

Sin50

The pattern below is made to fit me (5'10", 155lb side sleeper), so others can work from there as to the dimensions they need. If you would like this to work as a top bag for winter use, I would also suggest making the foot a bit wider to accommodate another bag on the inside.

The new design includes a taper to the neck to help avoid gaps around your neck when you cinch down. Also, it uses only 2 cordlocks for cinching the foot and head, rather than the 4 the old design used. Finally, it uses less fabric.

With the changes, if you are very stingy about placing pattern pieces onto the fabric, it should be feasible to use fabrics with less width than the ripstop nylon at DIY Gear Supply (such as M90) and still only need 4 yards. (If you are making a longer quilt than the one in the pattern below, this may not be true. Please double check before ordering materials.)

My final weight was about 19.5oz and it should be easily used into the low 30's. I have taken it to the mid 20's using a Montbell Alpine Light Jacket.

The quilt features include:

- 75"L x 50"W (at the widest)
- A taper to 42" at the neck and 38" at the foot
- 20" long velcro/button closure for the footbox
- Neck drawcord and snap
- Grosgrain loops for attaching shockcord straps underneath
- 1.1oz breathable ripstop nylon shell and liner

This guide will assume a basic understanding of sewing, and so most of this guide will focus on parts of the process that I found difficult for one reason or another as well as the pattern.

Materials:

| Material | Amount | Cost | Where to Purchase |
|---|-----------------|----------------|-------------------|
| 1.1oz Breathable Ripstop Nylon (2nds) | 4 yards | \$12.80 | DIY Gear Supply |
| 1/2" grosgrain | 1 foot (1 yard) | \$0.28 | DIY Gear Supply |
| 1" grosgrain | 1 foot (1 yard) | \$0.42 | DIY Gear Supply |
| 1" velcro | 20" (1 yard) | \$0.95 | DIY Gear Supply |
| 3/32" drawcord | 87" (3 yards) | \$0.78 | DIY Gear Supply |
| 2-Hole cordlock | 2 | \$0.26 | DIY Gear Supply |
| Gutterman Thread | 1 | \$3.65 | DIY Gear Supply |
| Posigrip cordlocks | 2 | \$0.52 | DIY Gear Supply |
| 3/32" Shockcord | 4 feet | \$0.80 | DIY Gear Supply |
| Button snaps | 2 | \$3.29 | Local |
| 5oz. Apex | 2 yards | \$31.90 | Thru-Hiker |
| Shipping from two sites | | \$13.45 | |
| Total Cost | | \$69.10 | |

The shockcord and posigrip cordlocks are used for making straps that go under you. Cut the shockcord in half and string it through the grosgrain loops, and you have a light, removable quilt strap.

Along with these materials you will need: a sewing machine, marking utensils, scissors, sewing pins, and a hand needle.

Pattern:

The pattern below is a showing of the different fabric pieces that will be needed for the completion of the quilt. Note, you will be cutting the large panel piece twice, but there will not be enough fabric to cut the second piece as a whole. We will instead cut two partials and sew them together.

