SURFRIDER PACIFIC RIM'S

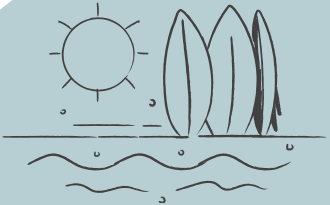
STITCH 'N' BEACH

Toolkit

SURFRIDER FOUNDATION
PACIFIC RIM, BC

Surfrider Pacific Rim

Surfrider is a non-profit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves and beaches, for all people, through a powerful activist network. The Surfrider Pacific Rim chapter is based in Tofino and Ucluelet on Vancouver Island, and focuses on plastic pollution, circular economies, climate change, and sustainability.



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Stitch 'n' Beach

A program created to create alternatives to plastics and to educate the public on how to sew reusable grocery and produce bags out of donated textiles! It features workshops such as "Fix it, Don't Ditch it" to raise awareness of the importance of mending and repairing clothing instead of tossing and buying new. The group often holds workshops to make reusable bags and beeswax wraps as alternatives to single use plastics!

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NORTH AMERICANS SEND OVER

10 MILLION TONNES

OF CLOTHING TO LANDFILL EVERY YEAR

95% OF WHICH COULD BE REUSED OR RECYCLED

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SHOPPING BAGS FROM T-SHIRTS

Do it Yourself

Steps:

1. TURN T-SHIRT **INSIDE OUT** AND SEW A **ZIGZAG STITCH** IN A STRAIGHT LINE ACROSS THE BOTTOM OF THE SHIRT OPENING, 1-2 INCHES UP FROM THE VERY BOTTOM. **BACKSTITCH AT THE BEGINNING** AND END FOR EXTRA STRENGTH. THEN, FOR EXTRA STRENGTH, **RUN OVER THE ZIG ZAG STITCH** A SECOND TIME.

2. TO CREATE MORE FINISHED LOOKING CORNERS, ADD A **ZIGZAG STITCH AT A DIAGONAL ON EACH CORNER**. THEN CUT OFF ANY EXCESS FABRIC.

3. NEXT, CUT OFF THE SLEEVES AND THE NECK AREA AS SHOWN IN THE PHOTO.

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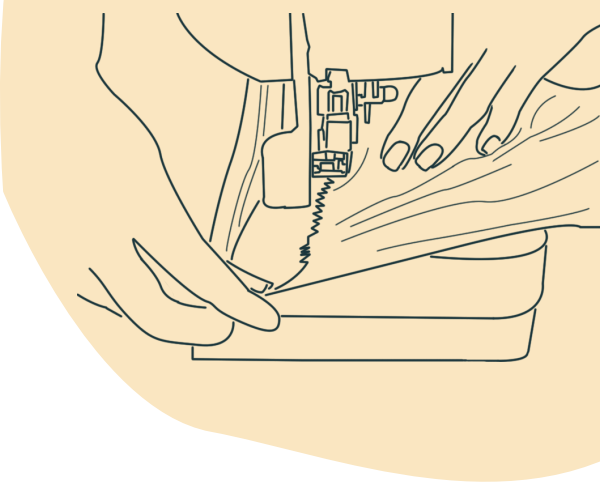
Steps:



4. NEXT, SEW A **ZIGZAG STITCH** ACROSS THE TOP, WHERE THE COLLAR WAS, TO **CREATE THE STRAP.** JUST LIKE IN STEP ONE, BE SURE TO **BACKSTITCH AT THE BEGINNING AND END** AND GO ACROSS THE STITCHING AT LEAST TWICE FOR EXTRA STRENGTH.

5. CUT OFF EXCESS FABRIC AND TURN THE BAG RIGHT SIDE OUT.

Enjoy!

