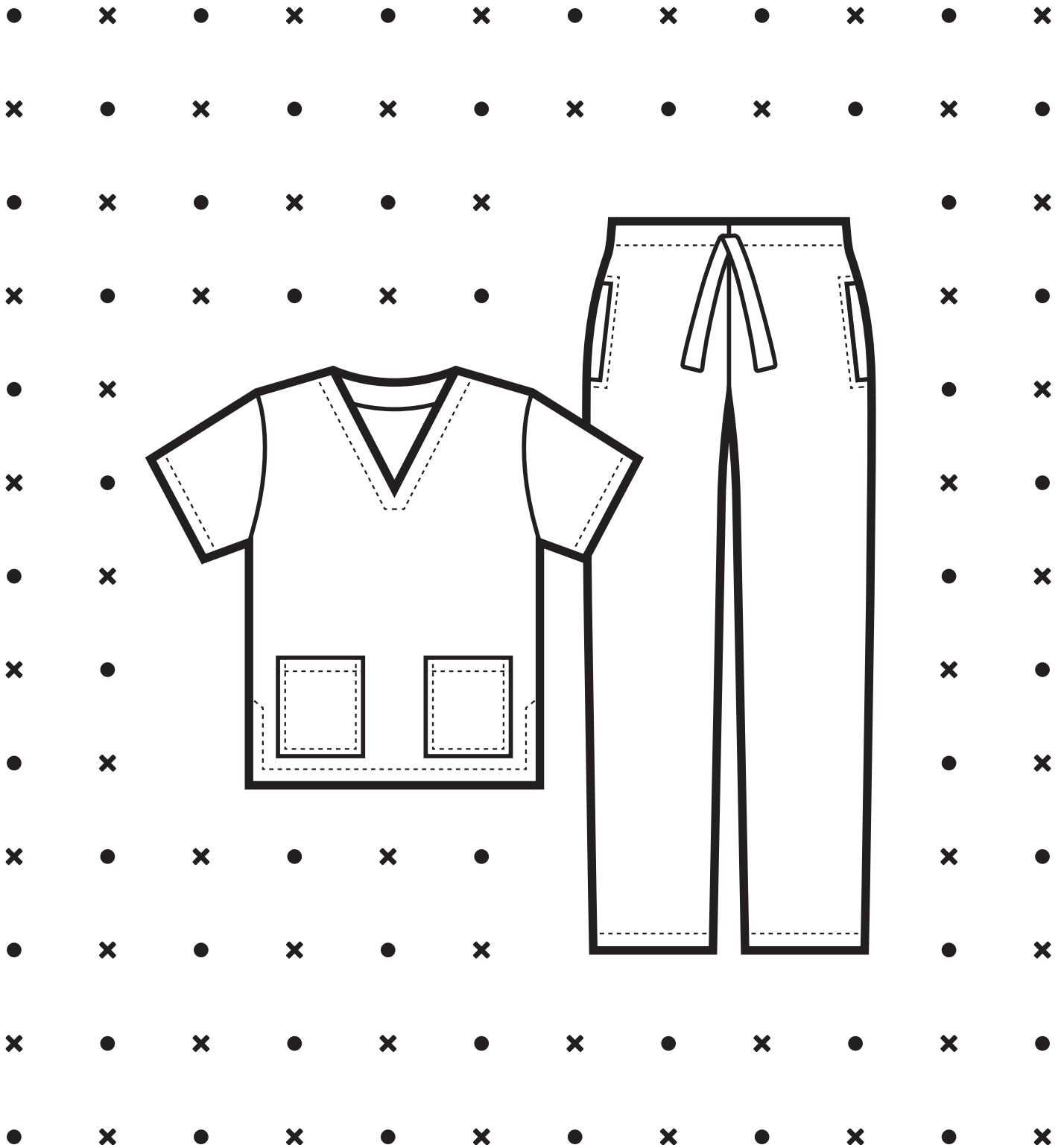


SCRUBS PATTERN

A4 PRINT AT HOME

XXS – XXL



This pattern was created in response to the Covid 19 pandemic in 2020. Extra sets of scrubs were desperately needed to plug the shortage in the NHS. Please share and distribute this pattern to anyone that is helping this cause.

To download a step by step photo guide of making instructions, please visit: www.dotncross.com/sewing-tips/how-to-make-scrubs-for-the-nhs

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Information

SEAMS ALLOWANCE

All seams are 1cm unless otherwise stated.

SEAM FINISHING

Seams should be finished with overlock, either on an overlocker or with an overlocking stitch on your sewing machine. The overlock stitch should encase the raw edge of the fabric. This is very important as the scrubs will be washed daily at high temperatures and need to withstand a lot of wear and tear!

LABELS

Please label both top and trousers with the size. Either by embroidering on facing and waistband, or stitching in a label.

STITCH LENGTH:

2.5-3.5mm.

FINISHINGS

Back tack at the start and end of every seam you sew to ensure it doesn't unravel.

WAISTBAND

Please do NOT use elastic in the waistband as it perishes when washing at such high temperature. Instead, insert a drawstring, 1-3cm wide, follow make instructions for how to do this.

SIZING

Please check with your regional coordinator to see what sizes are needed in your area.

PRE-WASHING FABRIC

See advice on your regional Facebook group for whether pre-washing fabric is required. Often you can do a 20x20cm swatch test and cut a size larger than you wish to make if the fabric is shrinking.

Supplies

FABRICS: Suitable for poly cottons, ideally 80/20 or 65/35 and between 115 and 125gsm. Staff are wearing them under all the other PPE so it needs to be lighter weight but able to withstand a 90 degree wash (very important).

FUSING: Fusible interfacing, medium weight.

WAIST CORD: 1-2cm wide.

THREAD TYPE:

Polyester 120s.

See next page for fabric quantities.

Fabric consumption

- Consumption in metres.
- ✕ 0.15m tolerance has been added.

FLAT LAY - FABRIC NOT FOLDED

Fabric Width	XXS-S	M-L	XL-XXL
112cm	3.5	3.9	4.15
150cm	2.75	2.85	3.2

CUT ON FOLD

Fabric Width	XXS-S	M-L	XL-XXL
112cm	4.0	4.35	4.8
150cm	2.75	2.95	3.2

HOW TO USE THE LAYPLANS

See next page

- Each size will have a slightly different cutting plan.
- ✕ We have shown diagrams for size S and XXL, to give you a good idea of how to lay your pieces.
- For both these sizes, we have created cutting plans for two different fabric widths - 112cm and 150cm.
- ✕ We have also shown two different methods of cutting - Flat lay or cutting on the fold.
- If you want to save fabric and cut in bulk on a flat lay, it is best to trace the other side of the front, back, front neck facing and back neck facing on the scrubs top pattern, so you have a 'full' piece as shown. This will be more economical, meaning you will get more scrubs from your meterage of fabric.
- ✕ If you are a home sewer and are only cutting one or two, it will be quicker to cut on the fold, but you will waste more fabric, especially on the narrower fabric width.

Sizes

- Finished garment measurements in cm.

SCRUBS TOP

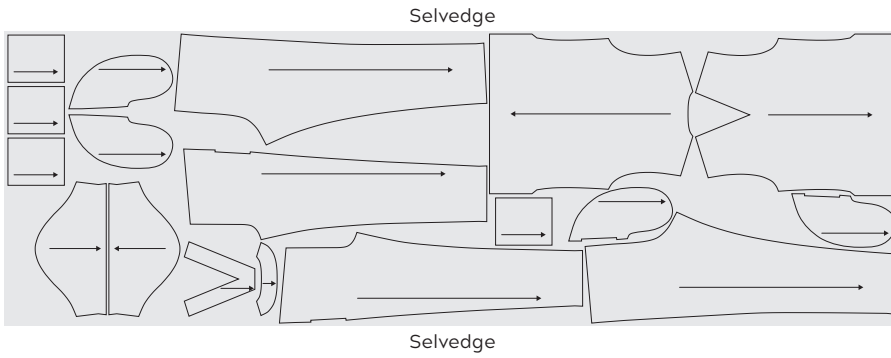
Size	Chest	Length
XXS	98	68
XS	104	70
S	110	72
M	116	74
L	122	76
XL	128	78
XXL	134	80

SCRUBS TROUSER

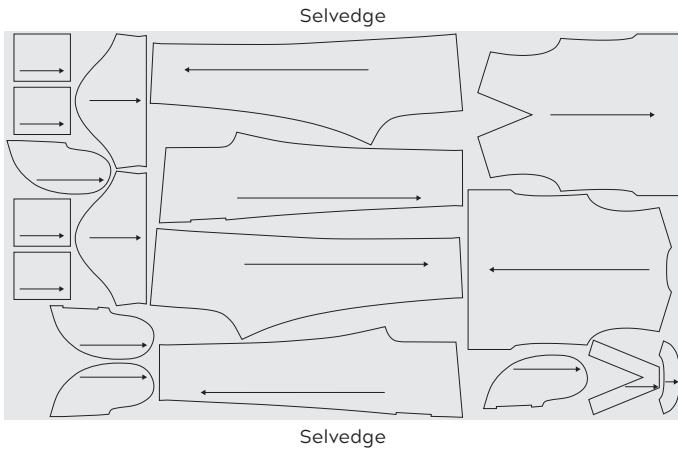
Size	Hips	Length
XXS	96	105
XS	102	107
S	108	109
M	114	113
L	120	76
XL	126	115
XXL	132	117

