

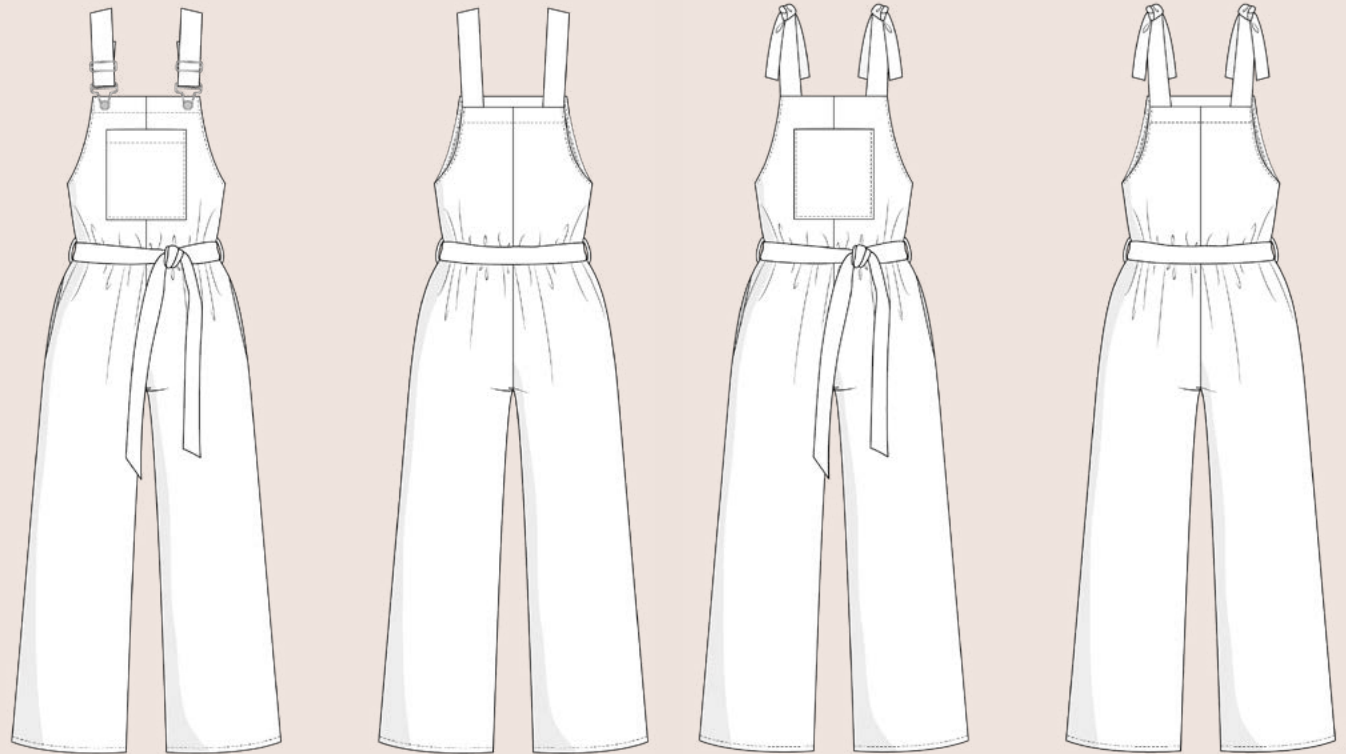


XS - XXL
34 - 44

Jumpsuit / Dungarees

Tutorial

[#jumpsuitleyla](#)



Material

Material

» [Sewing scissors](#), fabric pins/ clips, iron, [yarn](#) matching the fabric.

Stoffempfehlung

Since the front and back are each made of one long pattern piece, you should use light woven fabric for the long version. Otherwise the garment will become somewhat heavy. For example, I recommend using the following fabrics:

- » [Linen](#), Ramie, [Tencel](#)
- » [Viscose \(Rayon\)](#), Linen / Viscose Mix
- » light [cotton](#)

Fabric consumption in cm, short version

Fabric width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
115	180	180	180	190	200	210
150	160	170	180	190	200	210

Fabric consumption in cm, long version

Fabric width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
115	280	280	280	290	300	300
150	220	220	260	270	280	290

Optional for the Dungarees:

» [Buckles](#):

The Pattern is designed for [4cm wide buckles](#). For lighter fabrics you can also use [3cm wide buckles](#). In this case, simply trim the straps by one centimetre in width.