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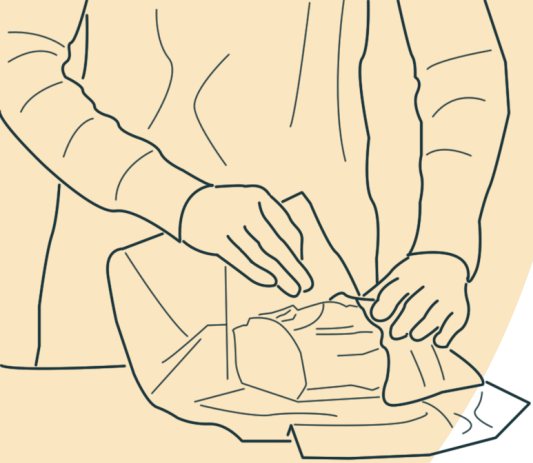

BEESWAX WRAPS

Do it Yourself

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What You'll Need

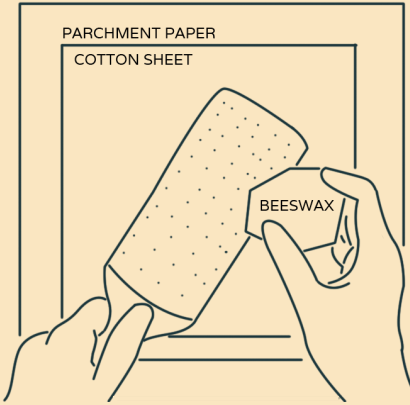
COTTON SHEET, BEESWAX, JOJOBA OIL, PARCHMENT PAPER, TOWEL OR IRONING BOARD, IRON

Steps:

1. CUT 2 SHEETS OF PARCHMENT PAPER LARGER THAN THE COTTON SHEET

2. PLACE ONE SHEET OF PARCHMENT PAPER ON THE IRONING BOARD OR TOWEL AND PLACE THE COTTON SHEET ON TOP

3. GRATE THE BEESWAX AND SPREAD IT OUT OVER THE ENTIRE SHEET



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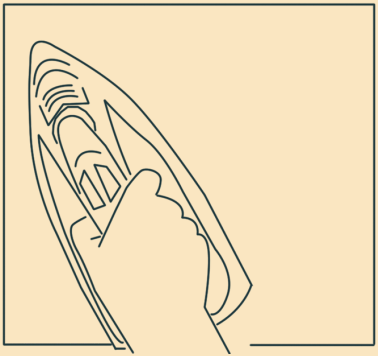

Steps:

4. POUR SOME JOJOBA OIL OVER THE SHEET, AND THEN PLACE THE SECOND PARCHMENT SHEET ON TOP

5. HEAT THE IRON, THEN RUN IT OVER THE PARCHMENT PAPER. THE WAX WILL MELT AND SPREAD THROUGH THE COTTON SHEET. REMOVE THE PARCHMENT ONCE THE ENTIRE SHEET IS COVERED IN WAX

6. PEEL AWAY THE COTTON SHEET. THE WAX WILL DRY WITHIN A MINUTE AND WILL BE READY FOR USE!

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Enjoy!

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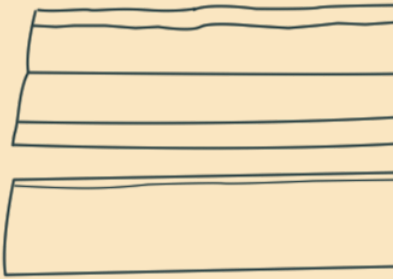
TOTE BAG

Do it Yourself

Steps:

1. SELECT YOUR FABRIC AND FOLD IT IN HALF. TRACE AND CUT THE BAG PATTERN WITH THE BOTTOM EDGE ON THE FOLD OF THE FABRIC. CUT TWO STRAP PATTERN PIECES.

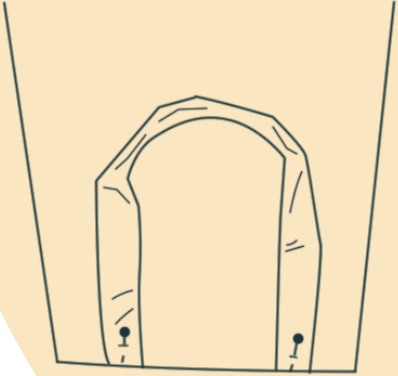
2. PREPARE THE STRAPS. FOLD BOTH LONG EDGES 1CM IN TOWARDS THE WRONG SIDE OF THE FABRIC, IRON. FOLD IN HALF LENGTHWAYS WRONG SIDES TOUCHING, IRON. EDGE STITCH ALONG THE OPEN SEEM.