Layplan: S

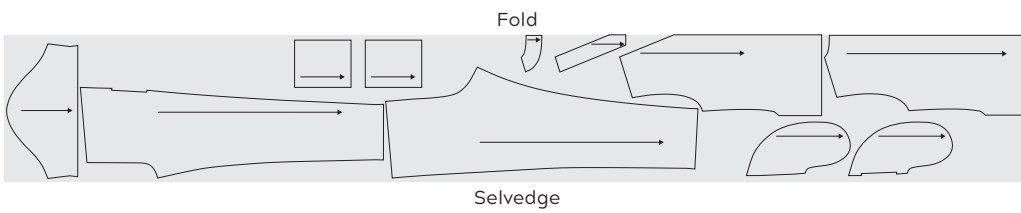
Fabric 112cm wide - Flat lay



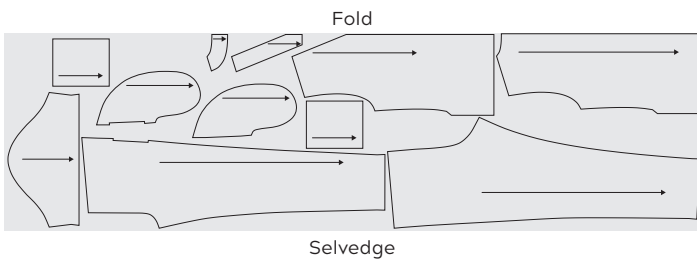
Fabric 150cm wide - Flat lay



Fabric 112cm wide - Cut on fold

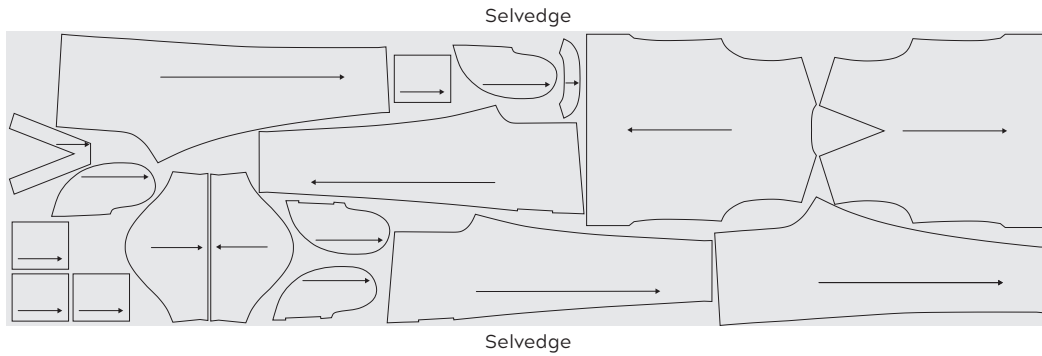


Fabric 150cm wide - Cut on fold

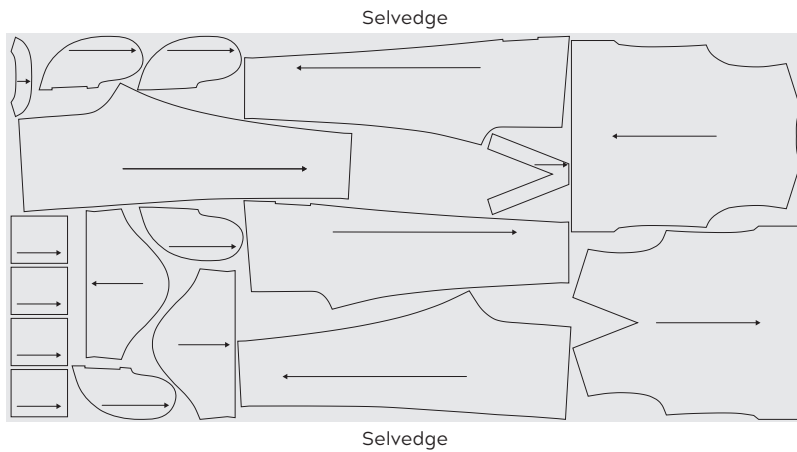


Layplan: XXL

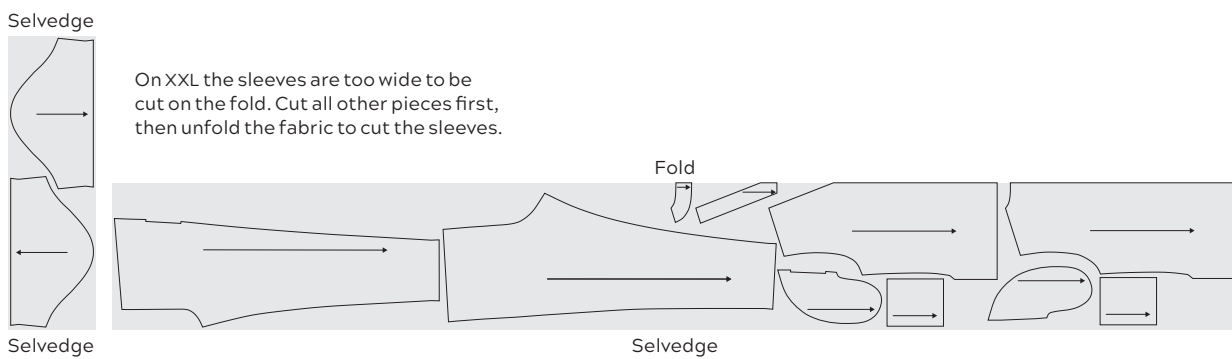
Fabric 112cm wide - Flat lay



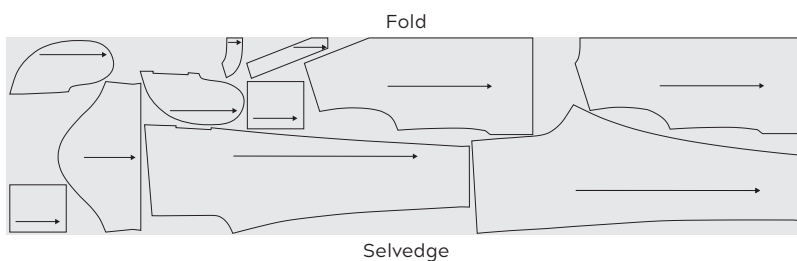
Fabric 150cm wide - Flat lay



Fabric 112cm wide - Cut on fold

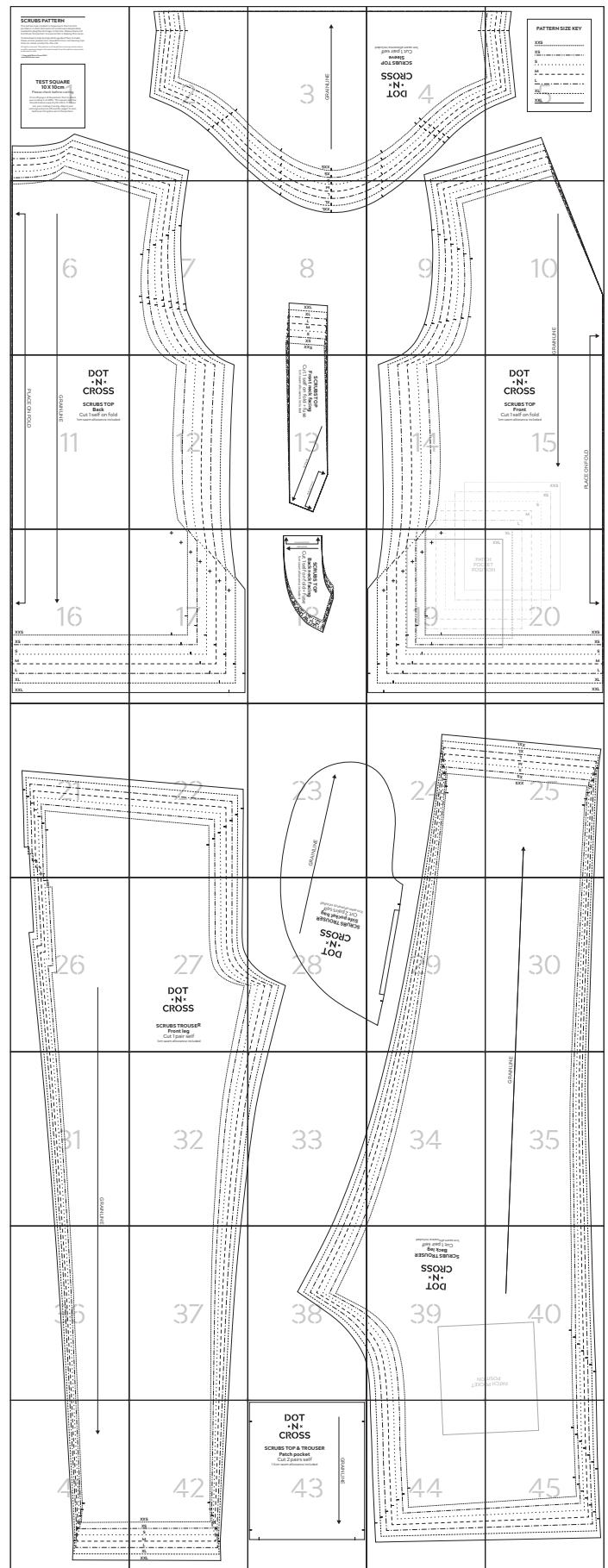


Fabric 150cm wide - Cut on fold



Tiling plan

- This pattern is designed to be printed at home on A4 sized paper and tiled together.
- ✘ Ensure you are printing at 100% scale.
- Print off the first page of the pattern first to check your scaling is at 100% - the square test box should measure exactly 10x10cm. If it does not, your scaling is wrong. Adjust your settings and print off another page 1 to test, before printing the rest of the pattern.
- ✘ The pattern is 45 pages of A4 in total.
- When joining the pages, the grid is five columns across, and nine pages down. Follow the diagram to the right to piece the pages together.
- ✘ Cut off the excess paper along the border line on the right and bottom of each page only (leave intact on the top and left) and then tape or Pritt Stick the pages together exactly on the border line. There are tutorials online to show you how to do this if you haven't done it before.



Background

Helen from *Dot n Cross* is volunteering with Cornwall Scrubs, answering the call to support our healthcare workers throughout the Covid 19 crisis.

To make a request for scrubs or to sign up as a volunteer visit:

www.cornwallscrubs.co.uk

If you want to support us financially, £12 will fund a set of scrubs and help us keep this wheel turning. You can make a donation at:

www.gofundme.com/cornwall-scrubs

Cornwall Scrubs is part of a nationwide movement called For The Love Of Scrubs. It has been set up by A&E nurse, Ashleigh Lindsell based in the Midlands. There are now 23,000 members and volunteers co-ordinating the effort all over the UK.

This is needed because many normally non scrubs-wearing staff are being deployed to scrubs-wearing areas. In combination with a need to change clothes more frequently and the influx of returning staff, all health trusts have been met with a global shortage of workwear such as scrubs as well as the PPE required to stay safe on the job.

The Cornish effort is led by Annie Lucas, owner of pop up sewing school Start to Stitch and founder of Kernow Sewcial, along with an amazing team of very skilled admins who have worked extremely long hours to get the project off the ground efficiently and professionally. It is a colossal team effort.

We hope to have made a minimum of 600 sets of scrubs by the time the pandemic is over but it looks like we may be able to achieve 1000 or more and meet the growing demand across care homes, the hospital, GP surgeries and other healthcare settings in Cornwall.

SCRUBS PATTERN

This pattern was created in response to the Covid 19 pandemic in 2020. Extra sets of scrubs were desperately needed to plug the shortage in the NHS. Please share and distribute this pattern to anyone that is helping this cause.

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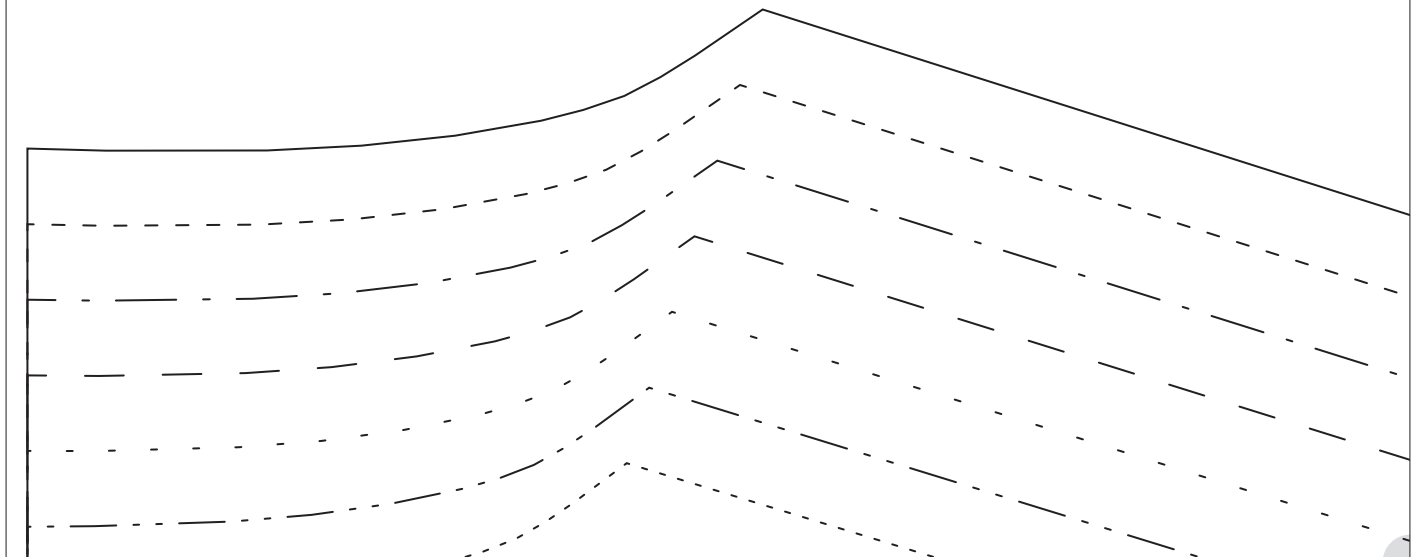
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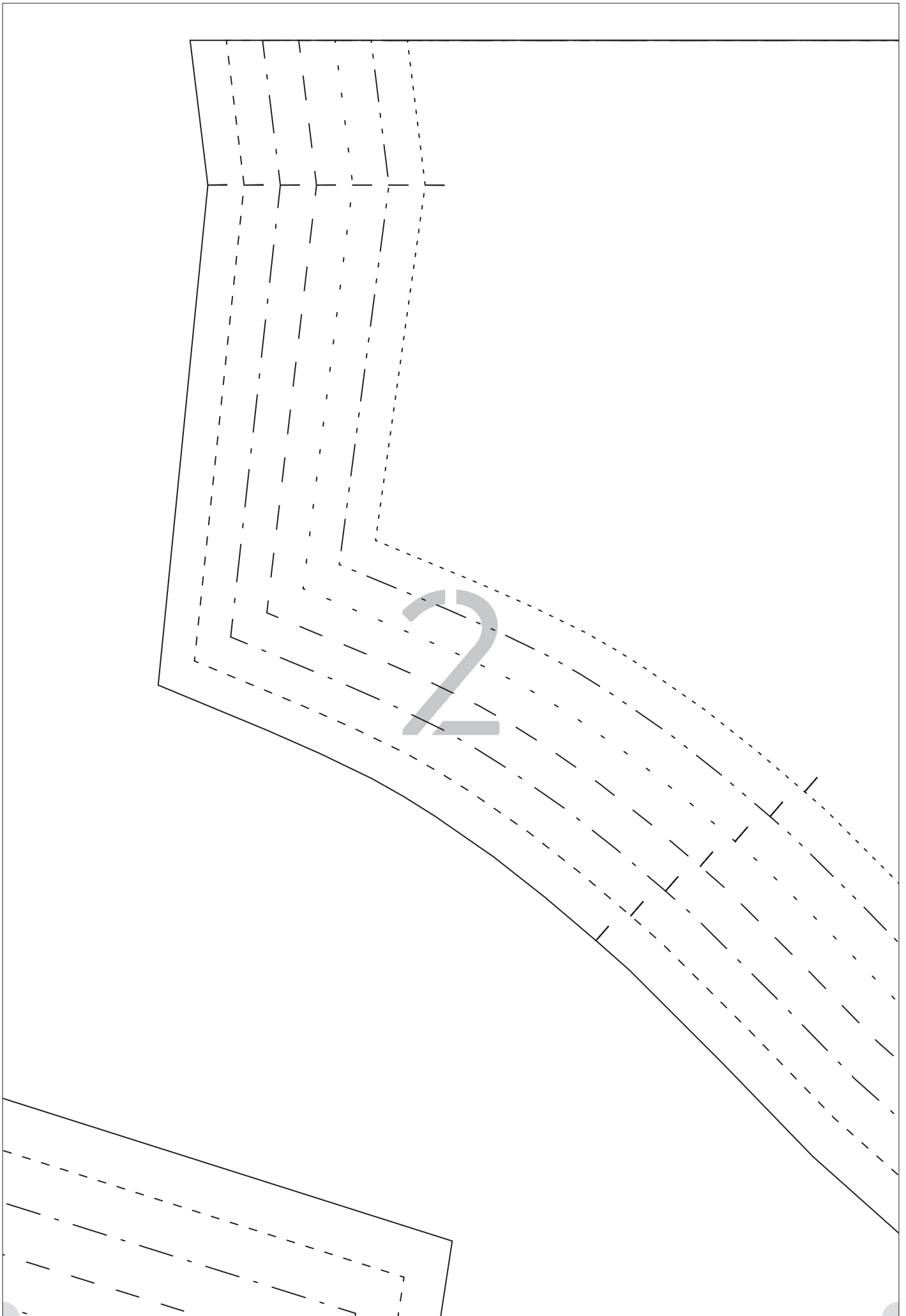
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TEST SQUARE 10 X 10cm

Please check before cutting

Print off page 1 of the pattern first to check your scaling is at 100%. This square test box should measure exactly 10 x 10cm. If it does not, your scaling is wrong. Adjust your settings and print off another page 1 to test, before printing the rest of the pattern.