» [Buttons matching the buckles](#)

The buttons can be bought to match the buckles or you can use simple trouser buttons.

» Use a piece of [Vlieseline](#), for example H180, in the size of the front facing for more stability for the buttons / buckles.



(Fabric consumption in yard on page 19)

Size Chart

(Inch size Chart on page 19)

In order for the finished garment to fit you perfectly, it is necessary to take your exact measurements! Make sure that you take the measurements horizontally and do not hold the tape measure too tight or too loose. Ideally, it should still be possible to move it back and forth.

You already know your measurements? Great! then you can choose the right size in the chart below.

Finished garment size chart

In this table you will find the measurements of the finished garment:

Dimensions in cm	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Chest	87	92	97	102	107	112
Waist	85,5	90,5	95,5	100,5	105,5	110,5
Hips	97	102	107	112	117	122
Inseam	75,3	74,8	74,3	73,8	73,3	72,8

Body measurements table

The finished garment measures correspond to the following body measurements:

Dimension in cm	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Chest	68-78	78-88	88-98	98-108	108-118	118-128
Waist	52-62	62-72	72-81	82-92	92-102	102-112
Hips	76-86	86-96	96-106	106-116	116-126	126-136

The reference height is 168 cm.



Getting Started

Printing

» A4 / US Letter: first print the page with the test square (5x5cm) and check if your printer settings are correct.

Make sure to always open the pattern in Adobe Reader, as problems may occur when printing from the browser window.

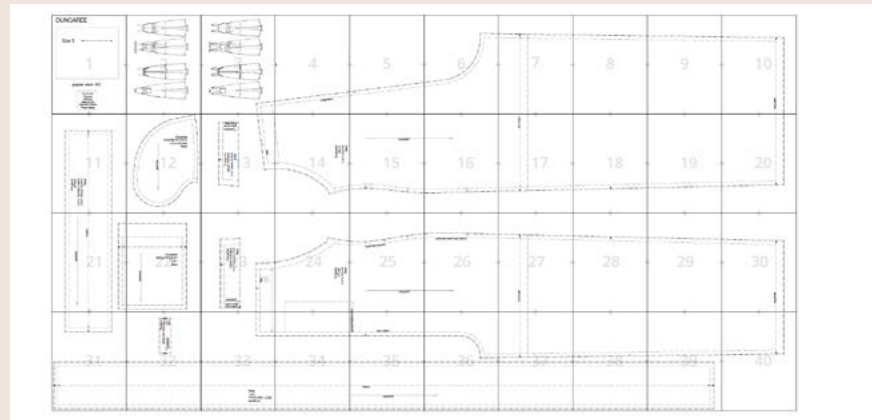
Always make sure to print in real size and turn off the automatic page adjustment.

» A0: in the download you'll also find an A0 pattern file. Drag the file onto a USB stick and print it out directly in the copy shop of your choice. This eliminates the need for cutting and gluing the pattern.

Printing a pattern on thin paper in black and white costs between 6.00 and 7.00 EUR.

Assemble the PDF Pattern

Glue the pattern pieces together as indicated in the pattern overview. The arrows mark the places where the pages should meet. Then cut out your size.



Legal Notice

I devote a lot of time and love in making my patterns. Please note that my instructions and patterns are only intended for private use, i.e. for the production of individual pieces. The sale as well as the passing on (exchange, copy) is strictly prohibited!

All rights to this pattern are reserved to Make it Yours - the Label. If you have any questions please contact me at:

hello@makeityourstheLabel.com

Instagram: [@makeityourstheLabel](https://www.instagram.com/makeityourstheLabel)

Website: www.miythelabel.com

Pinterest: [Make it yours - the Label](https://www.pinterest.com/makeityourstheLabel/)

Getting Started: Project Planning

Use the technical drawing

For me, sewing your clothes yourself is the best way to make (new) clothes that last. But this is only true if at the end you really wear your finished garment or if it even becomes one of the favourite pieces of your wardrobe.

