choose !

**** minimum LENGTH:** This measure corresponds to the length of fabric **needed to cut out the trench** (mid-calf length for a person measuring 1m70)

Depending on your height, or just your everyday whims, you can choose to **add, or take away, 5, 10 or 15 cm** to this lens to make a longer or shorter trench!

PREPARE YOUR TOOLS & NOTIONS

To make the “KARMA” trench, you will need the following materials:

- **polyester thread** in the color of your choice
- (optional)* - cotton bias in the color of your choice, if you wish to strengthen the neckline. You can also use the **selvage** (as explained in the tutorial) to cut out a band of around 2,5cm x 65cm

you will also need the **following:**

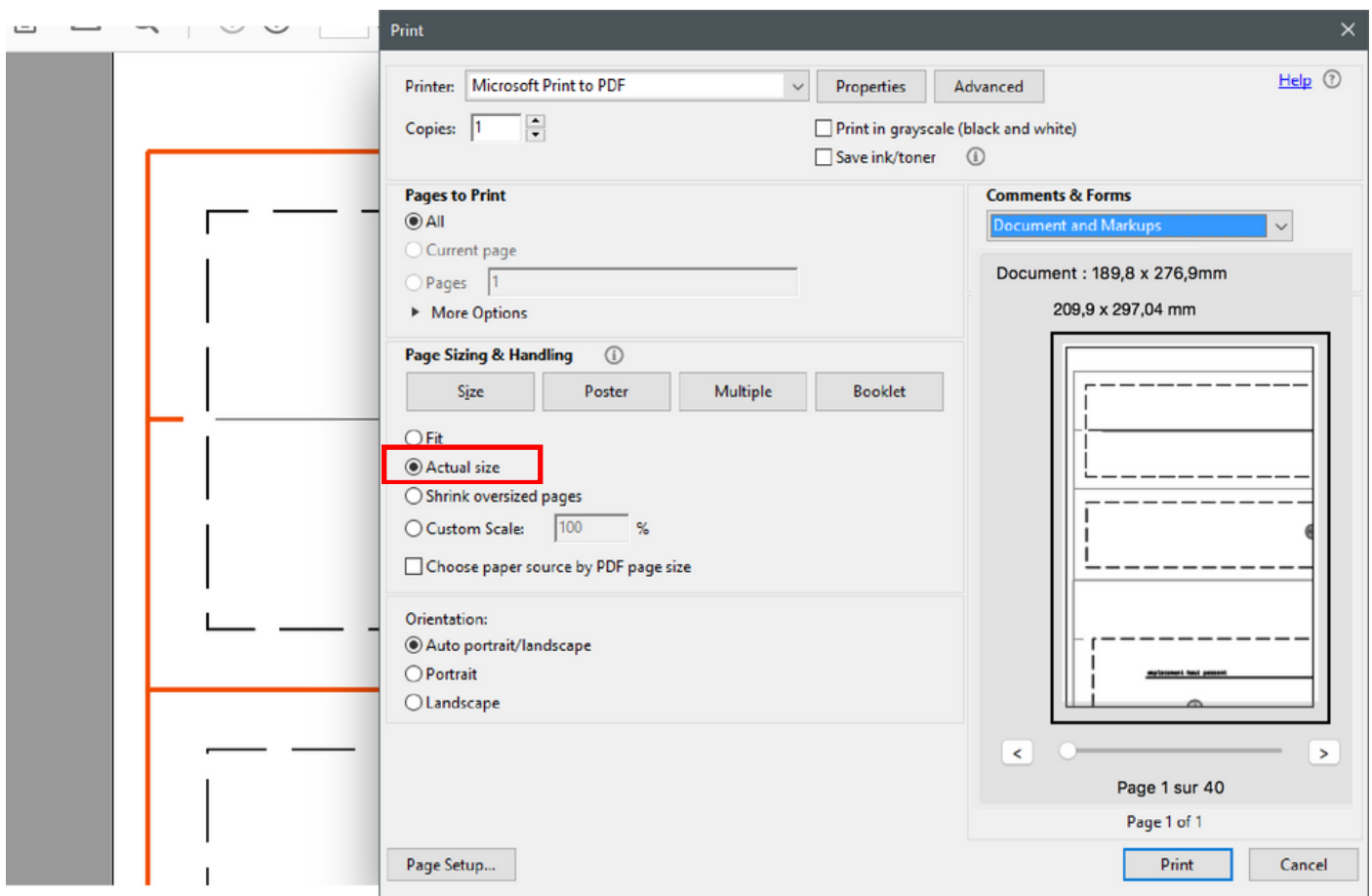


- | | |
|------------------|--------------------------|
| - a computer | - stretch needles |