3

GRAINLINE



SXX

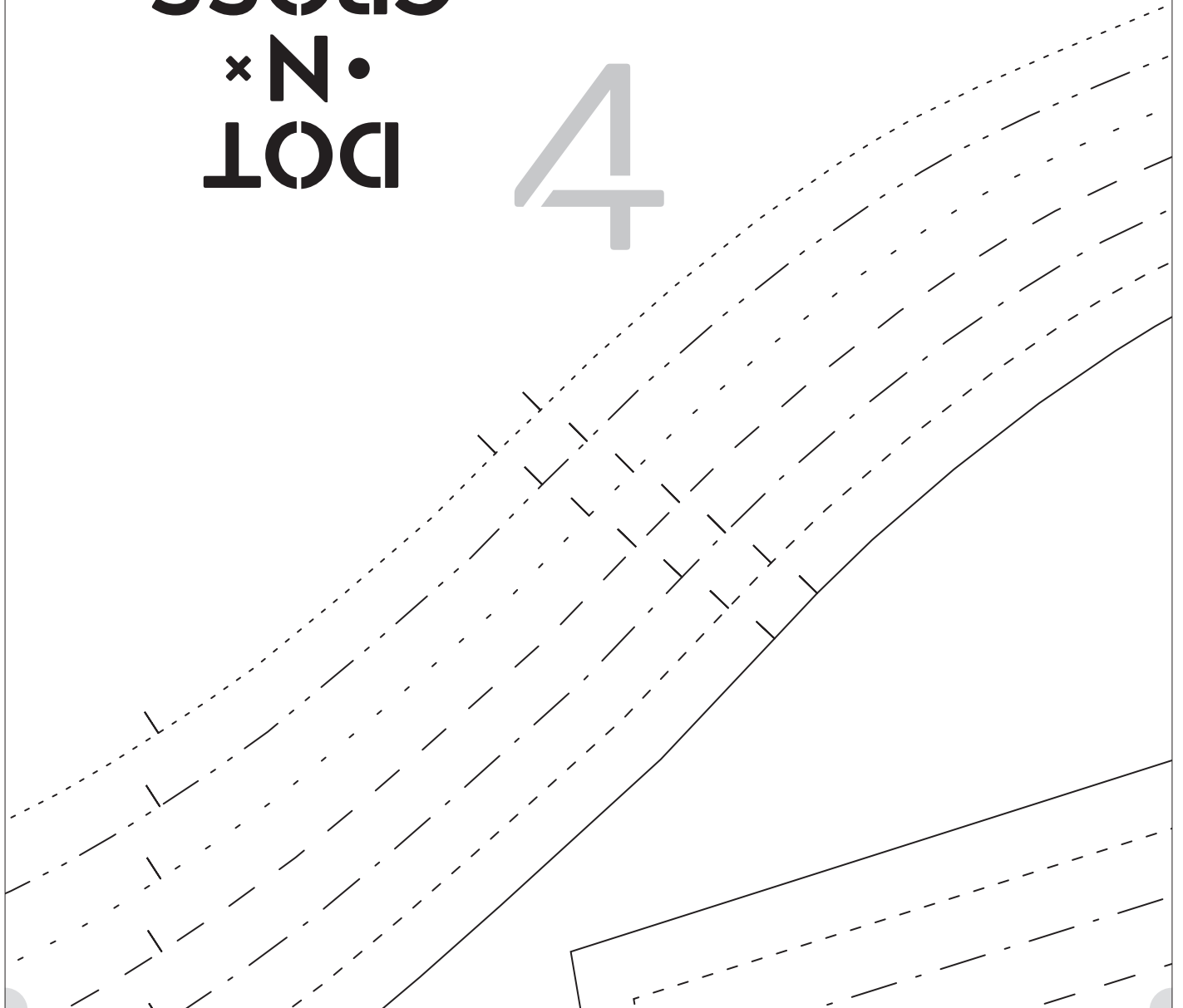
SX

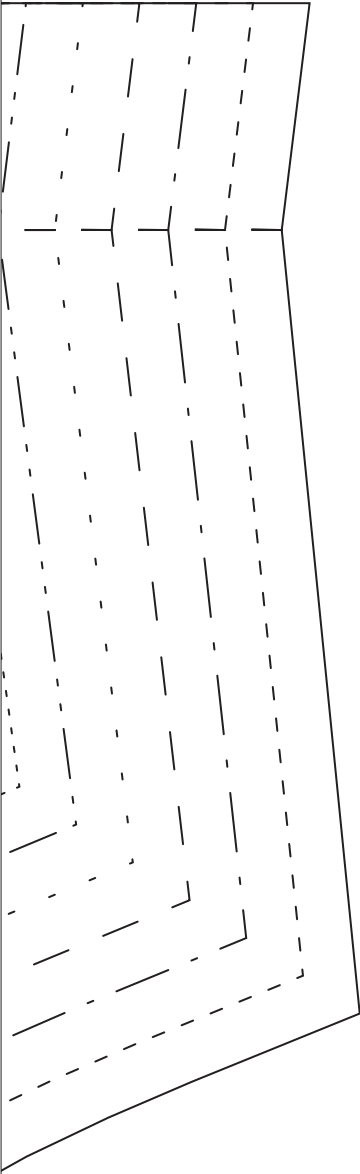
Cut 1 pair self
1cm seam allowance included