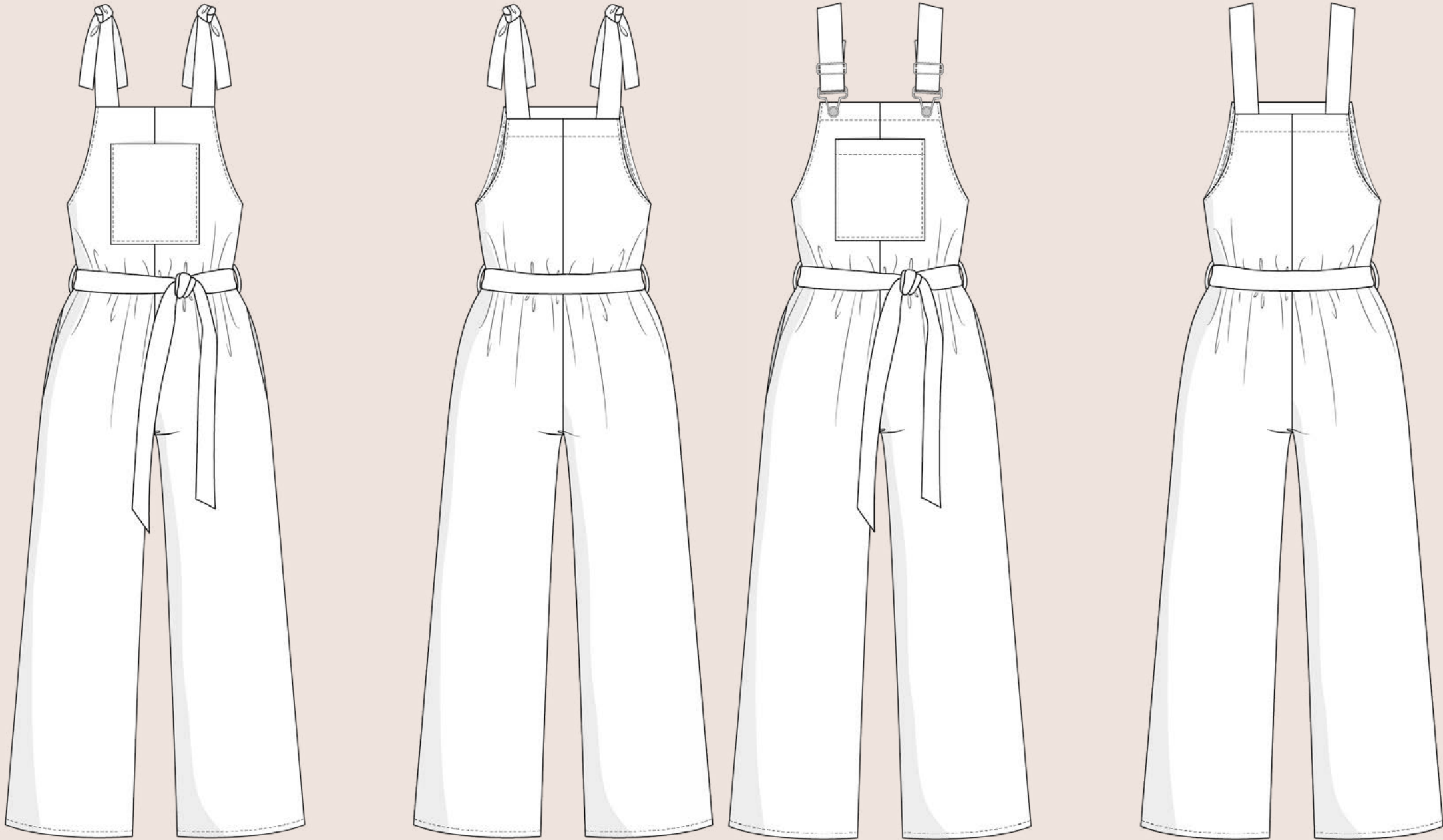
To help you plan your sewing project, I provide you with the technical drawings of the different jumpsuit versions. You can use these drawings as follows:

» **As PDF:** On the following two pages you'll find the drawings as PDF. Print out the corresponding pages and paint them in different patterns / colours to decide on fabrics, colour combinations and prints. Let your imagination run wild and maybe you will get ideas you never thought of before.