| - an A4 printer | - a sewing machine |
| - blank A4 paper | - an iron |
| | - pins |
| | - a measuring tape |
| | - tailor's chalk |
| - scissors | |
| - cellotape | |

PRINT THE PATTERN

When you bought this pattern, you got a **.zip folder** containing three folders - one per printing format (A0, A4 or US LETTER) Double click to select the format that suits you best. Then you access to all the PDF patterns, one per size.

Select the size that will fit you best and print it !



GOOD TO KNOW :

We recommend you to use Adobe Acrobat Reader to print your pattern
Then make sure the “**actual size**” option is activated.

Otherwise, you will get off size pattern pieces

If you are not sure about which parameters are activated on your printer, print out the

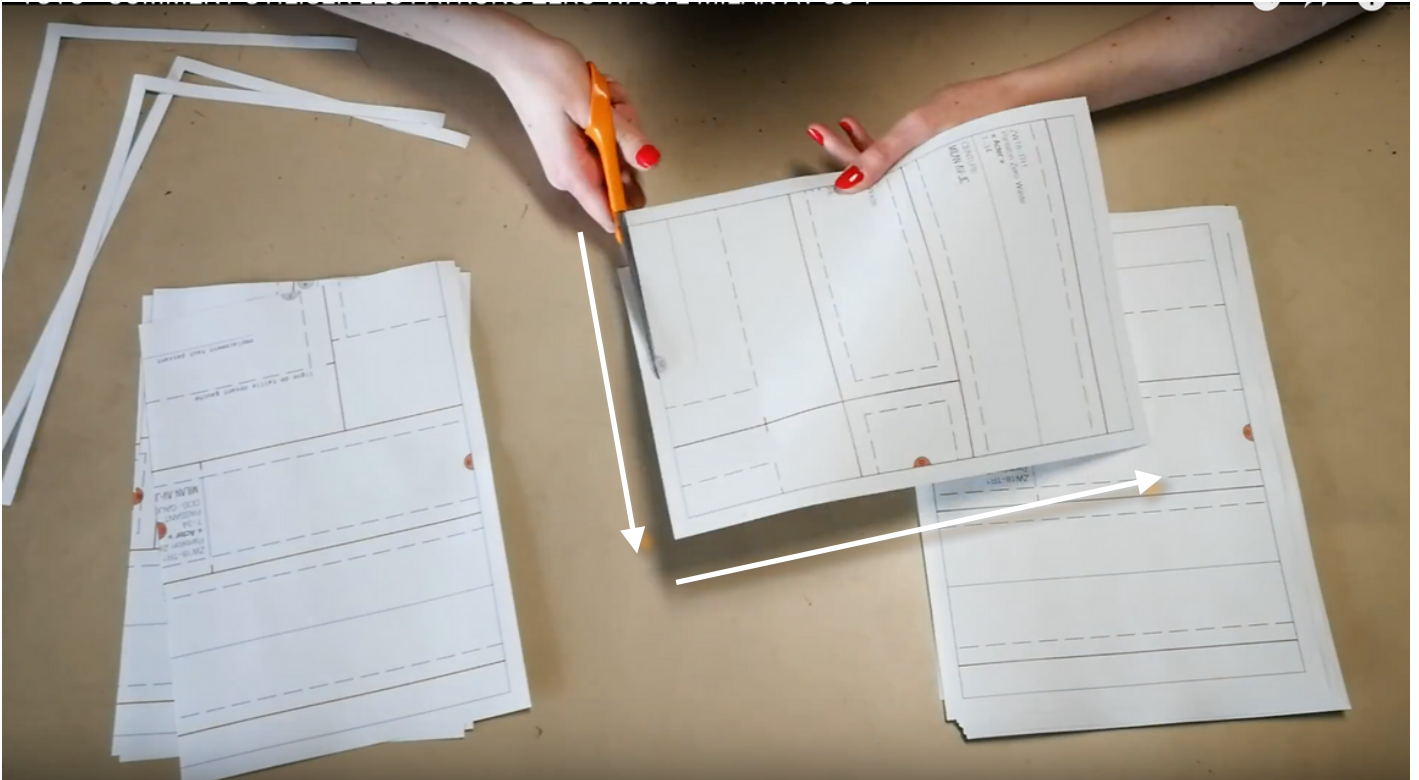
TEST_IMPRESSION file provided with the .zip folder