SCRUBS TOP Sleeve

DOT •N• CROSS

4





PATTERN SIZE KEY

XXS



XS



S



M



L



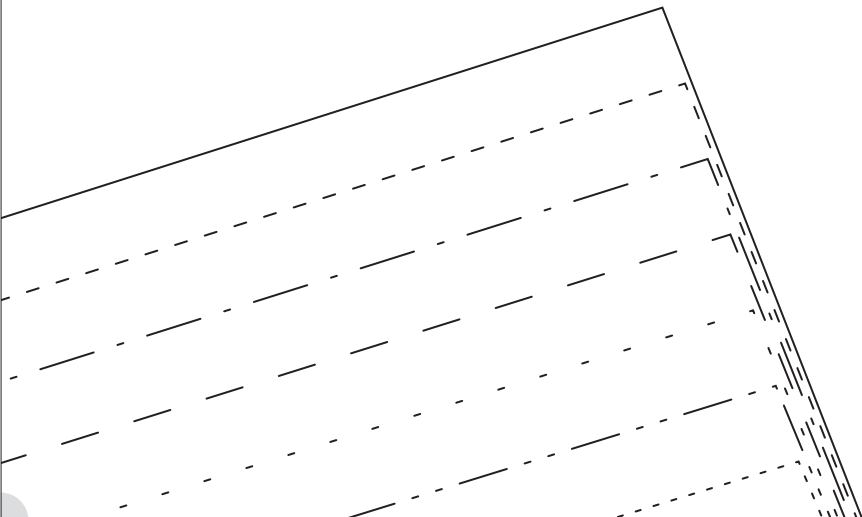
XL

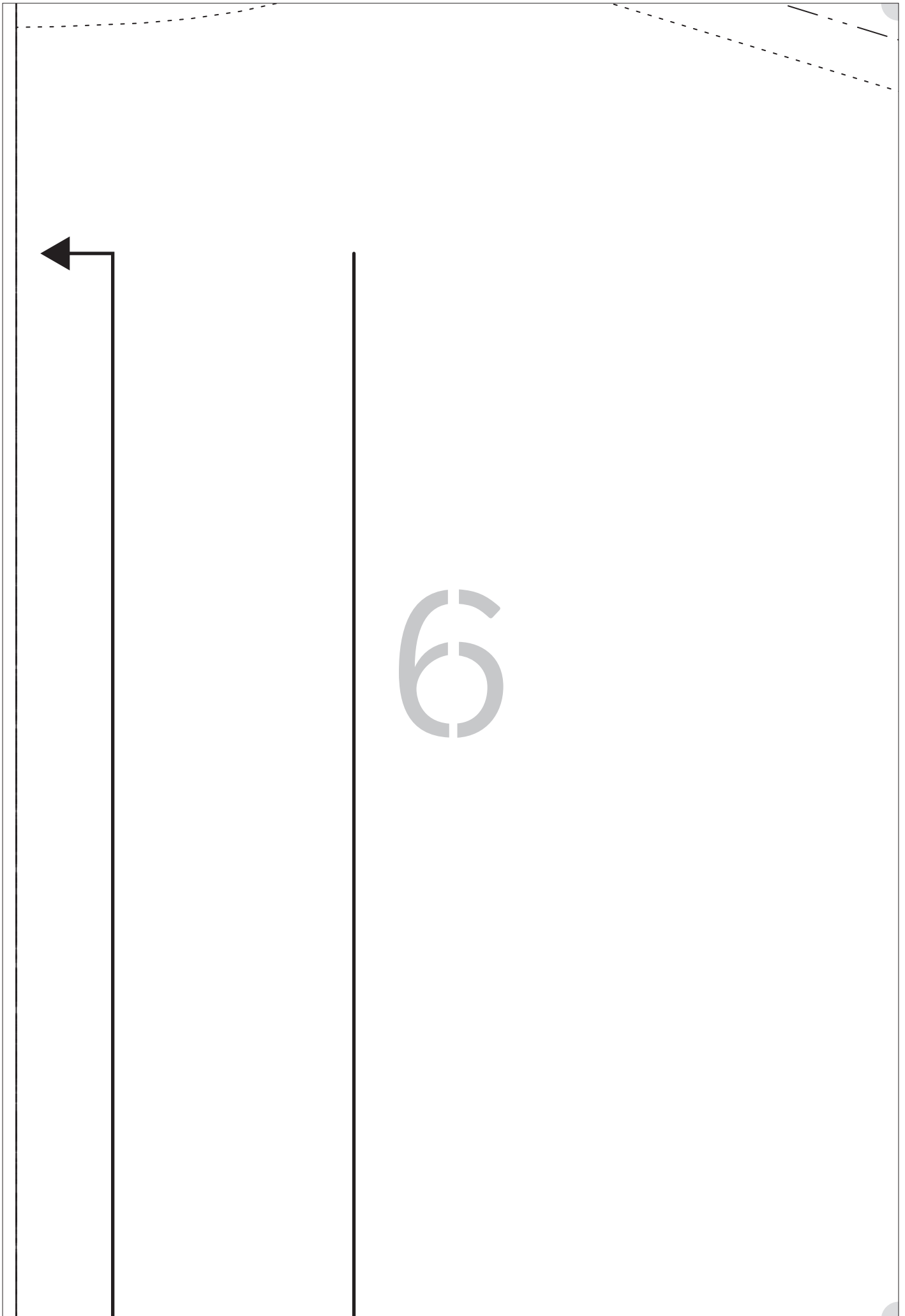


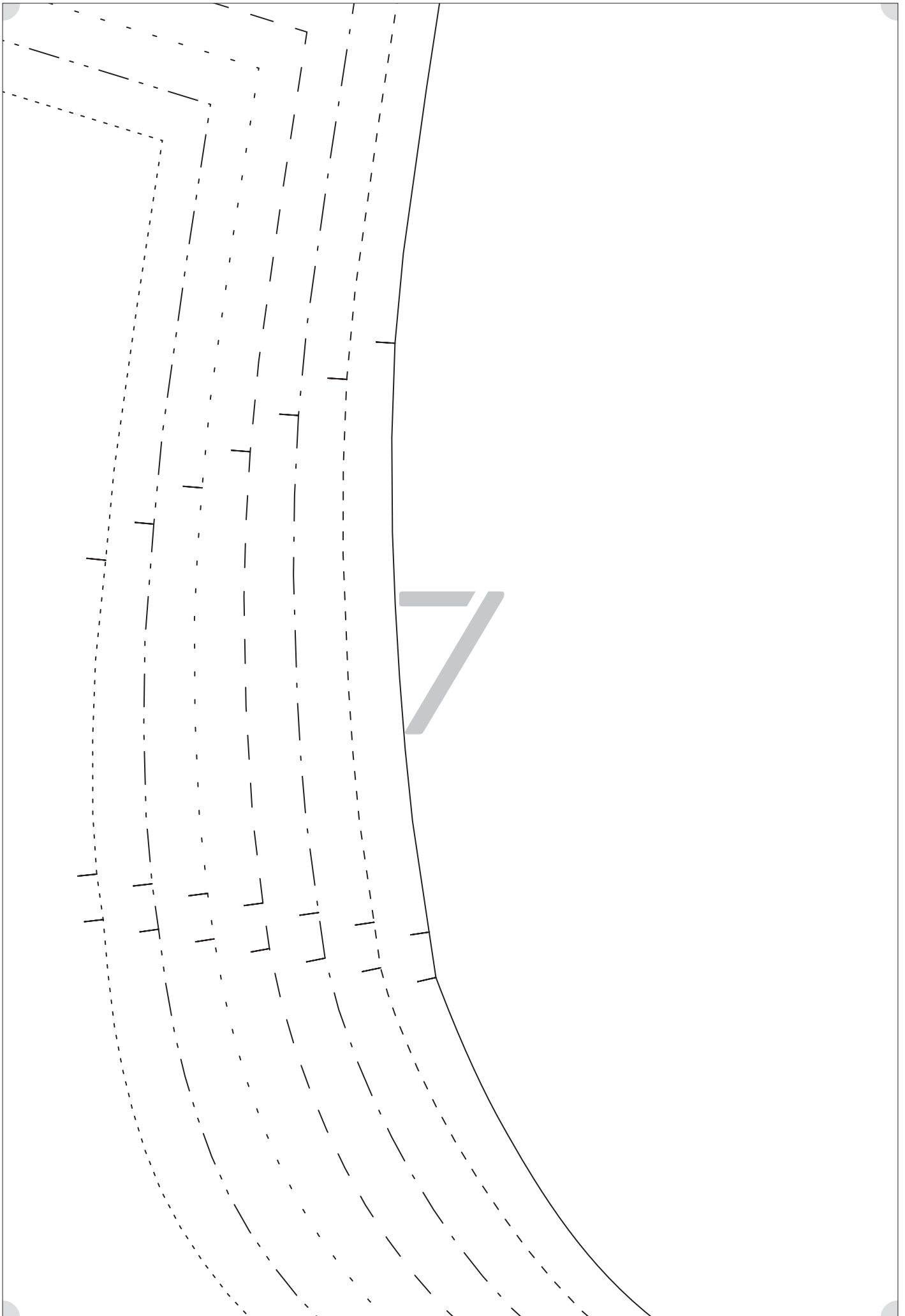
XXL



5



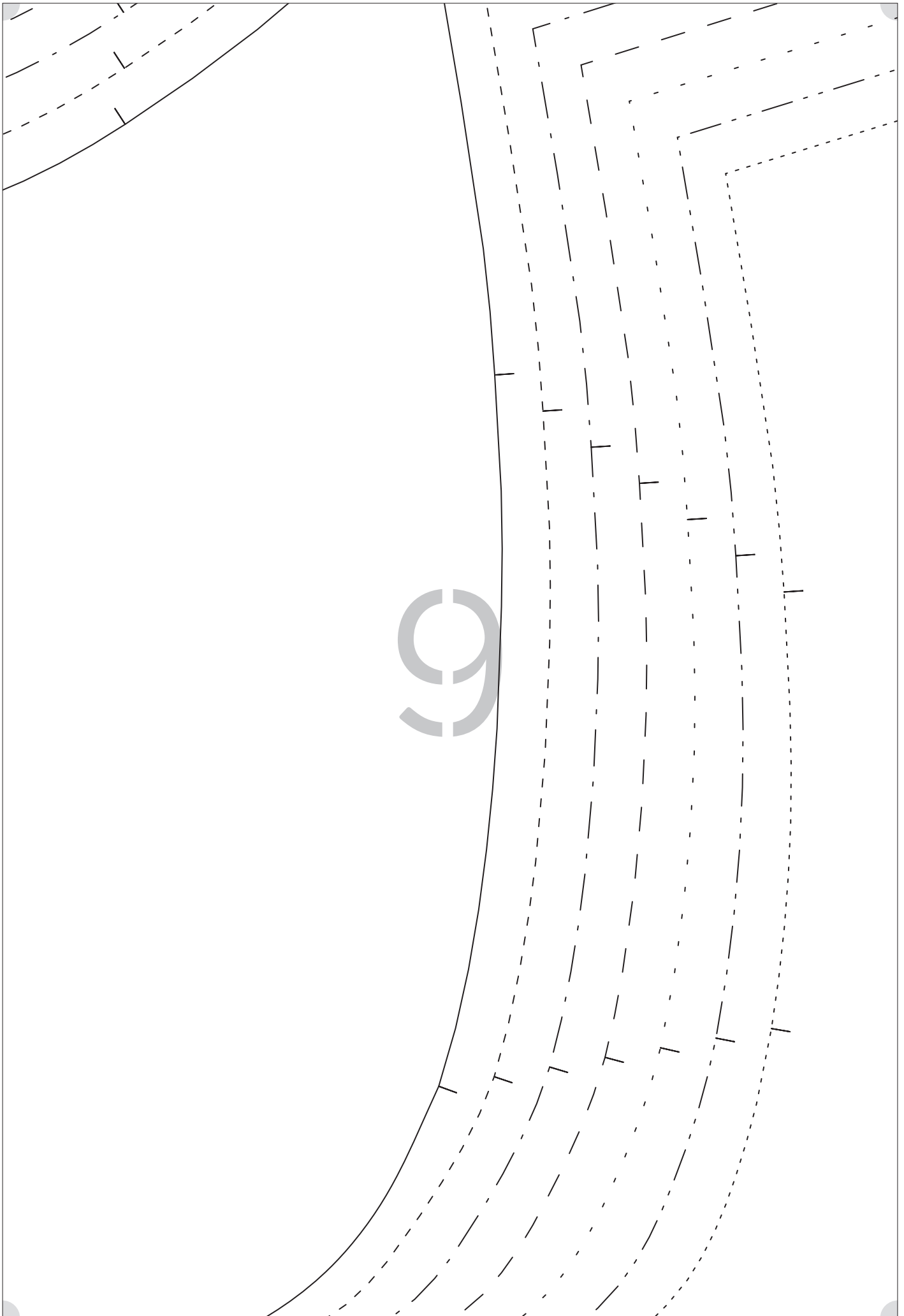


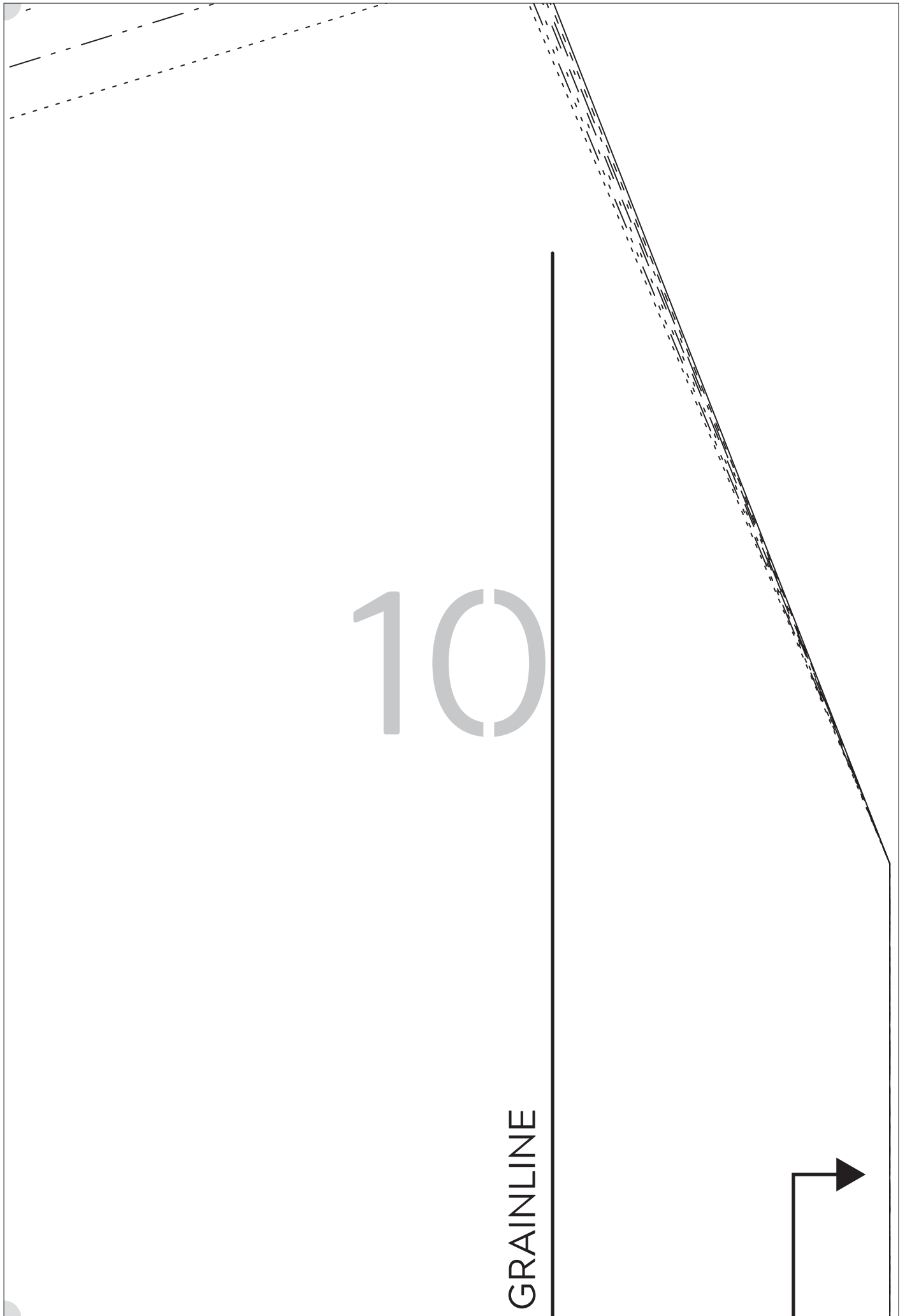


S
W
1
1X
1XX

8

XXL
XL
L
M
S
XS
XXS





DOT •N* CROSS

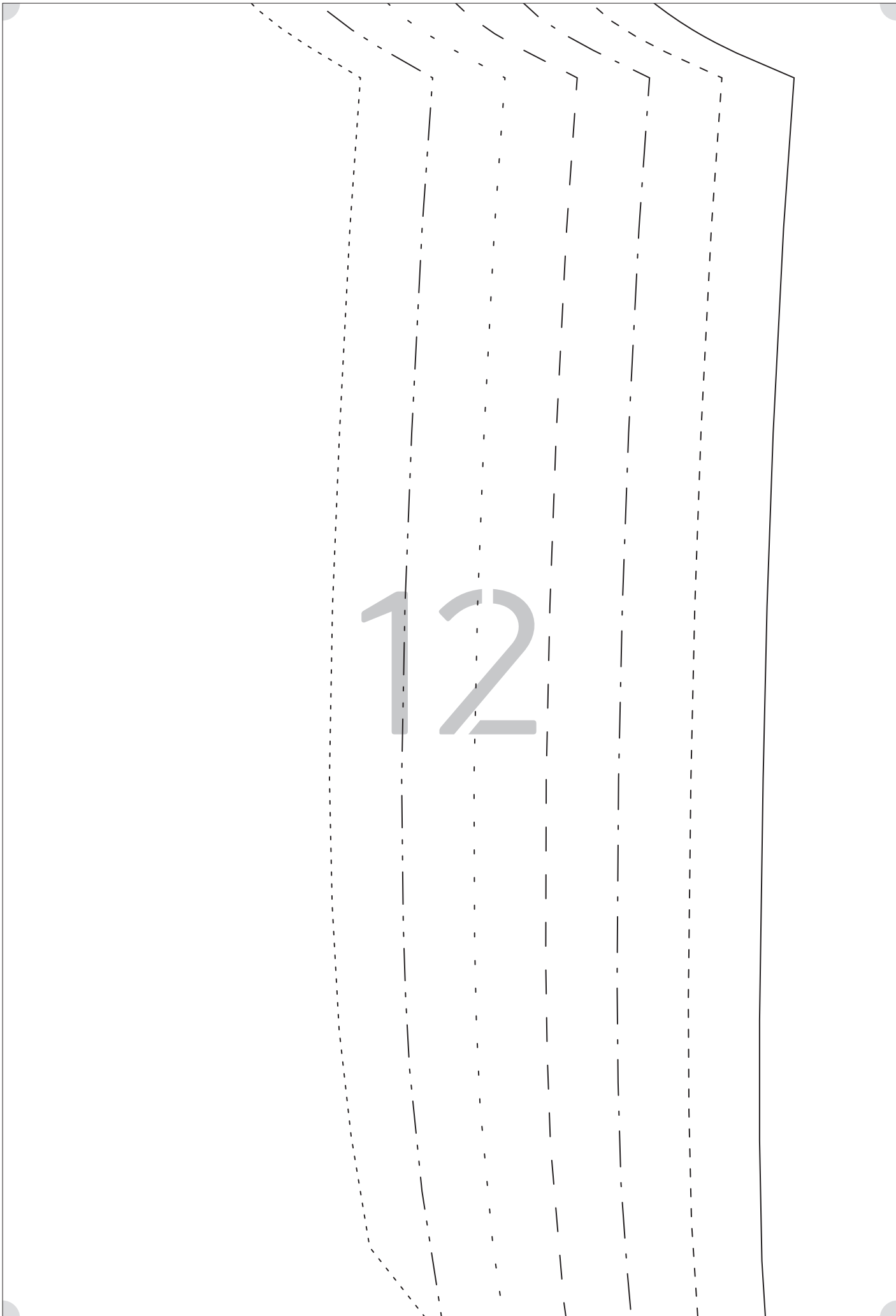
SCRUBS TOP Back

Cut 1 self on fold
1cm seam allowance included

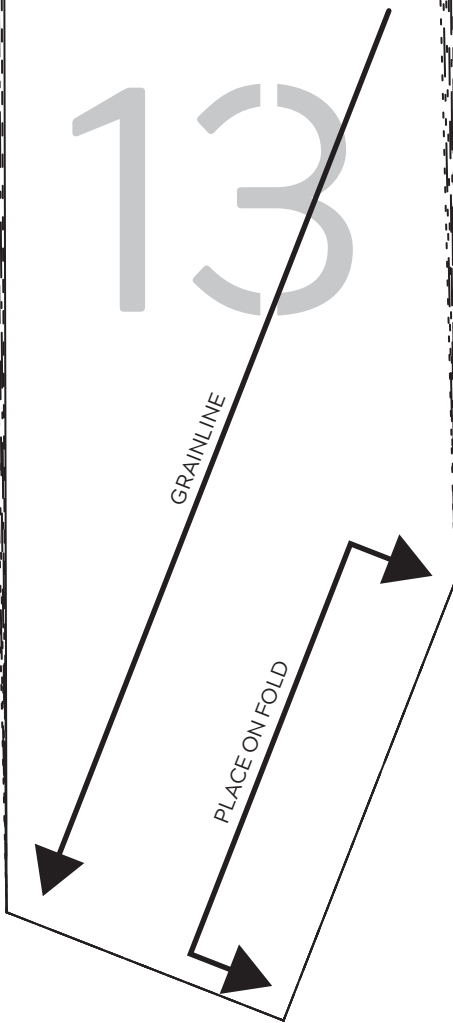
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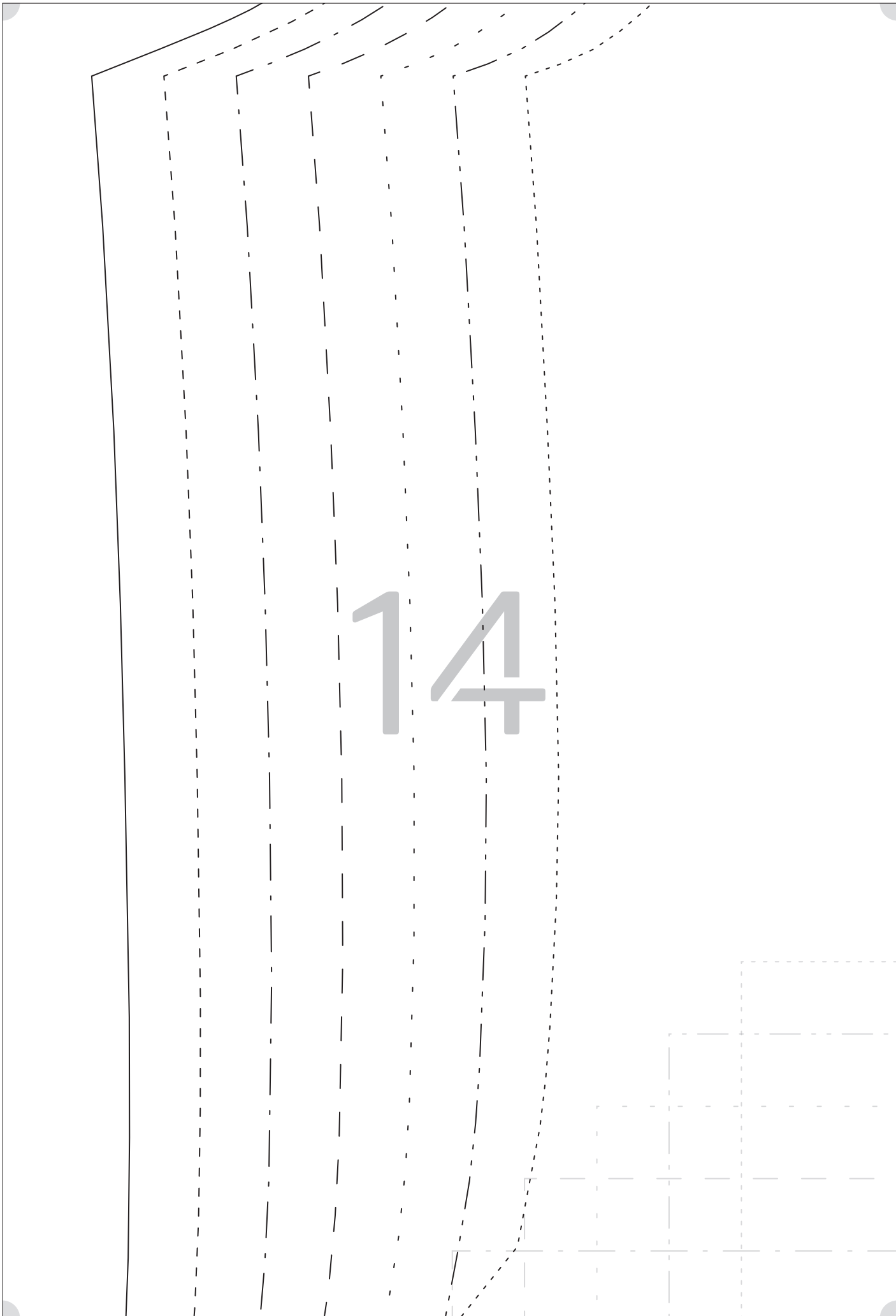
1 1