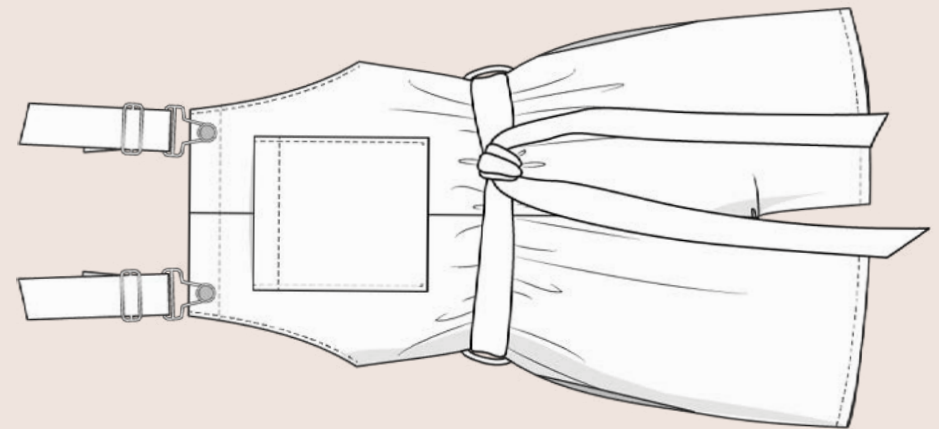
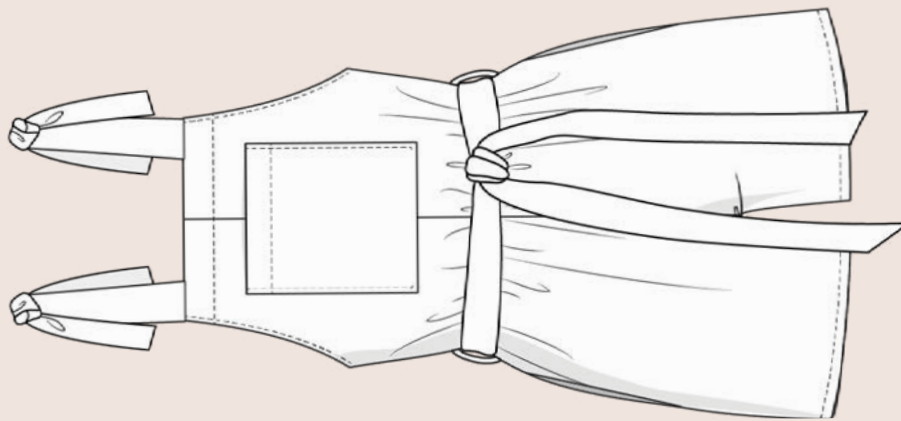
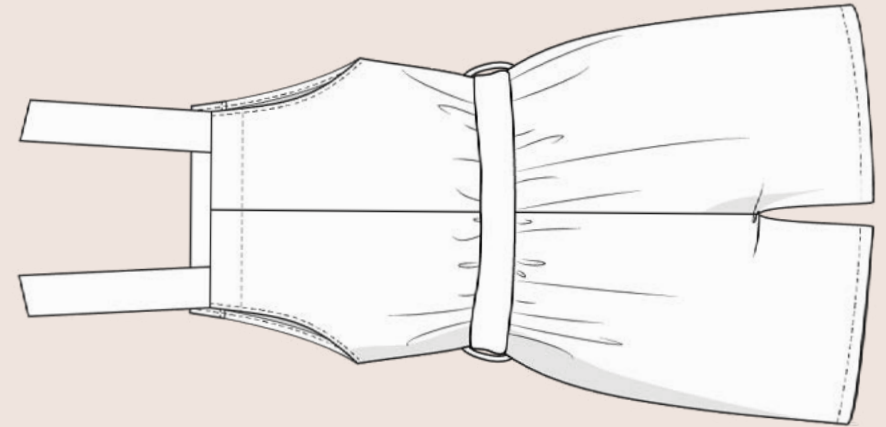
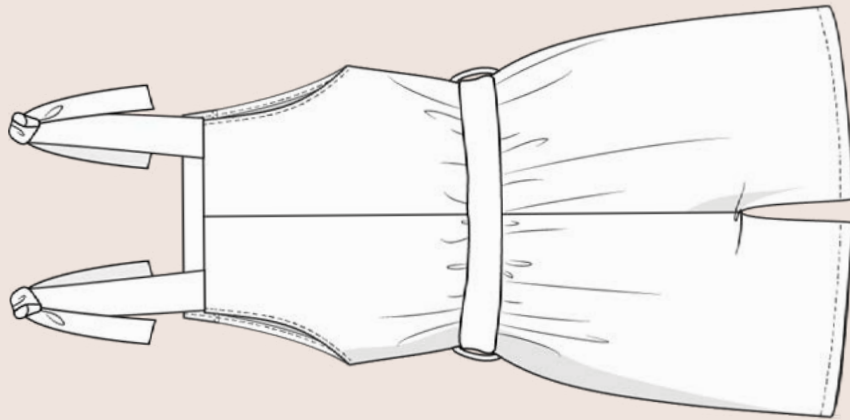
» **As PNG:** In the download I also provide you with the PNG files of the drawings to work with in Photoshop or Procreate. The digital files are not only more environmentally friendly, but also very practical, because you can create and erase as many layers as you like.