Steps:

3. ATTACH THE STRAPS TO BAG. PIN THE STRAP PIECES TO THE RAW EDGE OF THE RIGHT SIDE OF THE FABRIC WHERE THE STRAP NOTCHES ARE, APPROXIMATELY 10CM FROM THE SIDE SEAM. THE RAW EDGES OF THE STRAPS SHOULD MATCH UP WITH THE RAW EDGE OF THE TOP OF THE PANEL SO THE STRAPS WILL BE FACING DOWN. MAKE SURE THE HANDLES AREN'T TWISTED. SERGE ACROSS THE TOP EDGE, ATTACHING THE STRAPS TO THE BODY OF THE BAG.

4. FINISH OFF BAG OPENING. TURN THE PANEL SO THE WRONG SIDE IS FACING UP. IRON AND PIN THE TOP EDGES WITH THE STRAPS DOWN 3CM. TOP STICH 5MM FROM THE TOP EDGE AND 5MM IN FROM THE SERGED EDGE.



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Steps:

5. SEW THE BAG TOGETHER! PIN THE BODY PANEL IN HALF, RIGHT SIDES TOUCHING, AND SEW ALONG THE SIDE SEAMS 1CM FROM THE RAW EDGES. SERGE ALONG THE EDGE OF THE SIDE SEAMS.

6. TURN THE BAG RIGHT SIDE AND YOUR BAG IS COMPLETE!

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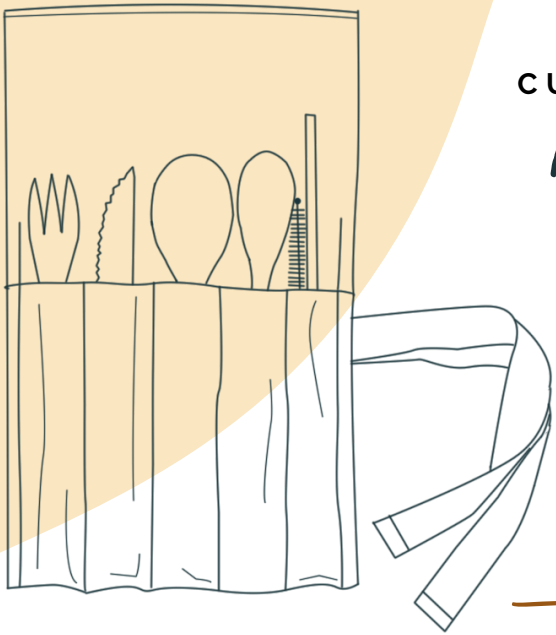
Enjoy!



CUTLERY WRAPS

Do it Yourself

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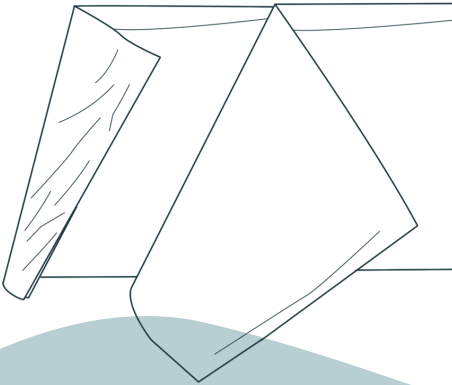
What You'll Need

SEWING MACHINE, SCISSORS, PINS, RULERS/TAPE MEASURE, IRON, PAPER, COTTON CANVAS, COTTON POPLIN, COTTON TAPE, THREAD

Steps:

1. DRAW PATTERN 50CM X 25CM IN DIMENSION WITH 1CM SEAM ALLOWANCE. DRAW A NOTCH FOR COTTON TAPE INSET 21-23CM UP LEFT SIDE OF PATTERN. FOLD LINE 11CM UP.