PLACE ON FOLD



SCRUBS TOP
Front neck facing
Cut 1 self on fold + fuse
1cm seam allowance included





DOT •N× CROSS

SCRUBS TOP Front

Cut 1 self on fold
1cm seam allowance included

15



PLACE ON FOLD

XXS

XS

S

M

L



16

XXS

XS

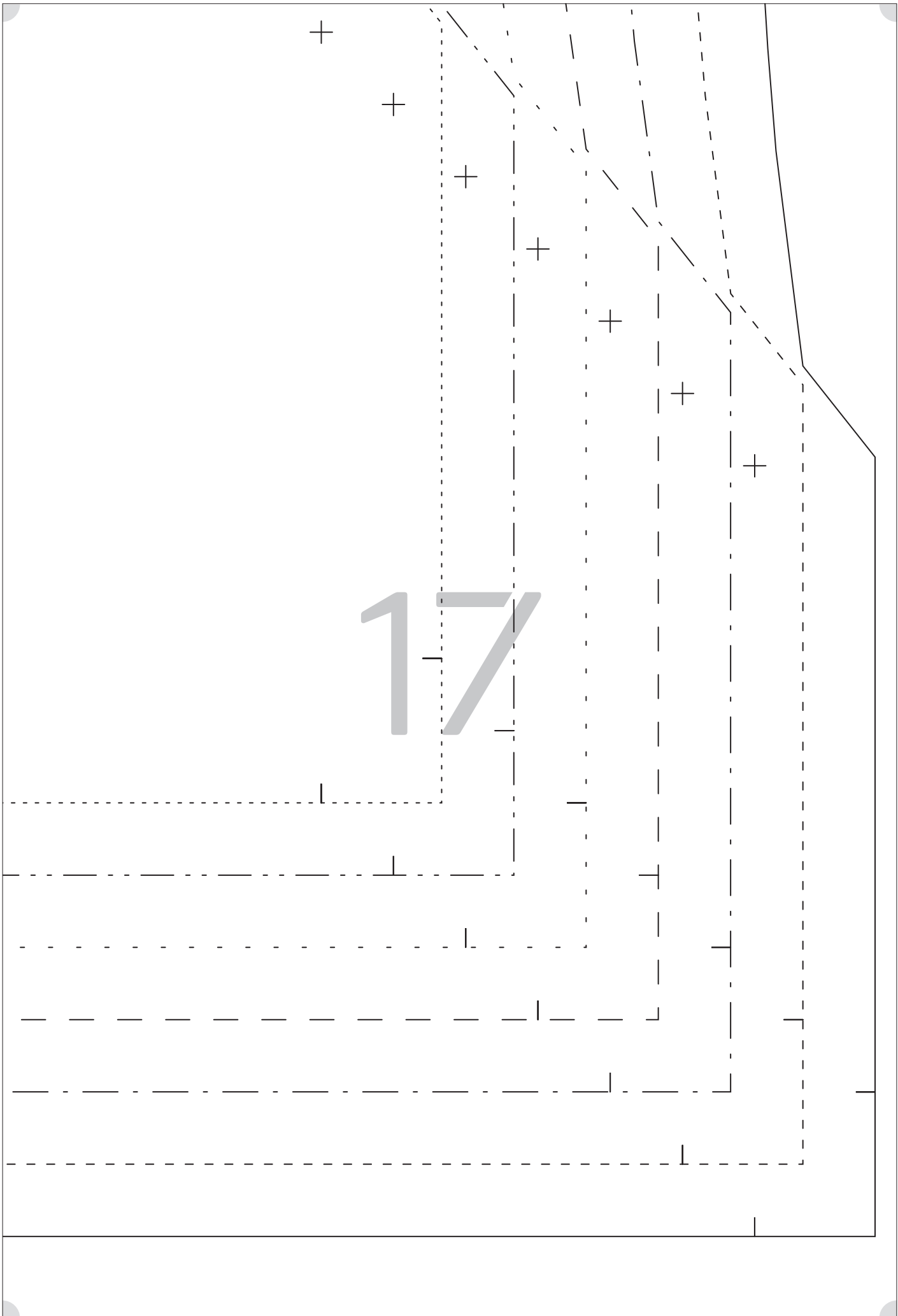
S

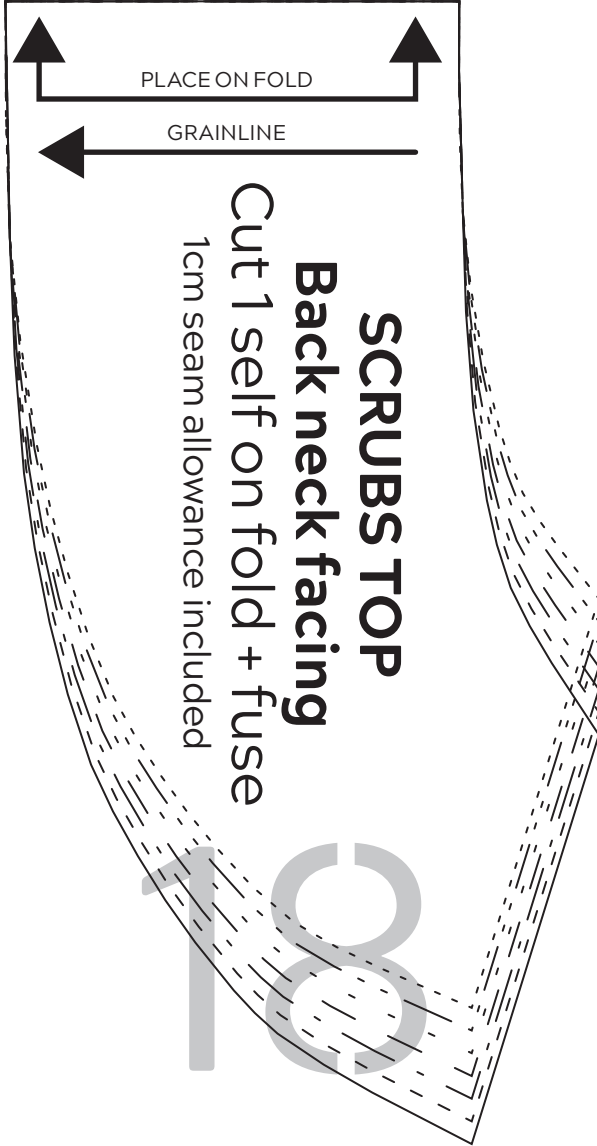
M

L

XL

XXL



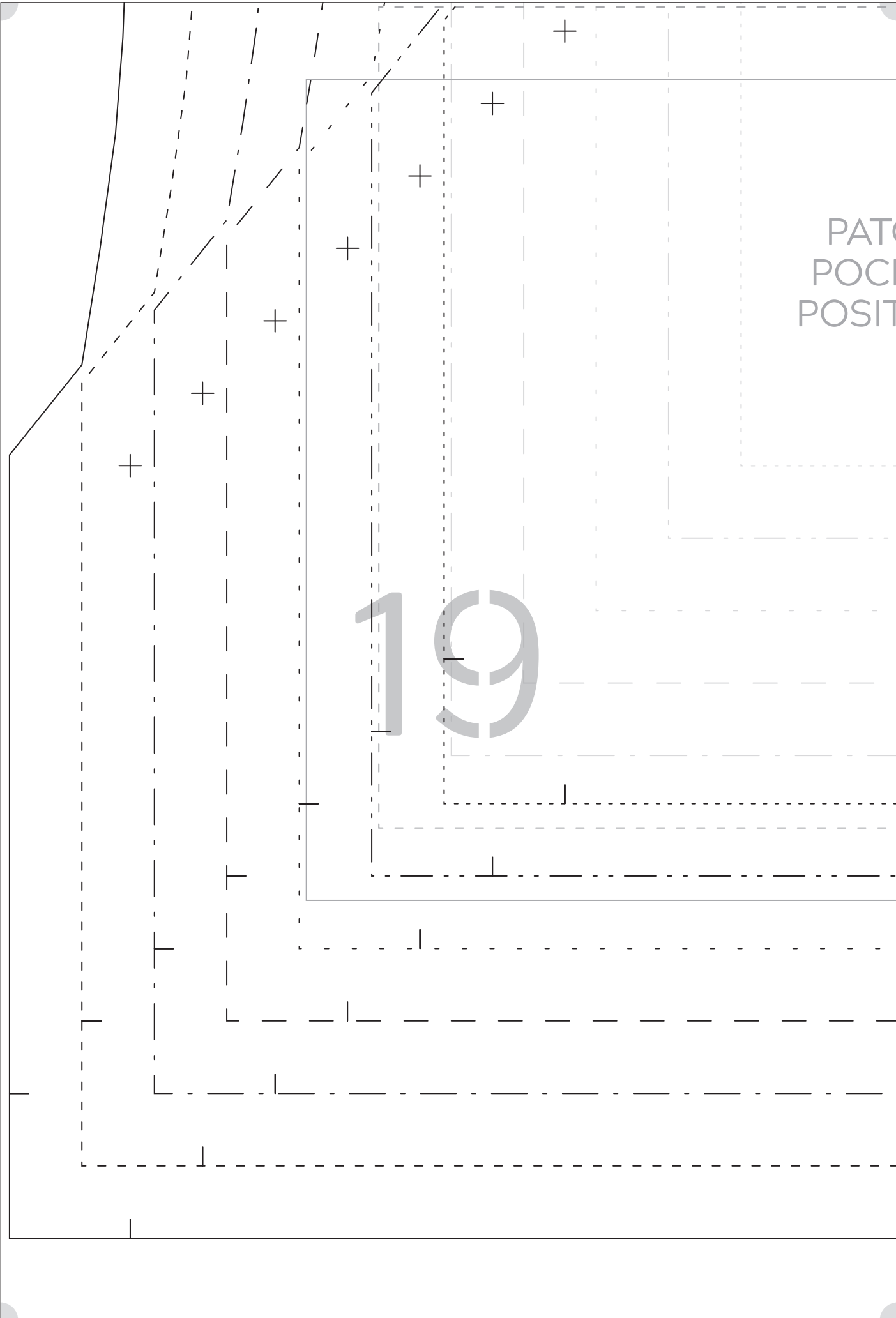