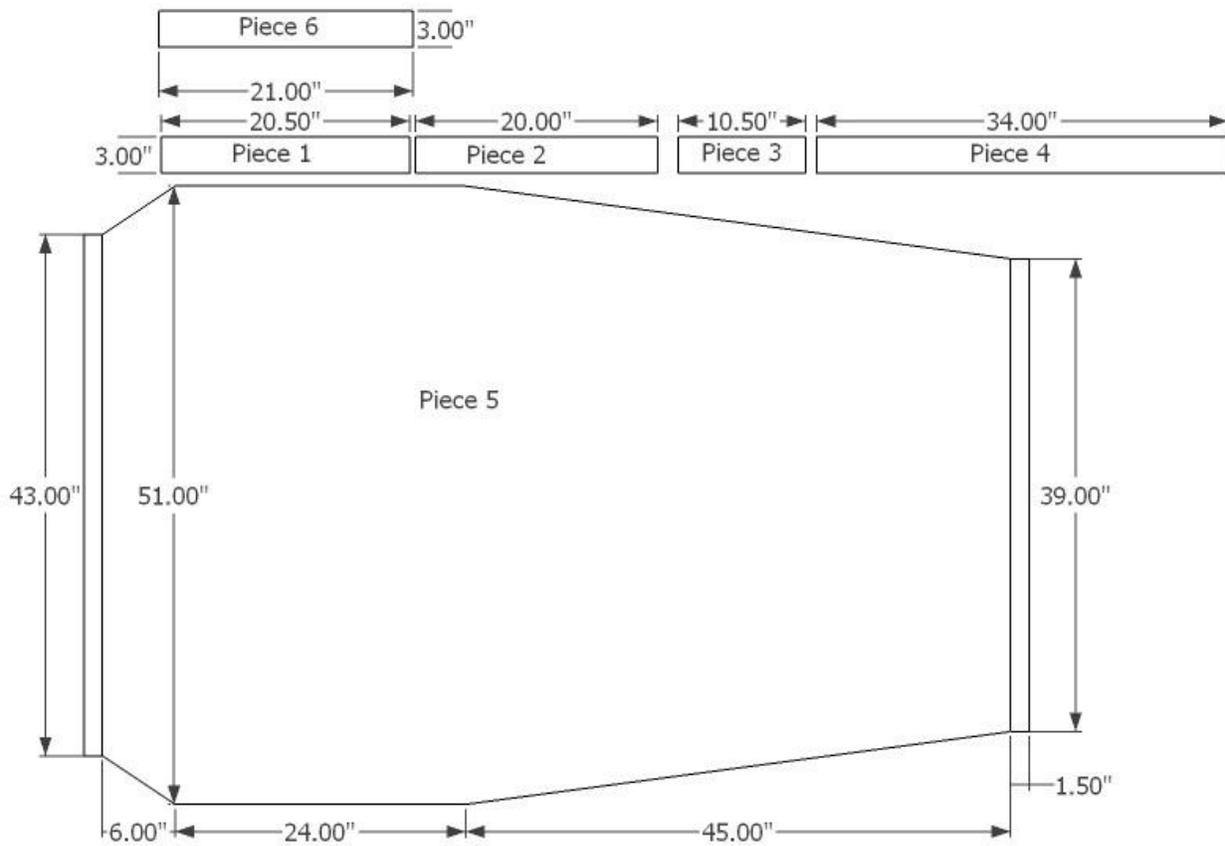


Figure 1 Note here that the last 1.5" at the head and foot of the quilt go straight out from the end. This will be used as seam allowance when finishing the quilt. Everything else already has a .5" seam allowance taken into account.

Pieces List:

Fabric

- Piece 1 and Piece 2: The two pieces used to make the drawcord for the foot.
- Piece 3 and Piece 4: The two pieces used to make the drawcord for the head.

- Piece 5: The quilt body. Two of these will be needed.
- Piece 6: The piece for adding the loop half of the velcro.

Other

- A strip of velcro (both hook and loop) - 20" long each
- 4 pieces of 1/2" grosgrain - 3" long each
- 2 pieces of 1" grosgrain - 4" long each
- Head drawcord - 45"
- Foot drawcord - 41"
- Several strips of 2.5" wide newspaper. About one full sheet should be enough.
- Insulation will be cut based on pinning rather than measuring.

Steps:

1. Measure and cut out the full panel. For large pieces like this, I like to use my tiled kitchen floor. The tiles give me some nice, straight lines that are all 12" long to assist in measure the lines.



Figure 2 Laying the fabric out in the kitchen to measure.

2. Place and pin this piece on top of the rest of the fabric, lining up the foot with where you just cut it from. The rest of your fabric is probably not long enough for the panel to fit completely, but that is fine. Cut out around this pinned piece.

3. Measure how much more fabric you will need to make the two panels the same length. It may be easier to cut the partial panel down some. I find making it come up to just where the neck begins to taper is an easy place to transition.

4. Measure and cut a piece that is the appropriate width and 1" longer than what you actually need. This will make up for the seam allowance you lose on both the two panel pieces. **Note:** If you are sewing right at the beginning of the neck taper, like I suggested above, be sure that you add the extra 1" straight down, rather than continuing to angle outward.

5. Unpin the main panel from the partial panel. Pin the two partial pieces together with a 1/2" seam allowance. Sew the pieces together with a 1/2" seam allowance.

6. Before moving on, decide which piece will be the top. On the **outside** of this piece (so this side will now be facing into the quilt when you pin the panels back together), sew the 20" long piece of hook 1/2" from the side of the panel, starting 1" from the bottom (where it stops tapering). At the top of this hook hand stitch one half of a button into place.