Technical Drawing: long Jumpsuit



Technical Drawing: short Jumpsuit



Getting Started: Tips for Beginners

You do not have much experience in sewing clothes?

No problem - here you will find important tips and tricks to help you.

Get an overview

Always read the entire tutorial before you start your new project. I know it can be tempting to start right away, but good preparation usually affects the result and you avoid mistakes and tiresome ripping.

Washing

Wash and iron your fabric before you start working with it. Some fabrics can shrink during washing.

Choose the right size

As sewing instructions and patterns are produced by different designers, sizes may sometimes vary. If you do not know your measurements, take your current measurements and select the appropriate size from the table.

Printing

First print the page with the control square (5x5cm) and then the pattern. Make sure to print in actual size and turn off the automatic page adjustment.

Cutting

The fabric consumption refers to cutting in the grain line and on fold. Although the fabric consumption may be slightly higher, the result will be better, because the grain has a decisive influence on the fall of the fabric and the later fit of the garment. Also, you will avoid the fabric warping after washing as well as wavy seams and crooked hems.

Notches

Notches are small incisions on the edges of the fabric. They serve as a marker for the correct positioning of pockets and belts, for example.

Seam Allowance

The seam allowance is already included (second line around the pattern) and is one centimetre wide. However, you can still cut out your own seam allowance.

Pins

Before sewing, you should pin the pieces of fabric together. I especially recommend fabric clamps for fine fabrics, as they fix the fabric much better.

Ironing

Iron/ press the seams after each step. This makes sewing easier and the result is more beautiful.

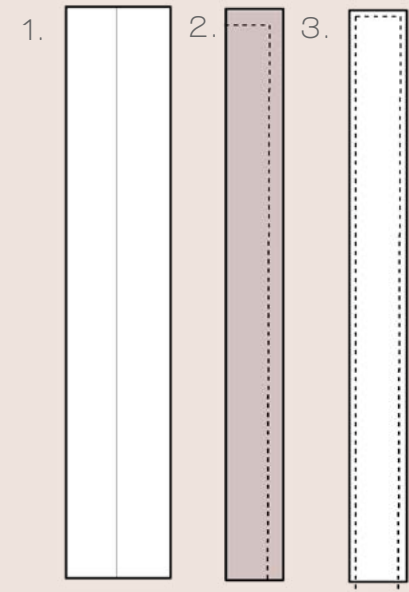
BUT: always iron delicate fabrics with an ironing guard. If in doubt, use a thin tea (cotton) towel..

Straps & Buckles

Straps

1. Iron the pattern piece for the strap lengthwise, right sides together.
2. Close the open edges with a seam allowance of one centimetre. Leave one of the short edges open for turning it over.
3. Turn over the strap right side out, iron it, reduce the seam allowance a little and topstitch from the outside with a narrow edge.
You can leave the short edge (used to turn over the strap) open, as it will disappear in the garment later. This way you can also shorten the strap if necessary.

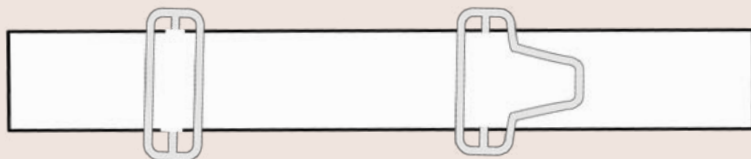
Prepare a total of 4 straps for the knotted variant or two straps for the version with dungaree buckles.