SCRUBS TOP

Back neck facing

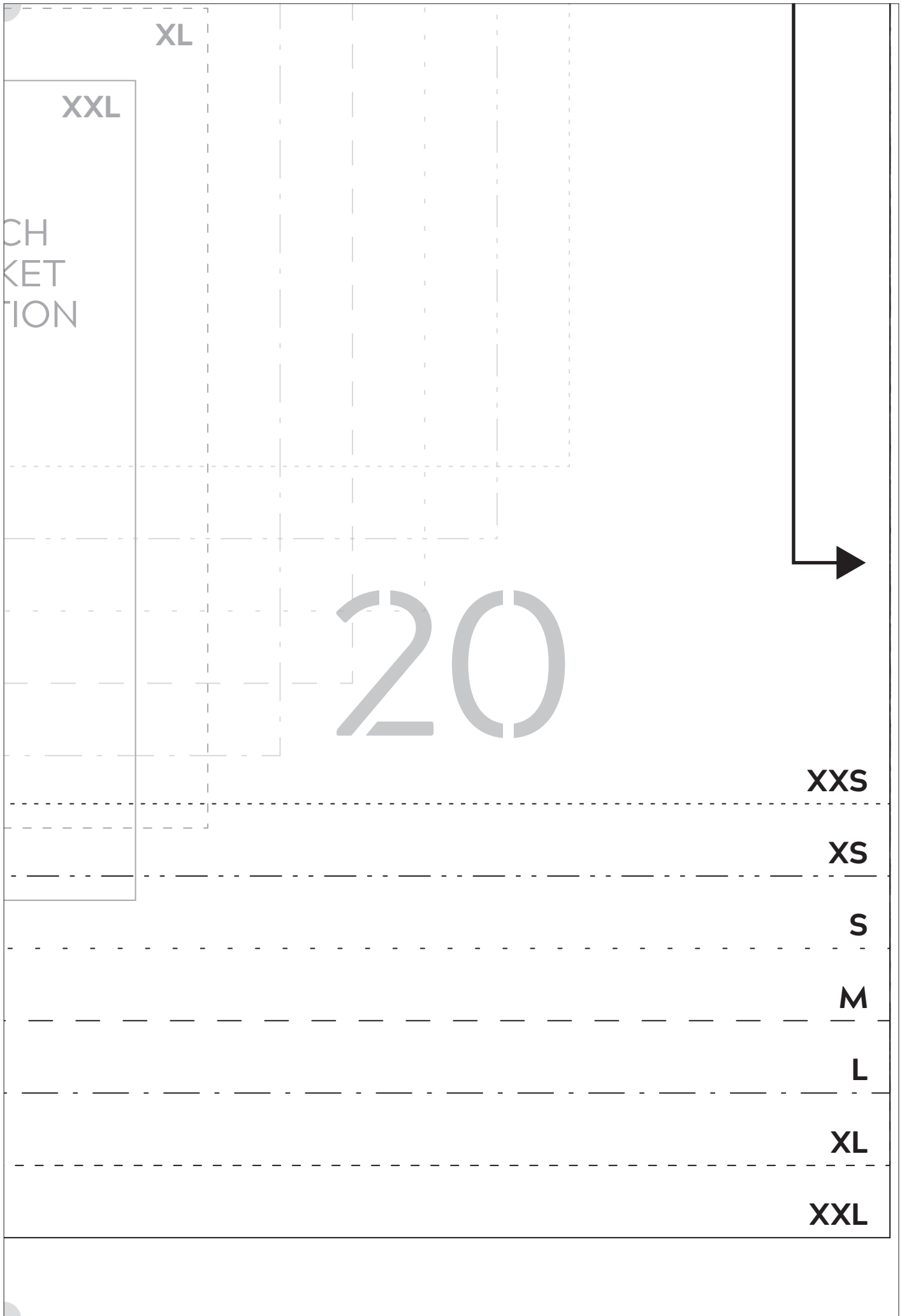
Cut 1 self on fold + fuse

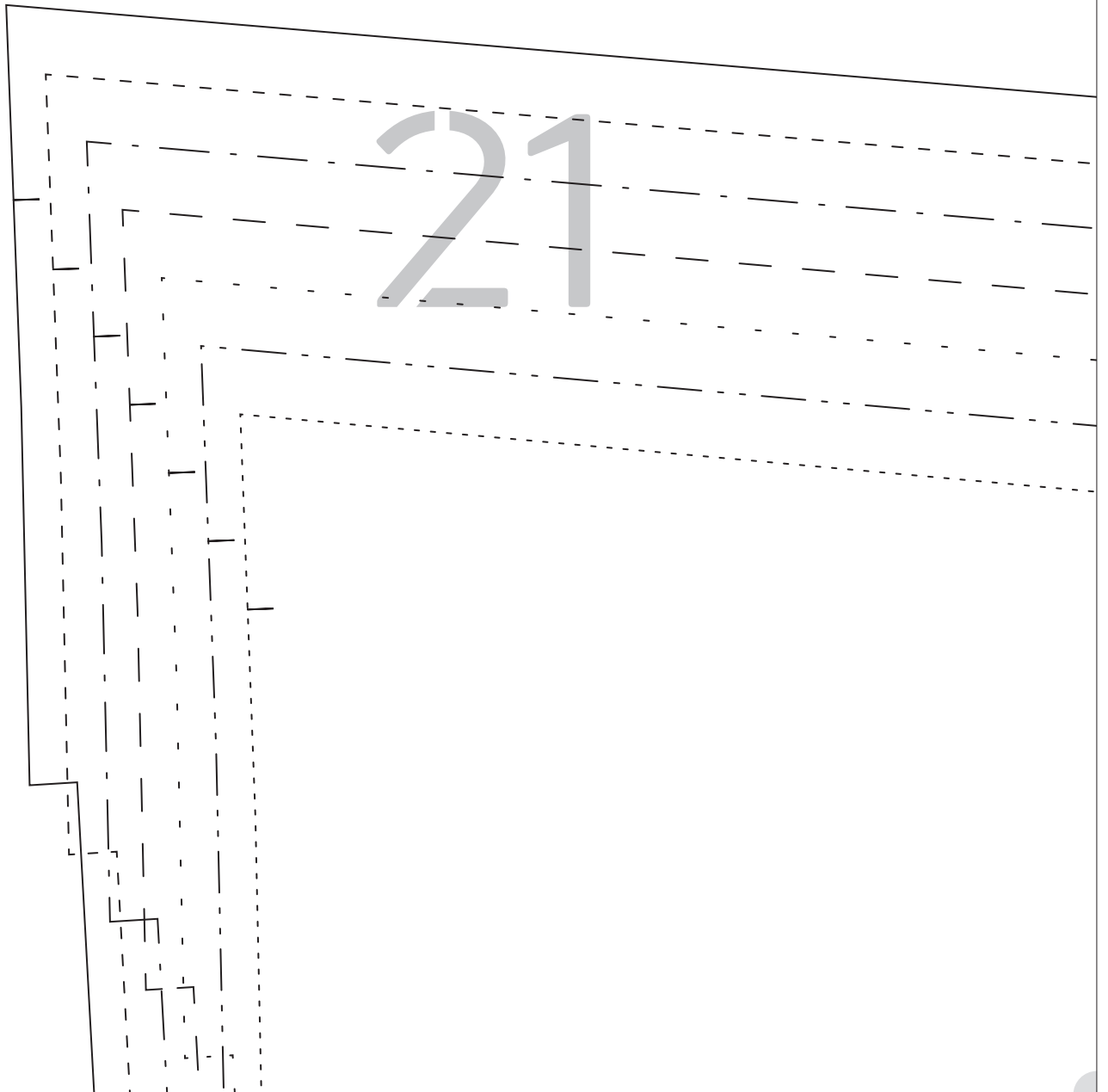
1cm seam allowance included



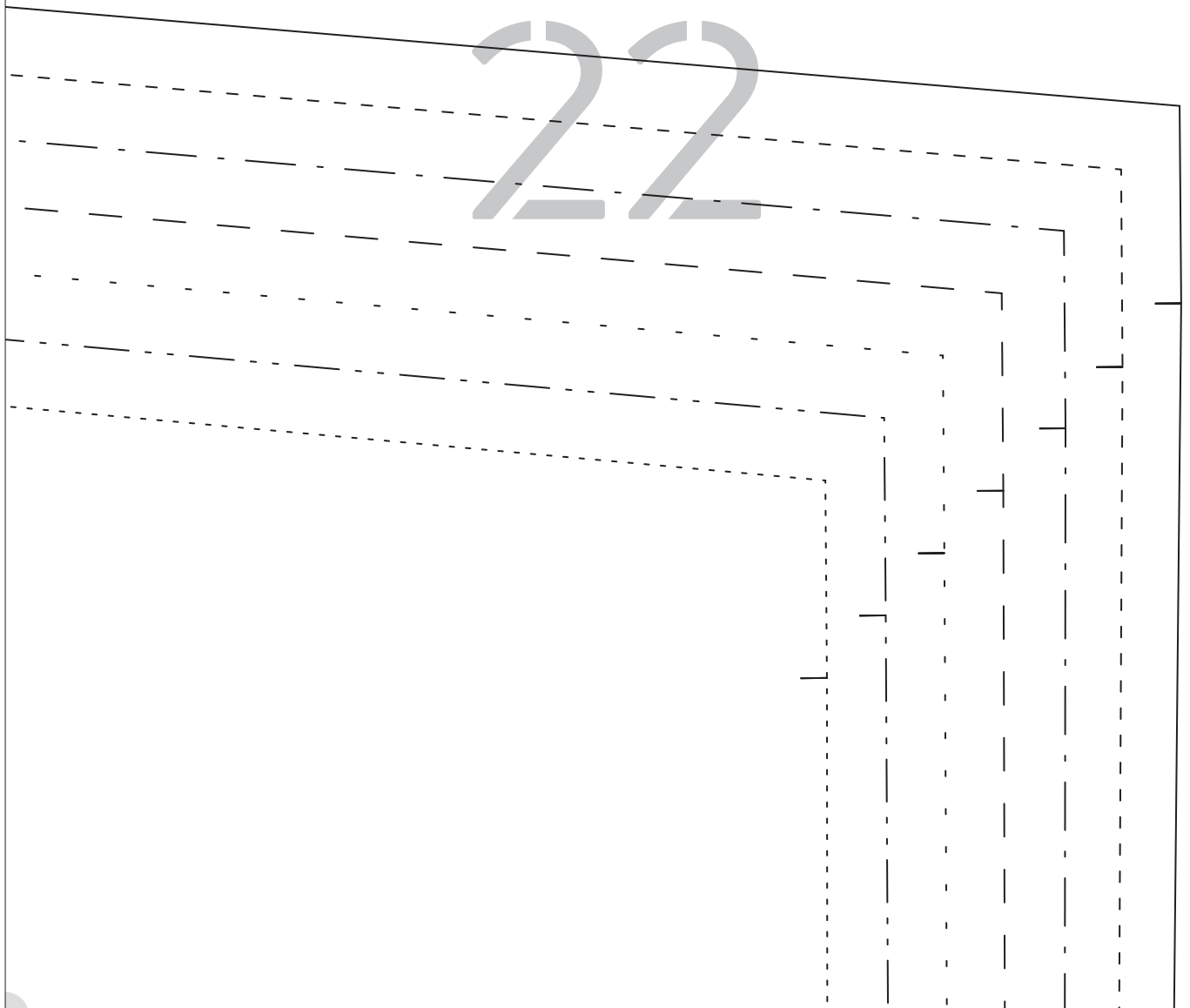
PATO
POCI
POSIT

19



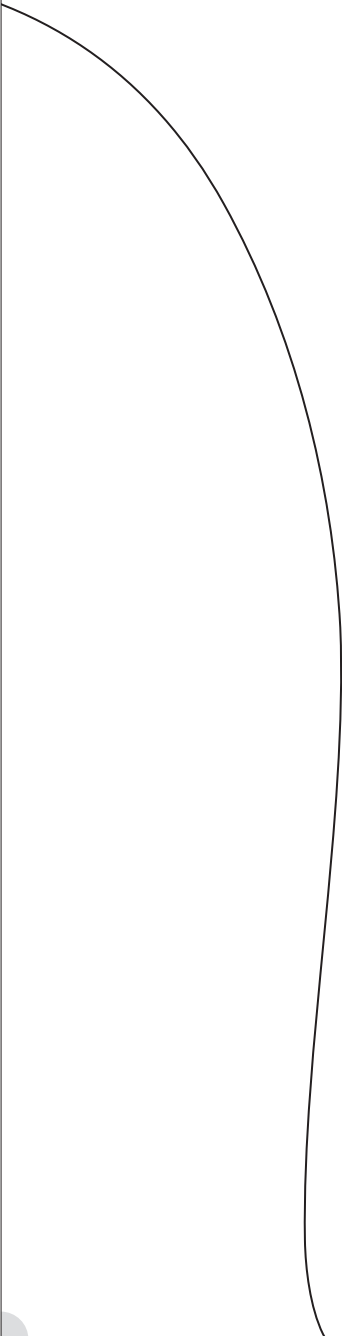


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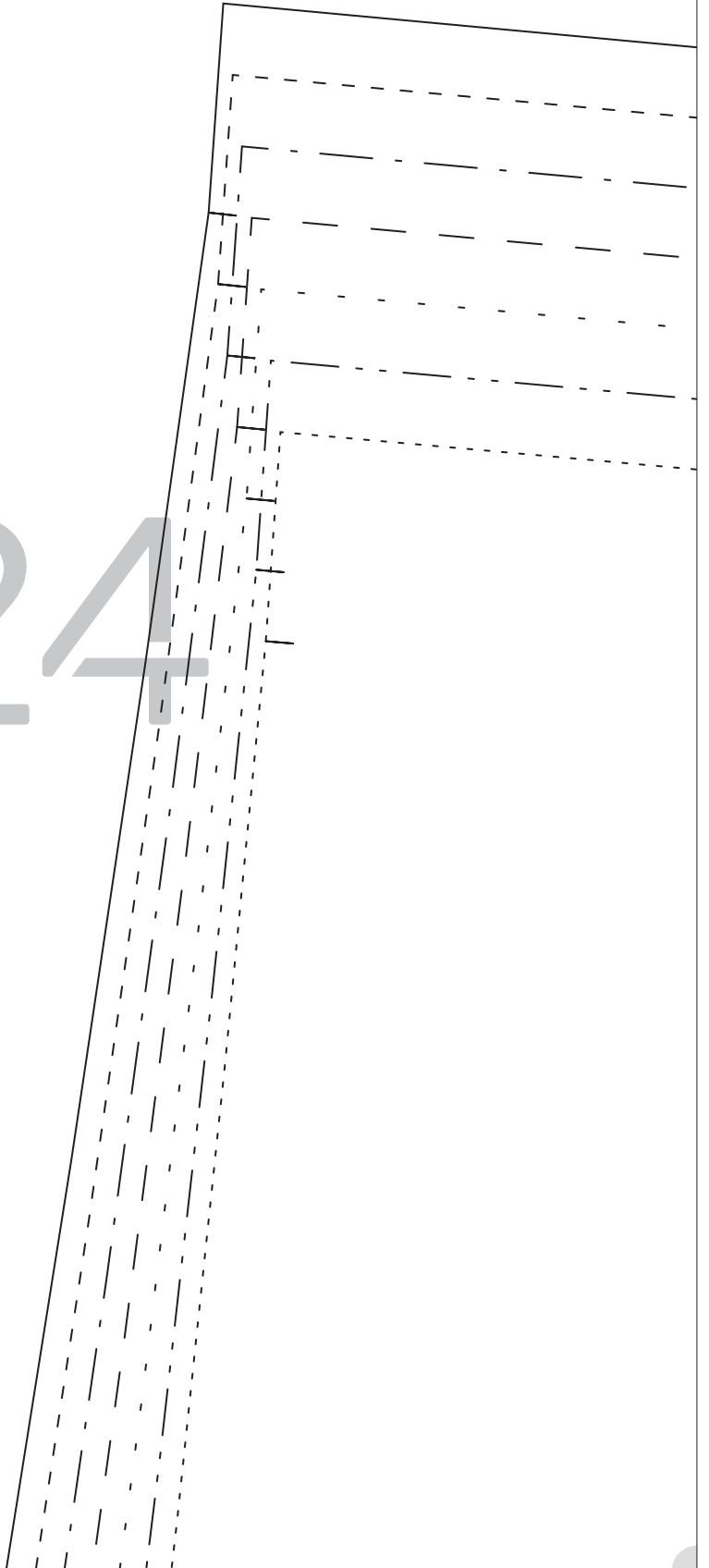