If the printed square measures **10cmx10cm** then your printer is perfectly set.

| 5 |

CUT OUT THE PATTERN

Once your pattern is printed, cut the **bottom edge** as well as the **right edge** of each sheet of paper following the external frame line.

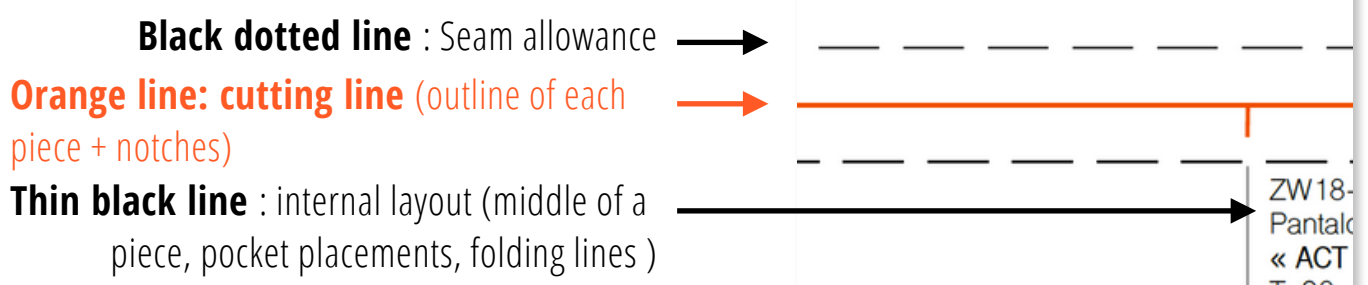


Using a transparent cello-tape, stick all the sheets together and make sure all the rounded marks are aligned with each other.