Note: The knottable straps are quite long. You can also leave the short sides of the straps open at first to shorten them later after the fitting if necessary.

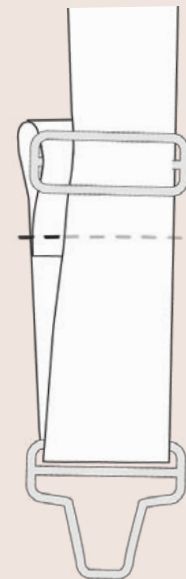
Optional: Dungaree Buckles

1. First pass the metal clasp and then the closure onto the straps.



2. Pull the front end of the strap backwards from below through the metal clasp and sew the end with a straight stitch.

Now you can adjust the length of the strap as you like.



Optional: Belt & Belt Loops

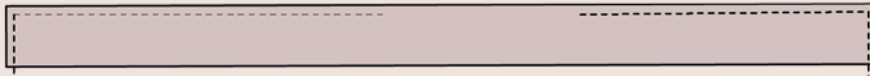
If you want to sew your jumpsuit (dungaree) with a belt, proceed as follows for the belt and the belt loops:

Fabric left side

Fabric right side

Belt

1. Fold the pattern piece for the belt in the middle, right sides together, along the long edge and sew it together with one-centimetre seam allowance. Leave a few centimetres open on the long edge to turn it over.

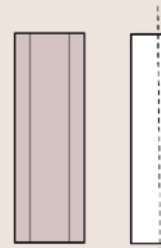


2. Fold the seam allowance neatly at the corners (or cut it back a little) and turn over the belt, right side out. Iron the belt and topstitch the edges all around.



Belt Loops

3. Fold the small strips of fabric for the belt loops left sides together along the length. Now iron the edges inwards one centimetre so that they meet in the middle and lay the folded edges on top of each other again. Close the belt loop with a straight stitch. You can leave the short edges open, as they will be sewn into the side seams.



Sewing Instructions

Fabric left side

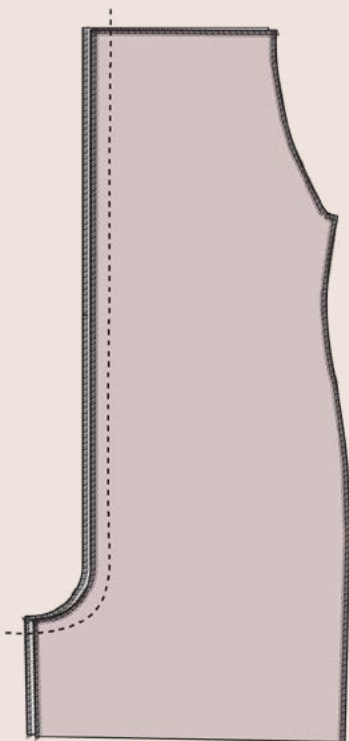
Fabric right side

Important: In the following steps, I'll assume that all open edges of the pattern pieces (including all pockets) are closed by using your Overlocker or an Overlock stitch / Zig-zag stitch of your sewing machine.

Before you start sewing, sew off all open edges (except the hem) with your overlock.

To keep the single layer overlock edge nice and clean, remember to remove a needle from your overlock and sew the fabric pieces with only three threads. Be careful not to trim too much so that you can still see the notches through the overlock seam.

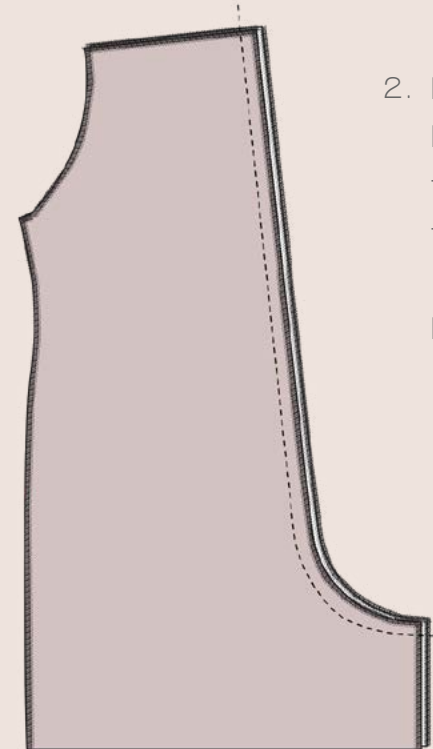
Alternatively use a zig-zag stitch or an overlock-stitch with your regular sewing machine.