23

GRAINLINE



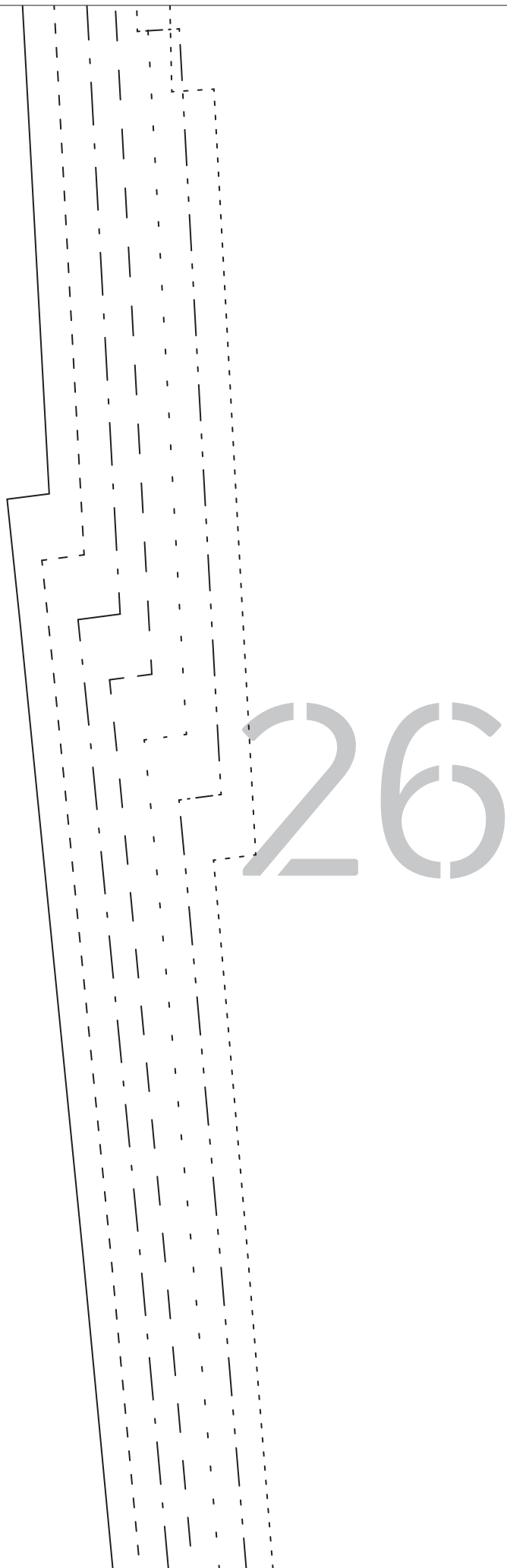
24



7XX
7X
7
W
S
SX
SXX

25





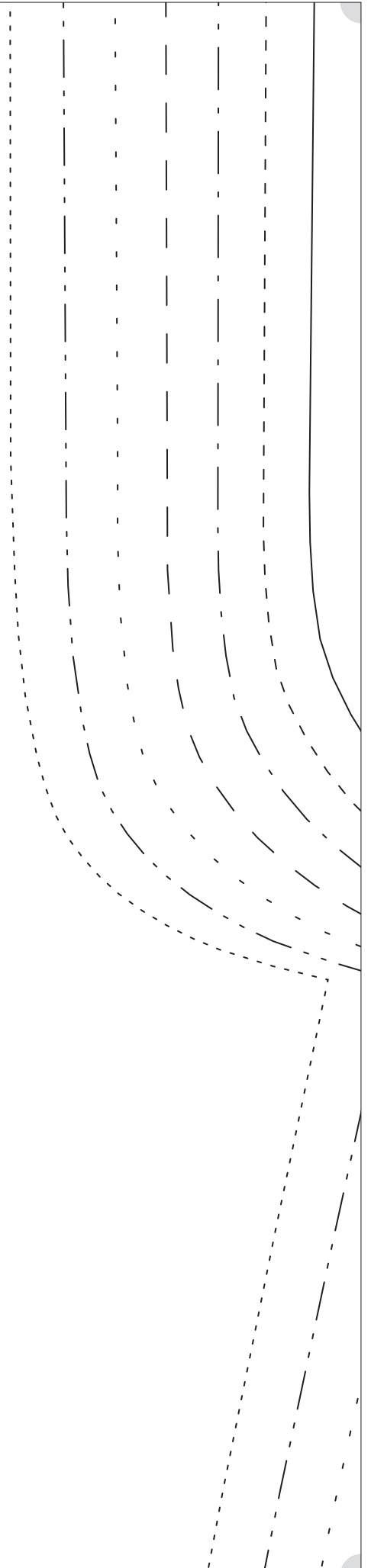
26



27

**DOT
•N×
CROSS**

SCRUBS TROUSER
Front leg
Cut 1 pair self
1cm seam allowance included

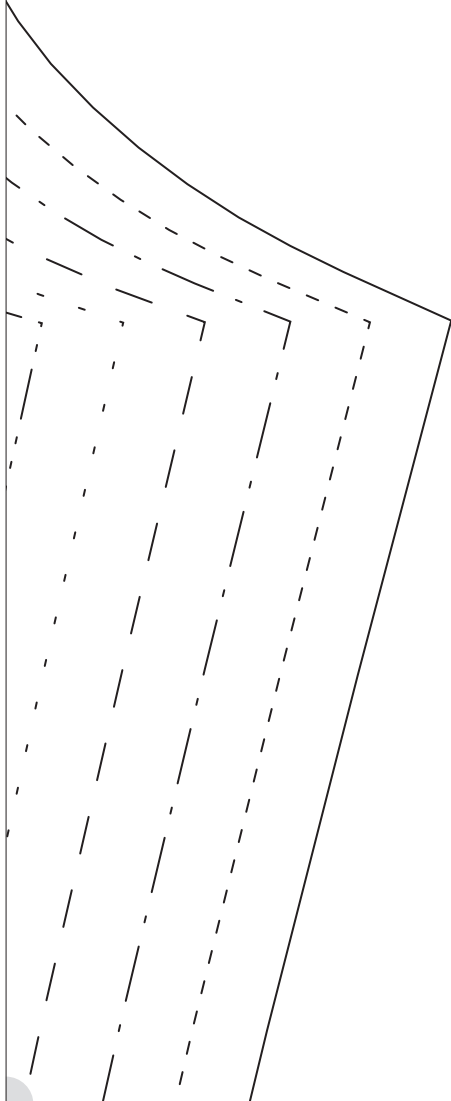


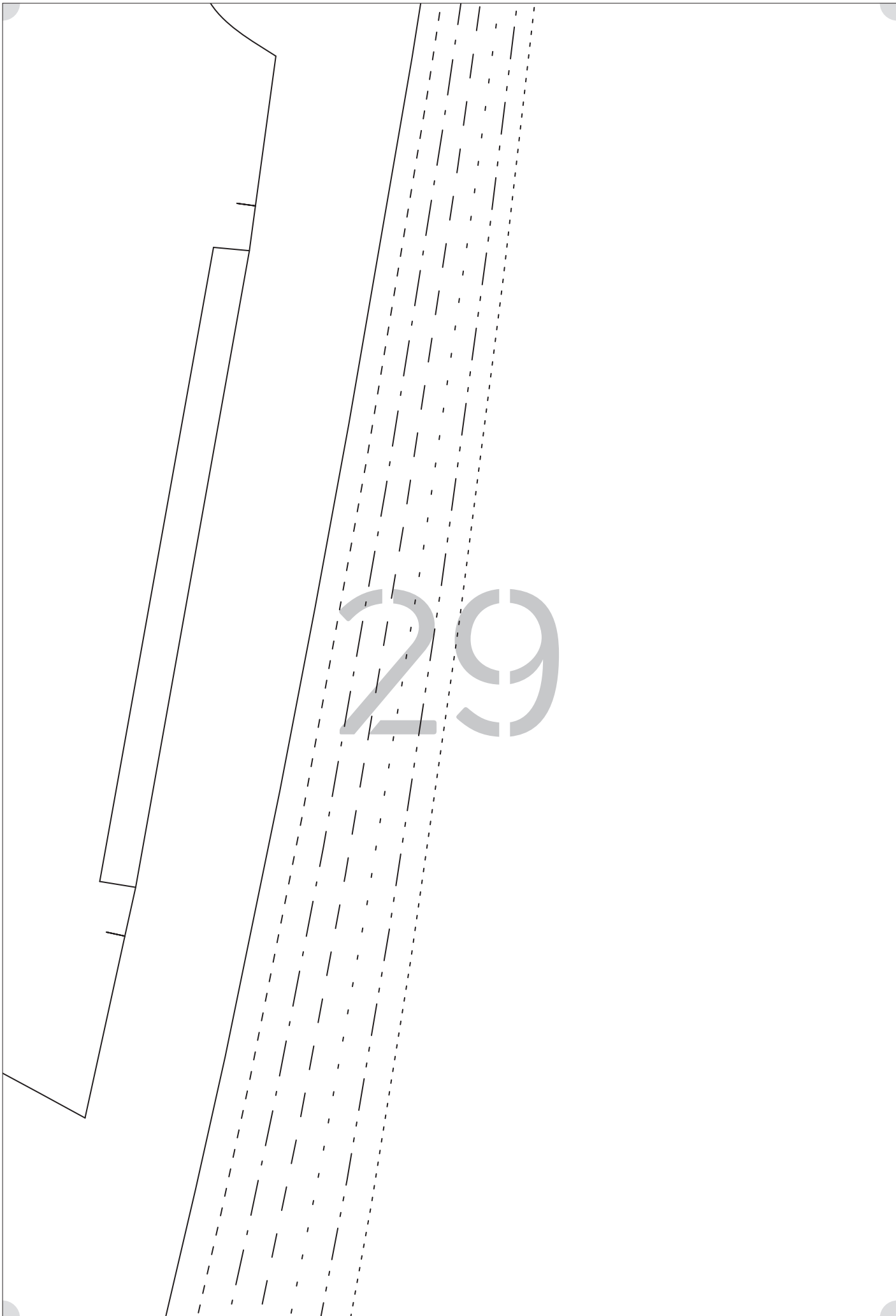
1cm seam allowance included
Cut 2 pairs self
Side pocket bag