WATCH THE
TUTORIAL



UNDERSTANDING THE DIFFERENT LINES

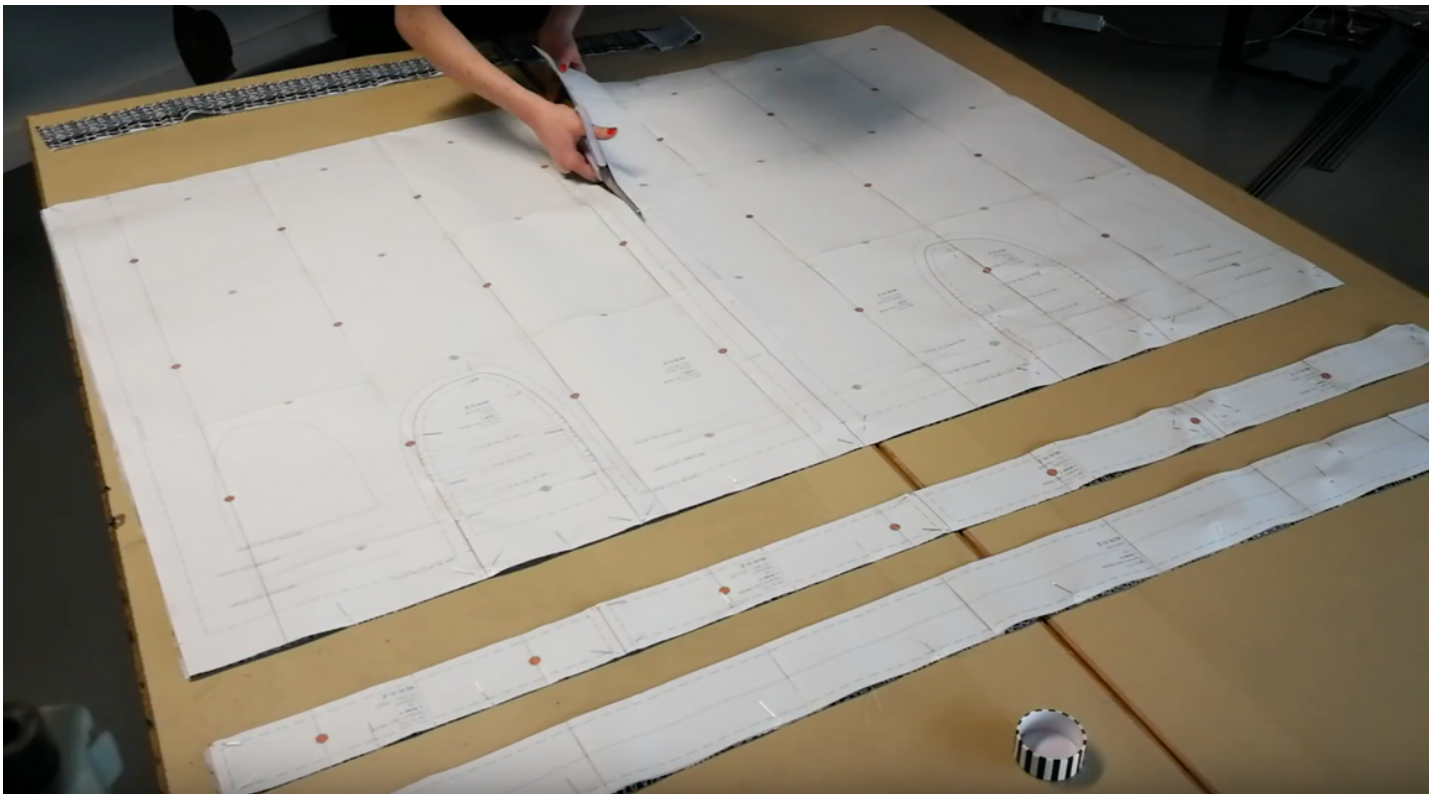


CUT THE FABRIC

Once your pattern has been put together and is complete,
you have two laying options. Either you...

1/ lay the full rectangle pattern on the fabric, then cut **paper + fabric** altogether following the **thick orange lines** (fastest method but it might not be recommended for your fabric scissors blades if you want to keep them in a good shape)

2/ Pre cut the paper on the **thick orange lines**,
lay all the pieces one by one like a puzzle game and then cut the **fabric only**.



SEW THE TRENCH

Once all the pattern pieces have been cut out and notched, it is time to sew !

Follow the **video tutorial** available on youtube.

Nothing beats a step by step explanation !



WATCH THE
TUTORIAL



The **seam allowance** (included in the pattern and indicated by dotted lines) **varies depending on the size**, mainly whilst assembling the sleeves and belt. Make sure you **check** these allowances before sewing, as you don't want to end up with a trench that is too big ... or too small !

You have now finished
your trench ?

Do not hesitate **to send us pictures** of
your creation by email or post it directly
on **socials** using the below hashtags

#karmatrench #trenchkarma
#zerowastepattern #zerowastesewing



@re.formons_nous