

# Nappy Bag

An all-in-one sleepsack and pillow with carrying straps.

By Pat Wodskow

Finished Pillow – 17" x 17"

Finished Sleep Sack – 27" x 43"

Fabric by Shannon Fabrics

## FABRIC

Exterior Bag/Straps/Pillow: 2 yards of Cuddle®

Bag Lining/Straps: 1½ yards of Cuddle®

## NOTIONS

Pillow insert: 16" x 16"

Polyester zipper: 20" length

90/14 Stretch needle

Polyester thread

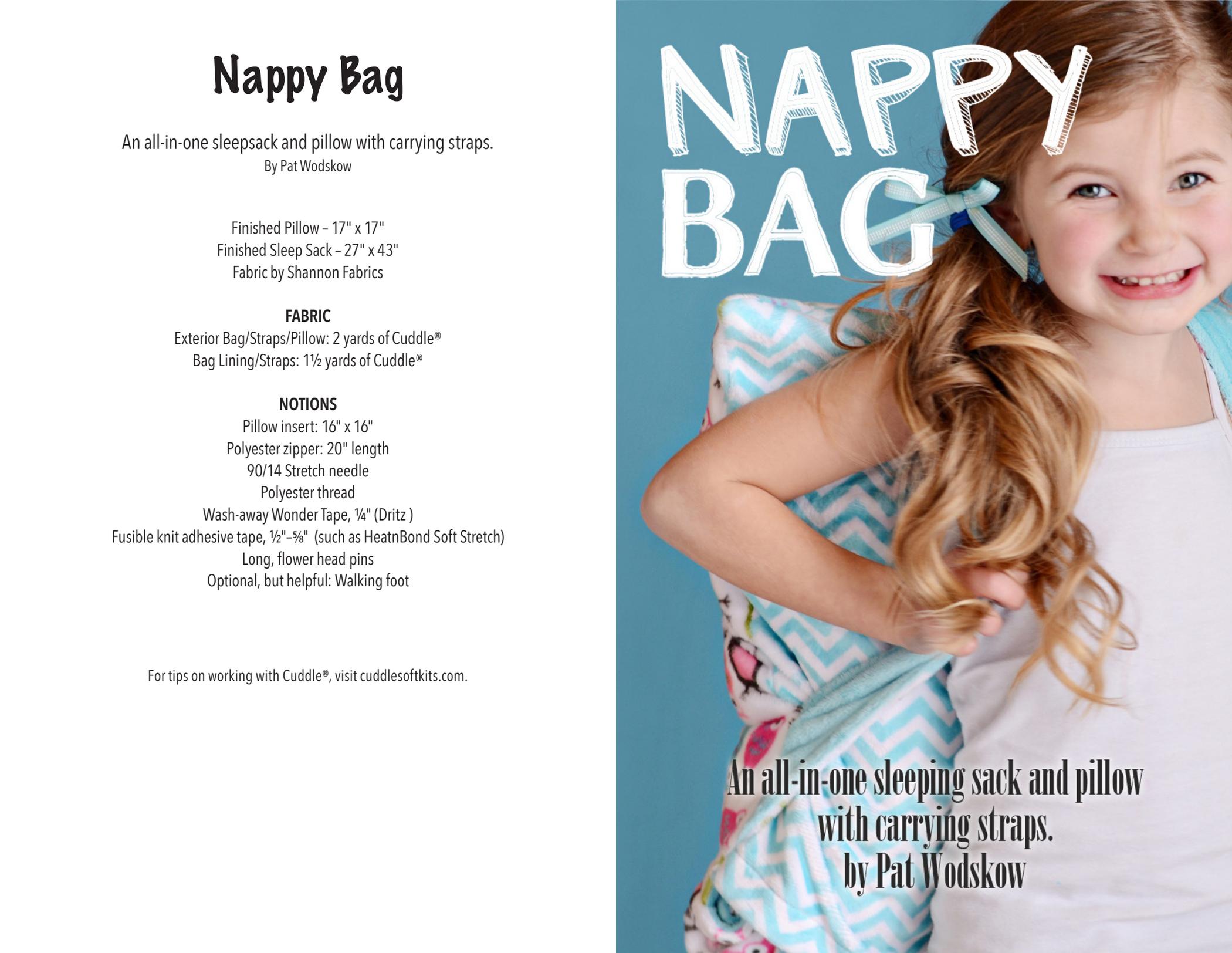
Wash-away Wonder Tape, ¼" (Dritz )

Fusible knit adhesive tape, ½"-⅝" (such as HeatnBond Soft Stretch)

Long, flower head pins

Optional, but helpful: Walking foot

For tips on working with Cuddle®, visit [cuddlesoftkits.com](http://cuddlesoftkits.com).



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## General Instructions

- Yardages and cutting instructions are based on 60" of usable fabric width.
- When possible, double pin by using 2 rows of pins—the first row every 1½" along the seam line and a second row 1" to the left and parallel to the cut edge.
- Use ½" seam allowances and sew with right sides together, unless otherwise stated.



## Cutting Instructions

### From exterior fabric, cut:

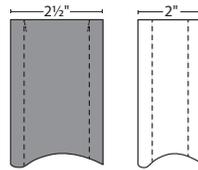
- 1 (18" x width of fabric) strip for pillow pieces. From strip, cut 3 (18" x 18") squares.
- 1 (2½" x width of fabric) strip for straps. Cut strip into 2 (2½" x 19") pieces.
- From remainder of fabric, cut 1 (45" x 56") rectangle for bag.