7. Now, using the extra fabric (and remember to be stingy if using M90) cut out Piece 6 from the pattern. Make a .5" rolled hem at the ends of the length by rolling the fabric over twice and sewing it down to the fabric along the edge.

8. Sew the 20" long piece of loop along the folded edge of this piece. Sew along all four edges of the velcro.

9. Pin these now equally sized panel back together, with the outsides facing in (so the seam allowance from what you just sewed should be facing out and the velcro is facing in). On the side that doesn't have the hook sewn to it place the flap made in Step 8, with the raw edge along the raw edge of the quilt. It should be 1" up from the bottom of the quilt (just like the hook). It should be facing the **opposite** direction of the hook (so facing down if the hook is facing up).

10. Position the four 3" pieces of grosgrain for the straps. Fold then in half and place them with the raw edge matching the raw edge of the quilt. I placed these loops right where the quilt first hits 51" wide and again 17" up from there. Make sure these pieces are **in between** the fabric panels.

10. We're now going to work at cutting the insulation. Lay the insulation flat and place the panel pieces (still pinned together) on top of it. Make sure one side (foot or head) fits completely, but it is okay if the other doesn't fit. Leaving the foot end hanging off will mean slightly less work in the future. **Make sure there is insulation all the way to the end of the 1.5" allowance at the foot and head.**

11. Pin panels to the insulation. Just grab one extra pin, and basically replace the pins already in the panel as you go.



Figure 3 Pin the panels on top of the insulation.

12. Cut the insulation around the pinned panels.
13. Sometimes you will get lucky, and it will be long enough, even though you need 74" rather than the 72" you ordered. I know it turned out that way for me at least. If so, skip steps 11 and 12.
14. Take the spare insulation left and place it at the end of the fabric that is hanging off so that the insulation fills all the space under the fabric now.
15. To combine the two bits of insulation, you will hand sew the pieces together. Let the two pieces of insulation overlap just a bit, $\frac{1}{4}$ " to $\frac{1}{2}$ ". Sew through the two pieces, keeping the stitch a bit loose. The goal here is to not compress the insulation, but to keep from having cold spots by not letting them come apart. A little movement in the pieces is fine, just not a lot.
16. With the hand stitching complete, pin the insulation back and flip the whole thing over.
17. We are almost ready to sew this part up, but one difficulty I found is that the foot will catch on the insulation and cause it to stretch. For me, it caused 3" to 4" of stretch. To solve this, pin the strips of newspaper along the edges, catching all four layers of material.