SCRUBS TROUSER

DOT
• N*
CROSS

28



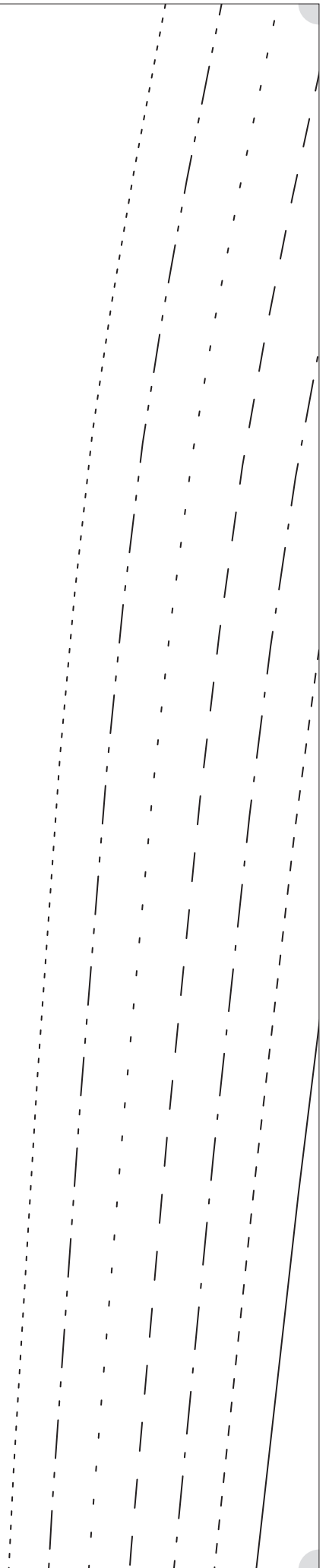


30

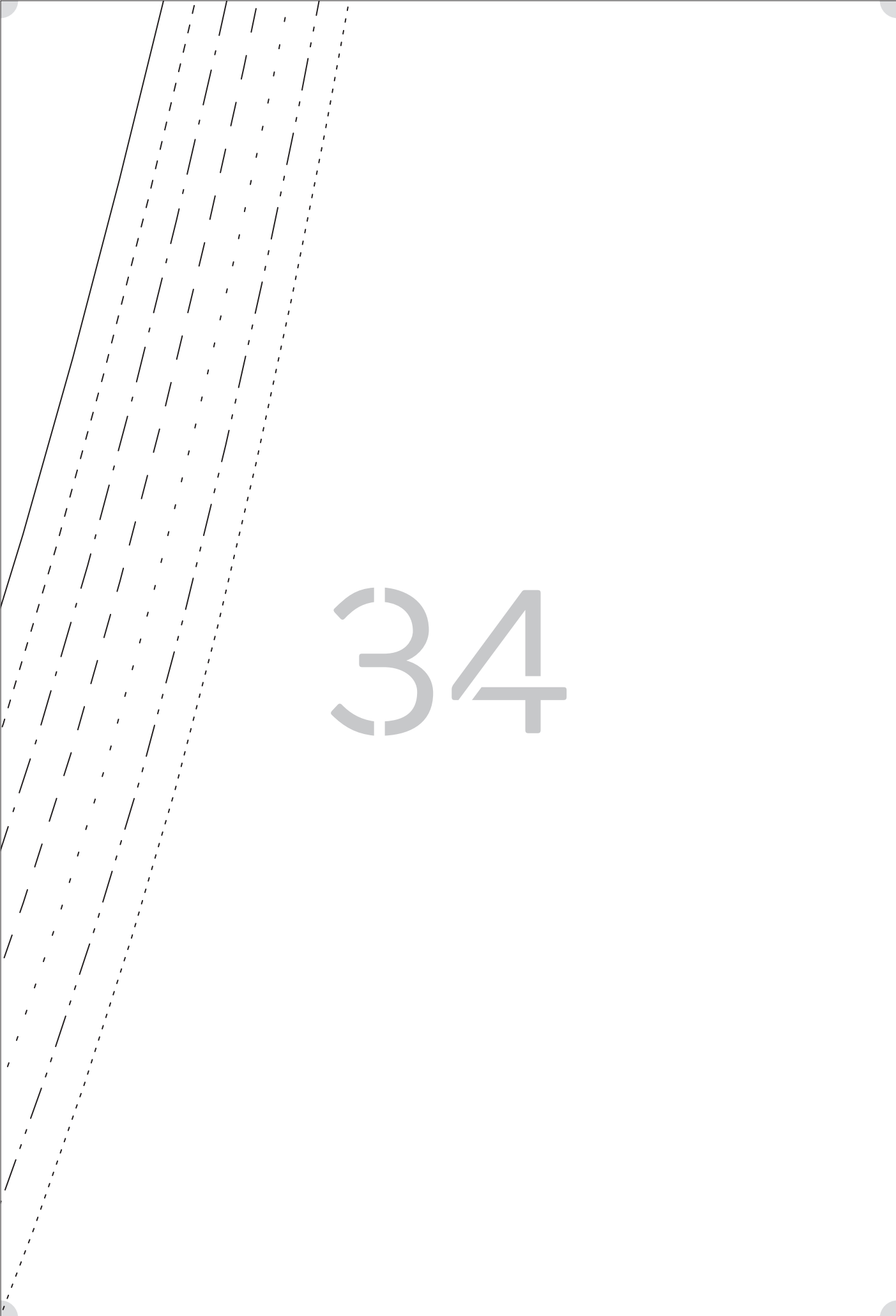
31

GRAINLINE

32



33

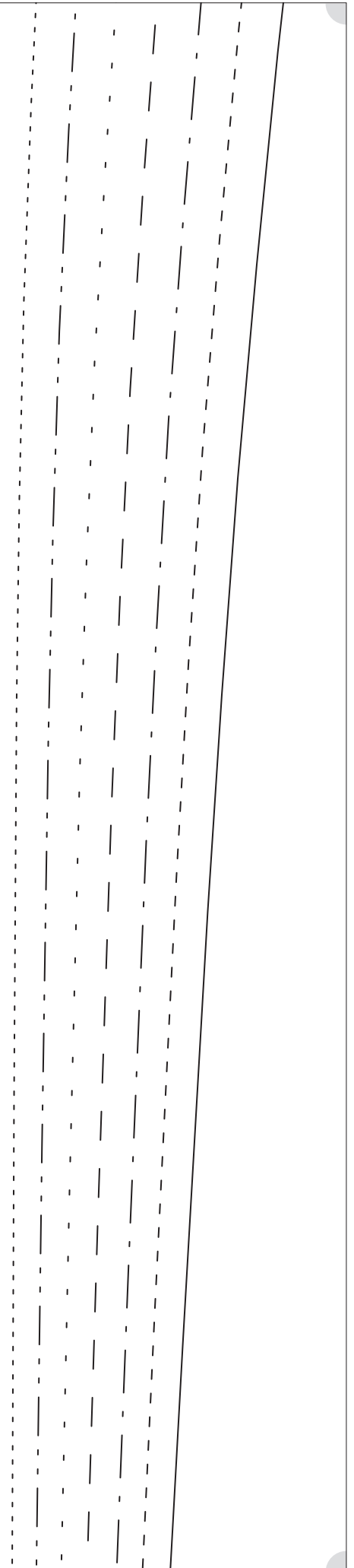


GRAINLINE

35

36

37



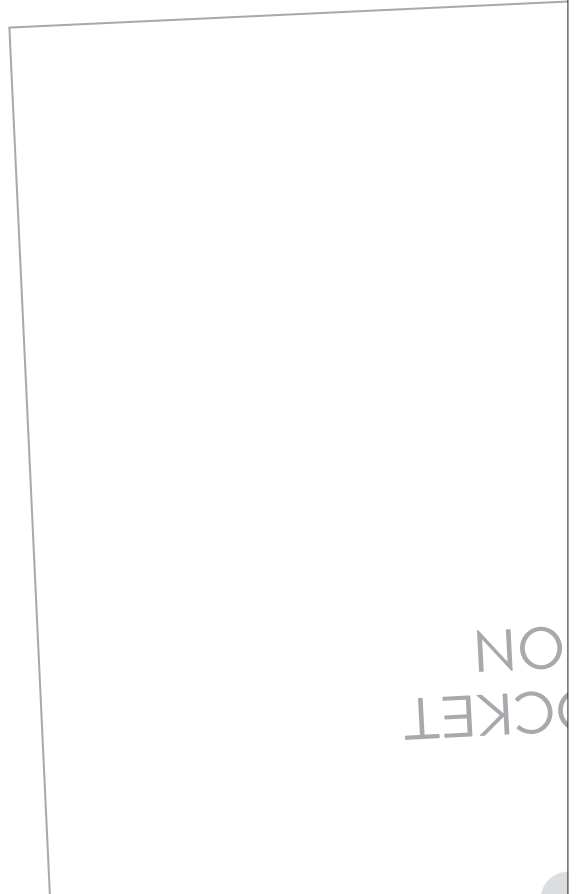
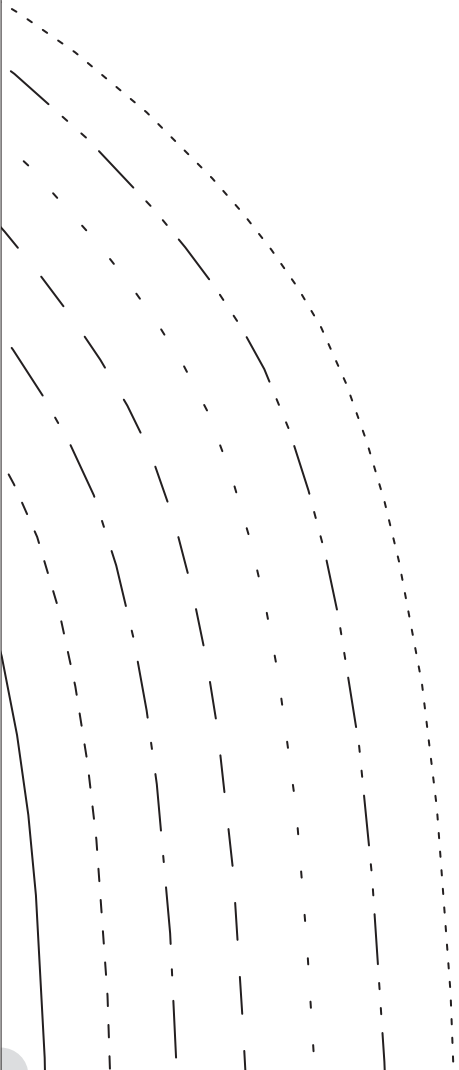


38

SCRUBS TROUSER
Back leg
Cut 1 pair self
1cm seam allowance included

DOT
• N ×
CROSS

39

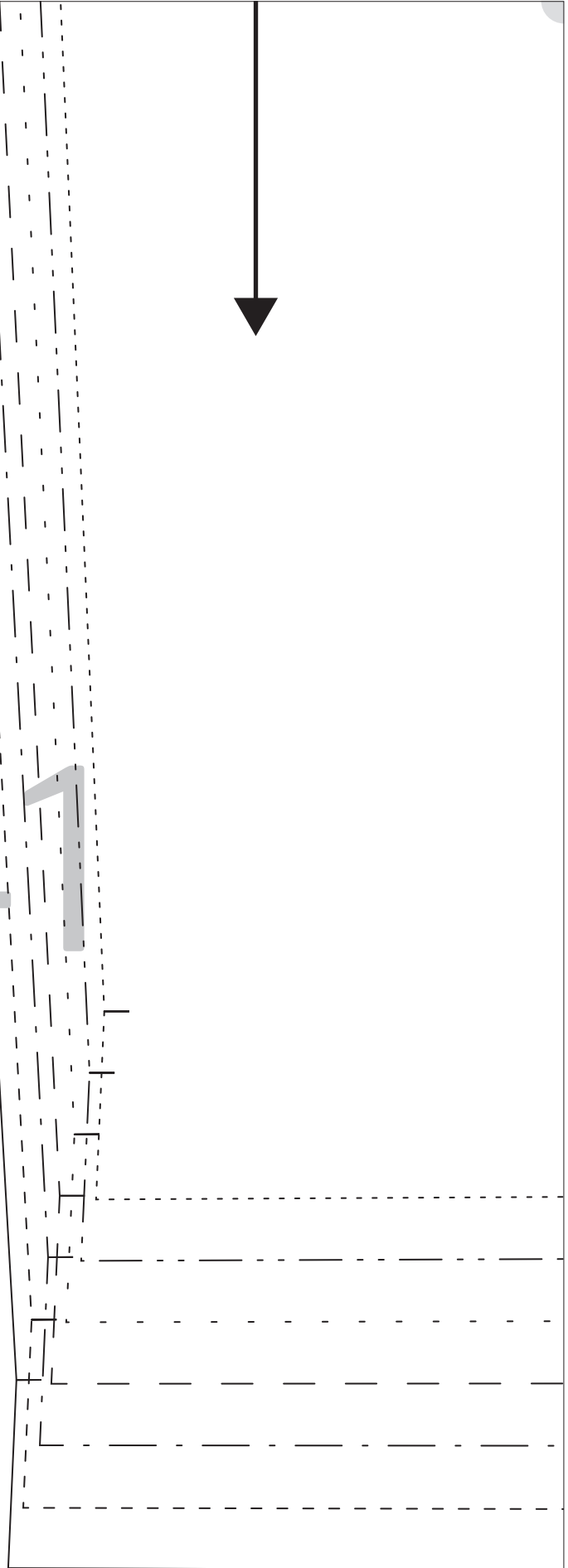


POCKET
ON

40

PATCH PO
POSITI

41



42

XXS

XS

S

M

L

XL

XXL

DOT •N* CROSS

SCRUBS TOP & TROUSER

Patch pocket

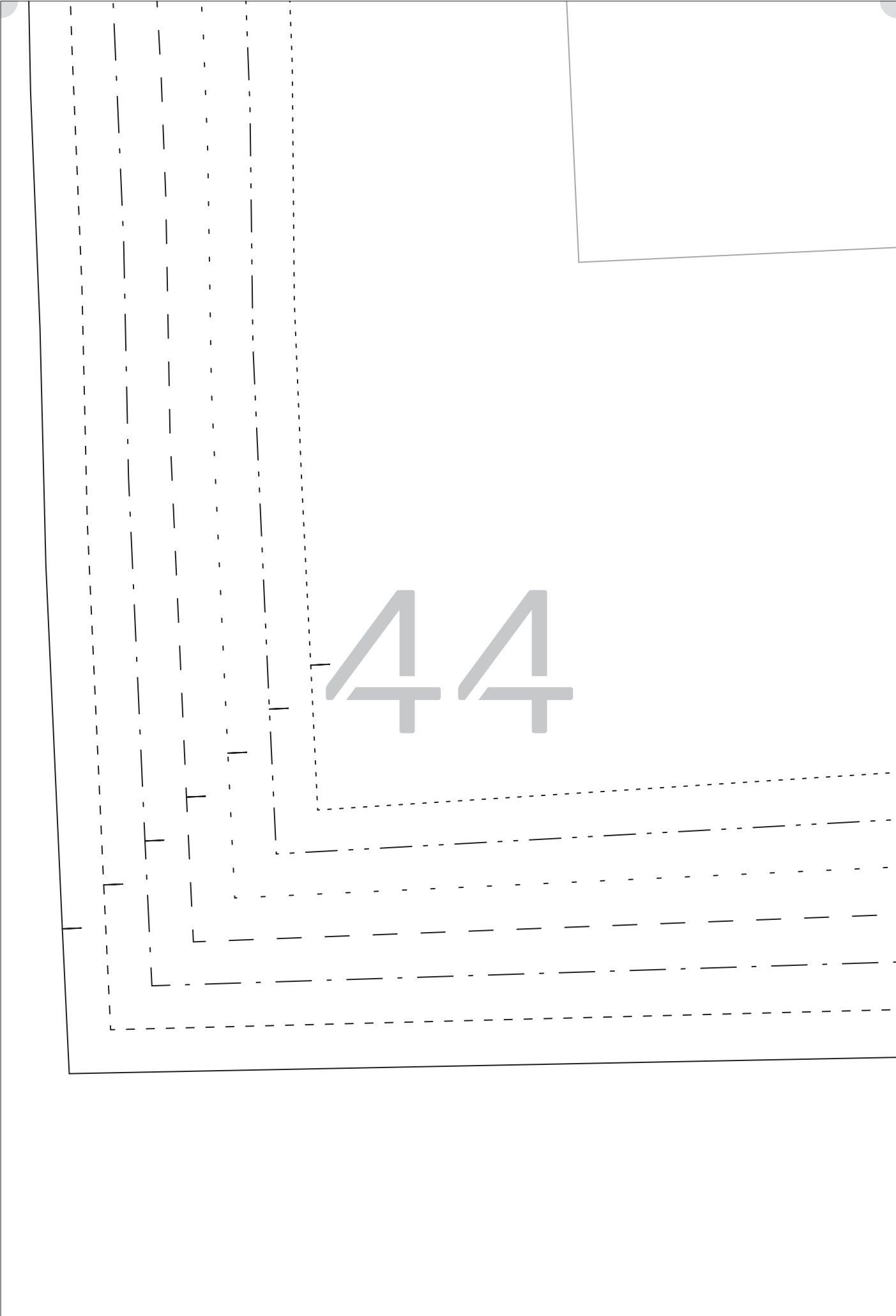
Cut 2 pairs self

1.5cm seam allowance included

43

GRAINLINE





45