### From lining fabric, cut:

- 1 (2½" x width of fabric) strip for straps. Cut strip into 2 (2½" x 19") pieces.
- From remainder of fabric, cut 1 (45" x 56") rectangle for bag.

## Make the straps

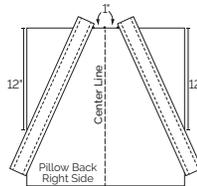
1. With right sides together and the nap going in the same direction, pair an exterior and lining strap piece. Using a ¼" seam allowance, sew along both long sides. Backstitch at the beginning and end of each seam. Leave the short ends open for turning.
2. Turn right side out through one short end. Topstitch ½" from edge. Make the second strap.



## Assemble the Pillow

### Pillow Back

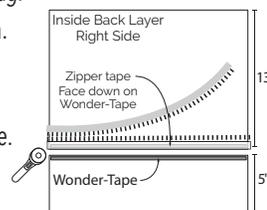
1. For the Pillow Back, place an 18" pillow square—right side up, nap going down. Mark the center of the top edge. Pin 1 strap end 1" from center.
2. Pin the other end of the strap on an adjacent side, angling to 12" from top edge. In the same manner, pin the second strap in place. Baste straps with a zigzag along the pillow edge and trim the excess.



### Inside Back Layer (with Zipper)

Zipper opening allows pillow insert to be removed before washing the Nappy Bag.

1. Place the next 18" pillow square on a cutting surface, nap going down. Cut along the width of the pillow, 5" from the bottom edge.
2. Apply Wonder Tape along the cut edge on the right side of the fabric.
3. Place zipper tape *face down* along the length of the tape. Press to adhere.
4. Fold the zipper tape to the back. Topstitch, on the *right side*, along the edge of the fabric. Repeat with the other side of the zipper.
5. Zigzag the ends of the zipper tape along the side edges of the Inside Back Layer.



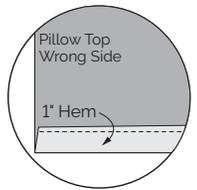
### Pillow Top

1. For the Pillow Top, take the third 18" square. With the right side down and nap going down, press the fusible knit adhesive tape to the *wrong side* of the lower edge. (The tape will prevent the edge from excessive stretching when the Nappy Bag is folded into the pillow.)
2. Fold and press the lower edge up 1". Topstitch along the raw edge.



### Complete the Pillow

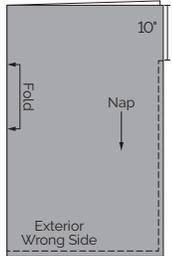
1. Layer the pillow pieces in the following order:
  - Pillow Back (right side, with straps, facing up)
  - Pillow Top (right side down)
  - Inside Back Layer (right side down, which will have the zipper also facing down)
2. Align the top edges. If necessary, trim the sides so that all 3 layers are equal.
3. Sew around 3 sides of layered pieces, leaving bottom edge open. Trim corners to reduce bulk.
4. Turn right side out with the Inside Back Layer (with zipper) in the center.
5. Baste *only* the Pillow Back and the Inside Back Layer together along the raw edge.



## Assemble the Nappy Bag

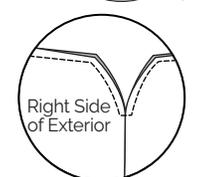
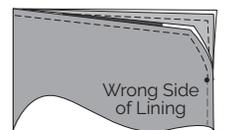
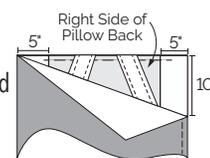
### Make the exterior and interior sacks

1. With nap going down, fold and pin the exterior rectangle in half with right sides together to make a 28" x 45" rectangle. Starting 10" from the top, sew the side and bottom edges to make the Nappy Bag exterior. *Do not turn right side out.*
2. In the same manner, and also with nap going down, make the lining bag, *except* leave a 12" gap in the bottom for turning. Backstitch at the beginning and end of the 12" gap. Do not turn right side out.



### Add the Pillow

1. With the 10" side opening on the right, lay the completed pillow, with the hemmed side of the Pillow Top against the right side of the exterior. Center and pin the pillow between the side opening and fold—about 5" on each side.
2. Baste Pillow to exterior bag. Turn the exterior bag—with pillow—right side out.
3. Insert the Nappy Bag exterior into the lining with the right sides together. The pillow will be sandwiched between the exterior and interior bags.
4. Pin, then sew, around the top edge and 10" side opening.
5. Turn the Nappy Bag right side out through 12" gap in the lining.
6. Topstitch along top and side opening.
7. Close the gap in the lining by hand or machine to complete your Nappy Bag.
8. Hand tack the corners of the lining to the exterior seam to keep the lining from shifting when in use or in the wash.
9. Unzip the pillow and add the pillow insert. Now your Nappy Bag is complete!



## Folding the Nappy Bag

Spread out the Nappy Bag—with the pillow straps down and the pocket up. Fold in each side of the bag equal to the width of the pillow. Fold the bag up in thirds. Tuck into the pillow pocket.