2. CUT/LAY FABRIC. IRON FABRIC. CUT 1 COTTON CANVAS AND 1 COTTON POPLIN. CUT 50CM OF COTTON TAPE. NOTCH (2MM SNIP WITH SCISSORS) APPROPRIATE MARKERS SUCH AS SEAM ALLOWANCE AND COTTON TAPE PARAMETERS ON FABRIC.



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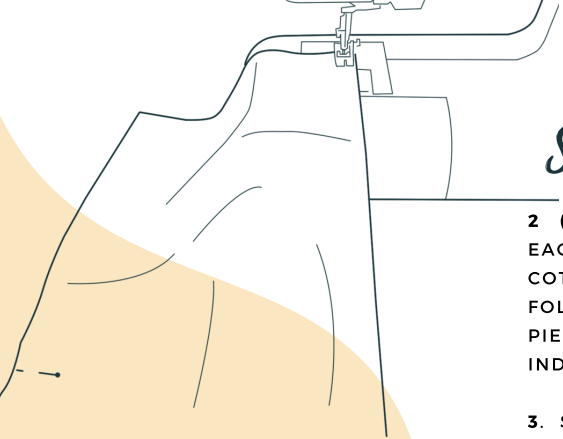

Steps:

2 (CONTINUED). RIGHT SIDES FACING EACH OTHER (POPLIN ON TOP). FOLD COTTON TAPE IN HALF. PLACE THE FOLDED END OF TAPE IN BETWEEN TWO PIECES OF FABRIC AT THE NOTCH INDICATED. PIN DOWN.

3. SEW THE THREE SIDES. SNIP THE 2 CORNERS AT AN ANGLE AND CUT AWAY 3/4 OF THE COTTON POPLIN OFF THE THREE SIDES. THIS REMOVES SOME BULK WHEN TURNING IT OUT.

TURN THE WRAP OUT, USE THE SCISSORS AND GENTLY PUSH THE CORNERS OUT TO MAKE RIGHT ANGLES. IRON DOWN CORNERS AND EDGES.

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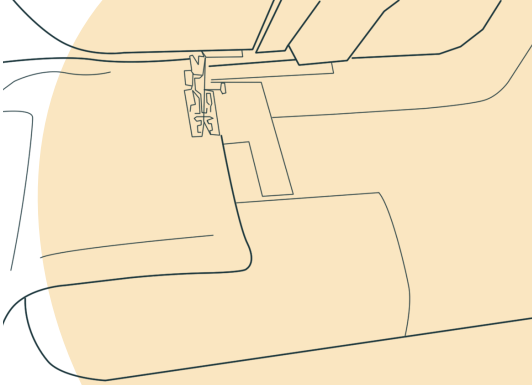
Steps:

4. ECLOSE THE WRAP. STITCHING WILL BE VISIBLE FROM HERE ON. SO YOU MAY CHANGE THE STITCH LENGTH TO 4 AS IT IS MORE AESTHETICALLY PLEASING. AT THE OPENING, FOLD 1CM SEAM ALLOWANCE INWARDS, PIN IT TOGETHER AND IRON. LINE UP THE FOOT OF SEWING MACHINE TO THE EDGE OF WRAP TO CLOSE THIS OPENING. THIS WIL BE 7MM.

5. ON THE OTHER END, FOLD UP 10CM, IRON AND PIN. SEW FROM THE FOLDED END UP (FOLLOW THE EDGE AS YOU DID PREVIOUSLY) BOTH SIDES.



