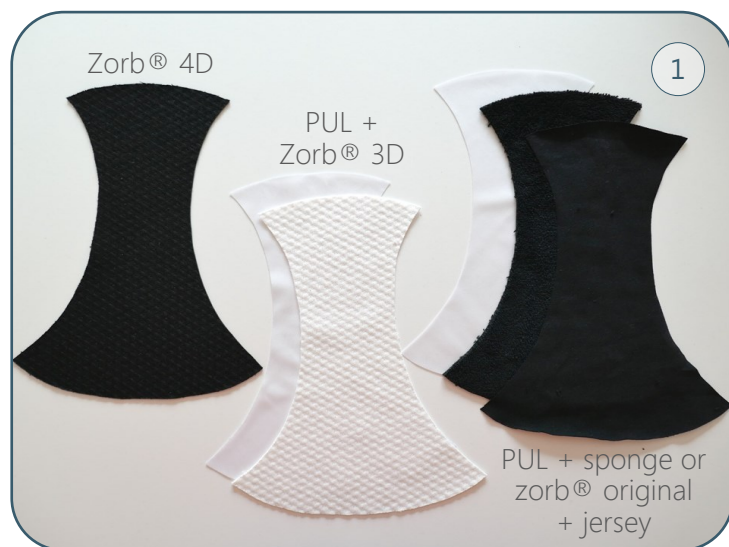


Sewing instructions

- 1 - Preparing the gusset

If you do not use zorb® 4D, overlay the different layers of the gusset: PUL + zorb® 3D (right side up) or PUL + sponge or zorb® original + jersey. The shiny side of the PUL should face the wet side, i.e. against the zorb® or sponge. You can add a layer of jersey (preferably organic cotton) over the zorb® 3D or 4D if you wish. (1)

Overstitch the short sides of the gusset or of the different layers of the gusset together. (2)



Baste the sides of the different layers together if you wish.

- 2 - Assembling the front and the back pieces

All versions

Right sides together, pin the front and the back pieces at the assembling seam. As the curves are reversed, you will need to twist the fabrics to match the seam lines. Pin the ends first, then the centres before finishing the pinning. You can also baste if you find it easier. (3)

Stitch the front and the back. (4)