1. Place the two front pieces right sides together and sew the center seam together with a straight stitch.

Make sure that the bottom end remains open for the trouser legs.

Press the seam flat.

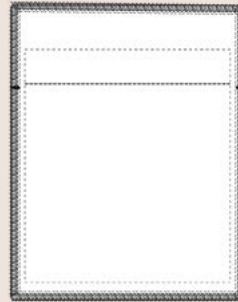


2. Repeat step 1 with the two back pieces. Again, leave the lower end open for the trouser legs.

Press the seam flat.

Optional: Patch Pocket

3. In case you want to add the front pocket, prepare the pocket as follows:



3.1. iron all edges one centimetre inwards.

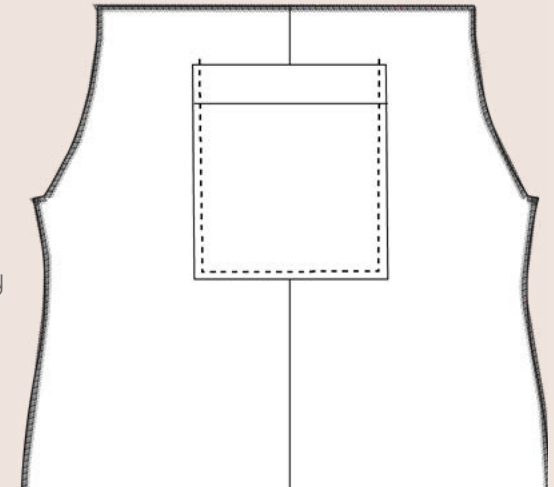
3.2. Iron the top end again two centimetres inwards until the mark (see graphic/ all dotted markings are ironed over)

3.3. Topstitch the top end with a straight stitch. Tip: A higher stitch length looks better here.

4. Now attach the patch pocket to the front.

Use the pattern to help you position the pocket correctly.

When sewing the pocket on, try to topstitch as close to the edge as possible.

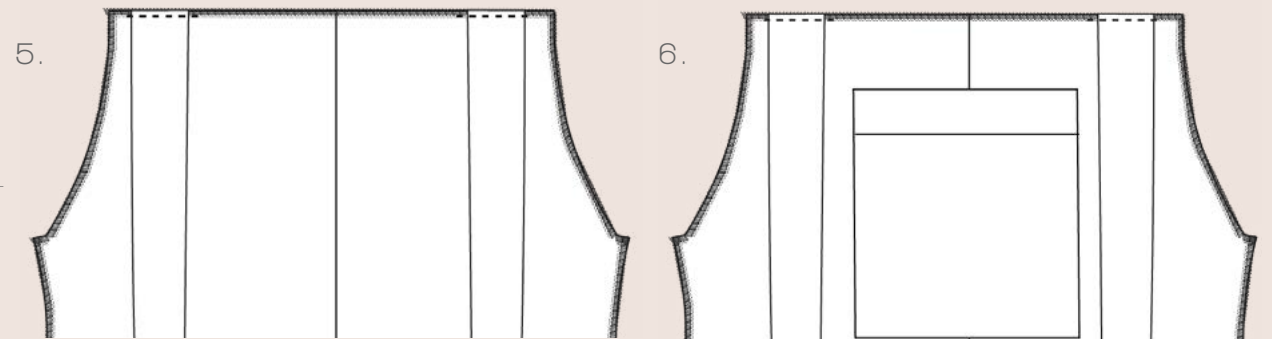


Attaching the straps

5. Fix the straps to the back, right sides together, with three small stitches on the seam allowance (see picture 5, seam allowance of about 0.5 cm).

Use the pattern and notches for correct positioning of the straps.

6. Optional: if you are sewing the version with tie straps, also attach the two **front straps** with three or four stitches to the seam allowance, right sides together.



Tip: From size 40 the bib extends beyond the straps so that the bust is always completely covered. During the test sewing some girls have preferred a narrower bib. On page 18 you can find a tutorial on how to sew the bib a little narrower.

Facing (knottable straps)

(facing for the dungaree version on the next page)

1. Iron the two facings over one centimetre on the long edge.

If you like, you can already topstitch the edge with a straight stitch (recommended for beginners). More experienced sewers can combine this with the next step.