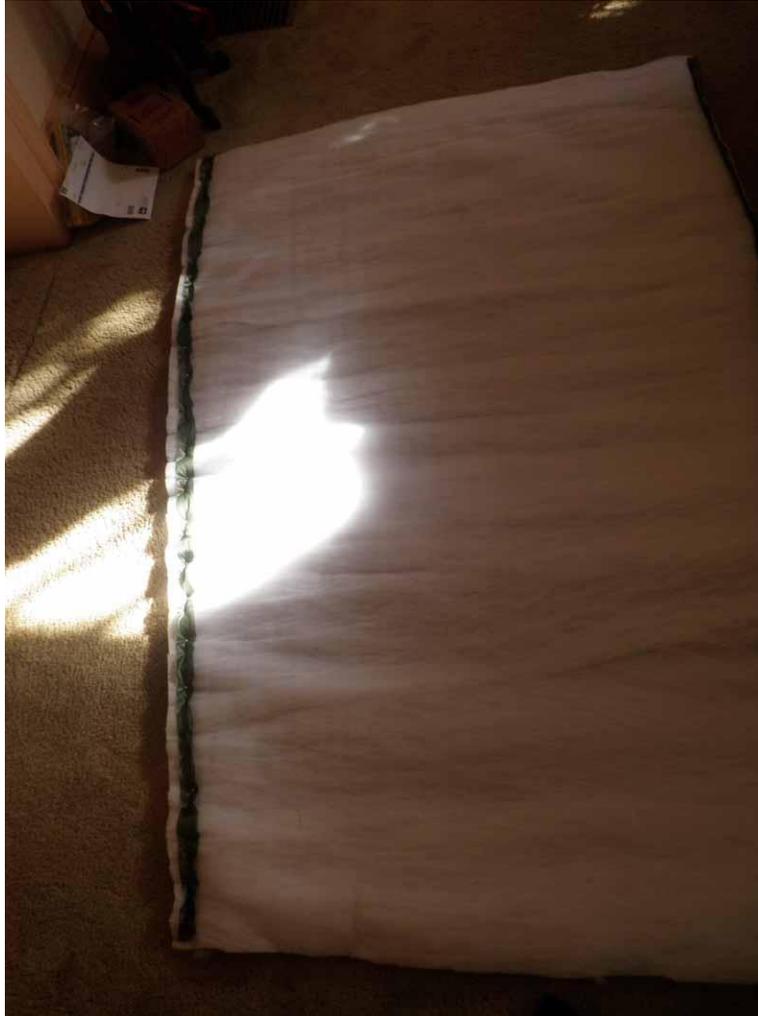


Figure 4 Strips pinned to the fabric (in this picture I used more fabric, but using newspaper saves cost). This will give the foot something solid to sit on

18. It is now time to sew the sides. Place the quilt under the foot with the insulation up and sew with a 1/2" seam allowance down each side. Do this for both sides.

19. Once both sides are sewn, you can easily tear out the newspaper. The needle will have created a sort of perforated edge that can easily be torn. I was told this idea from a fellow BPL member, Jim Colten, and it works great. Once the newspaper is out, flip the quilt right-side-out so that the insulation is on the inside.



Figure 5 The Quilt after sewing and flipping it.

20. Next is to sew the ends to keep the insulation from moving around. Measure 1" from the end at the foot and head.

21. Sew a top stitch along this line, catching the insulation.

22. Cut the seam allowance outside of these stitches, leaving about $\frac{1}{2}$ ". Doing it this way assures that you will easily catch all of the insulation. I have found it to be easier than leaving off this $\frac{1}{2}$ " from the start.

23. Take the Pieces 1, 2, 3 and 4 and sew a $\frac{1}{2}$ " rolled hem at the end of each, just like on Piece 6.

24. Take Piece 1 and fold one side of the width (the 3" width that is) $\frac{1}{2}$ " so that the raw edge is under the rest of Piece 1. Pin this to on top of the quilt so that the raw edge is trapped between Piece 1 and the foot of the quilt. Take Piece 2 and do the same thing overlapping Piece 1 by $\frac{1}{2}$ ". (I'll be sure to get pictures as I make the next quilt.)

25. Flip the quilt over and do the same thing to the other side of Piece 1 and Piece 2 (to the foot still). Now there will be a channel around the foot of the quilt, with an overlapped opening in the center.

26. Sew along the edge of this channel. Be careful because it can be easy to miss the underside of the channel. It should look similar to the below picture.



Figure 6 Drawcord channel at the end. Not sealed off yet.

27. Repeat steps 24, 25 and 26 on the other end of the quilt.
28. Thread cordage from the central opening on the foot to one open side of the drawcord channel.
29. Place a 2-hole cordlock on this cordage, and thread the rest of the cord through the other half of the channel.
30. Tie a knot in an end of the cord and position it so it is hidden just inside the channel. Sew across the cord channel, just inside of this knot to hold it in place. Sew just outside of the knot to hide it and close off the outside of the channel.
31. Repeat Step 28 for the other end of the channel.
32. At the center of the channel (where the opening is) sew across the opening, leaving just enough space so the cord can run through freely. This will keep the opening from spreading when you pull the cord.
33. Repeat Steps 28, 29, 30, 31 and 32 for the head.
34. Sew the other half of the button that is on the hook to the top of the flap with the loop.
35. Using one of the 4" pieces of grosgrain, fold it the same way you did the drawcord channel. This time, fold it over 1" on each side, so that you now have a 1"x2" piece. Wrap this around the very end of the head drawcord channel, where the knot of the cord is, and sew around the edges of it.

36. Repeat Step 35 for the other side of the head drawcord.

37. Onto these grosgrain reinforcements, sew the second button. But sure that one faces up and the other faces down, so that when you wrap the quilt around, they can clip together naturally.

Done

And that is the completed quilt. Take it outside and give it a test run. I am still working on testing a method for adding the head slit that won't compress the insulation. My prior method caused this problem, and I would like to avoid that cold spot from here on out. I currently can only think to hand sew a head hole in, but I am still working on a more efficient method.



Figure 7 The quilt with the footbox closed.



Figure 8 The quilt with the footbox open.