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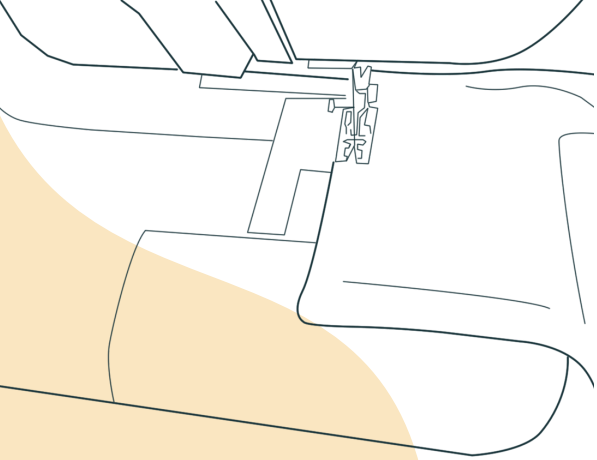

Steps:

6. ON TO THE POCKETS! FROM THE LEFT SIDE OF THE FOLD MAKE 4 CUTLERY POCKETS (3CM EACH) THE REMAINING POCKET IS FOR THE CLOTH NAPKIN (9.5CM). ADJUST POCKETS TO FIT YOUR CUTLERY NEEDS, JUST SEW FROM THE FOLDED END UP 10CM.

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That's a Wrap!

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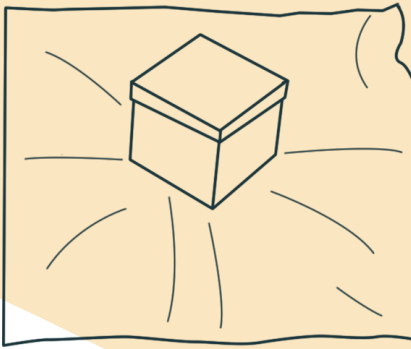
REUSABLE GIFT WRAP

Do it Yourself

What is Furoshiki?

FUROSHIKI IS A TYPE OF TRADITIONAL JAPANESE WRAPPING CLOTH USED FOR WRAPPING ANYTHING FROM GIFTS TO SNAKCS!



What You'll Need

USE ANY TEXTILES YOU HAVE LAYING AROUND! COLOURED BANDANAS, BLANK FABRIC TO PAINT ON, OR ANY MATERIALS TO CUT INTO SQUARES AND RECTANGLES TO FIT YOUR PACKAGES.

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Steps:

1. CUT MATERIAL TO DESIRED SIZE AND STITCH THE SIDES.

2. DECORATE MATERIAL USING STENCILS, PAINT BRUSHES, OR FABRIC DYE! GET CREATIVE WITH ANY PATTERN YOU WOULD LIKE TO SEE.

3. PLACE YOUR PACKAGE ONTO THE CENTRE OF THE FABRIC. GRAB TWO OPPOSITE CORNERS AND KNOT THEM OVER THE GIFT. DO THE SAME WITH THE REMAINING TWO TIES.

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WETSUIT REPAIRS

Do it Yourself

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Small Repair

IF THE HOLE/TEAR IS SMALL ENOUGH, ALL YOU NEED IS **WETSUIT CEMENT**. THIS CAN BE BOUGHT ONLINE OR AT ANY SURF SHOP.

PAINT THE CEMENT ONTO EACH EDGE OF THE RIPPED NEOPRENE, AND PRESS THE EDGES TOGETHER FOR A FEW MINUTES.

WAIT 5-10 MINUTES FOR IT TO DRY, AND APPLY ANOTHER COAT.

Large Repair

SEW THE RIP USING A SEWING NEEDLE AND **DENTAL FLOSS**. NEXT, PUT A FEW COATS OF THE CEMENT OVER EACH SIDE OF THE RIP. LET THE CEMENT CURE OVERNIGHT.

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NEXT TIME SOMETHING BREAKS,

FIX IT, DON'T DITCH IT!

BREAK FREE FROM TOSS AND REPLACE CULTURE AND SHIFT TOWARDS A CIRCULAR ECONOMY.

BY REPAIRING WHAT WE ALREADY OWN AND RECYCLING TEXTILES INTO NEW ITEMS WE ARE TAKING THE NECESSARY STEPS TOWARDS DIVERTING WASTE FROM LANDFILL, KEEPING MATERIALS IN USE, AND CURBING GREENHOUSE GAS EMMISSIONS.

FOR **MORE INFORMATION**, OR TO GET IN TOUCH VISIT WWW.PACIFICRIM.SURFRIDER.ORG/

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