2. Place the back facing right sides together on the back and sew it on with a straight stitch and a centimetre seam allowance.

Stick exactly to the seam allowance so the passage to the straps falls nicely and does not crease.

Fold in the corners, turn the facing to the right and iron the seam.

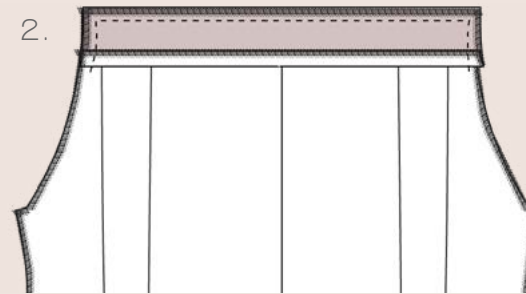
3. Topstitch the open edge of the facing with a straight stitch.

4. Repeat these steps for the front part by sewing the front facing right sides together on the front part. Again, topstitch the facing with a straight stitch..

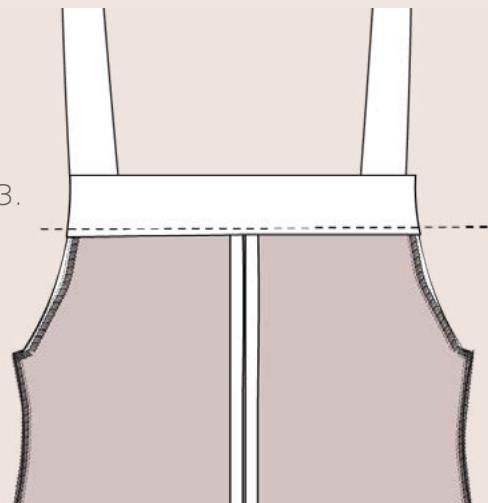
1.



2.



3.



MAKER TIP

Everyone's body is different, so it is very difficult to design a pattern that fits everyone perfectly right away. Sometimes small adjustments are necessary here and there.

Try the garment on early (for example now) so that you can make small or large adjustments where necessary.

To do this, pin the jumpsuit together on the sides with fabric pins or clips and tie the straps & belt tightly so you get a good overview of the fit.

Facing (Dungarees)

1. Optional: Before you start sewing the facings, I recommend that you iron a piece of Vlieseline in the size of the facings according to the manufacturer's instructions onto the front part (recommended for light fabrics like viscose, tencel or linen.)

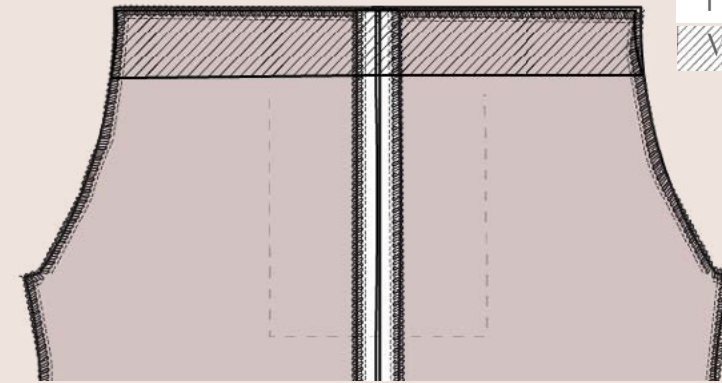
This will give the buttons a better hold and you will prevent the fabric from fraying or even tearing under high pressure.

2. Attach the buttons according to the manufacturer's instructions so that the back of the buttons disappears in the facing. Follow the pattern for correct positioning of the buttons.

Tip: If you are sewing a very fine fabric, you can also attach the buttons through both layers of fabric (i.e. front and facing).

3. Iron the two pieces of facings one centimetre around the long bottom edge.

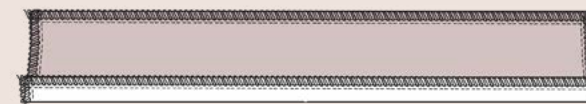
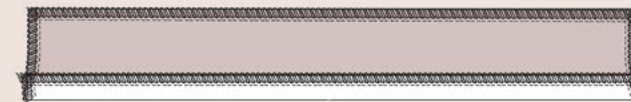
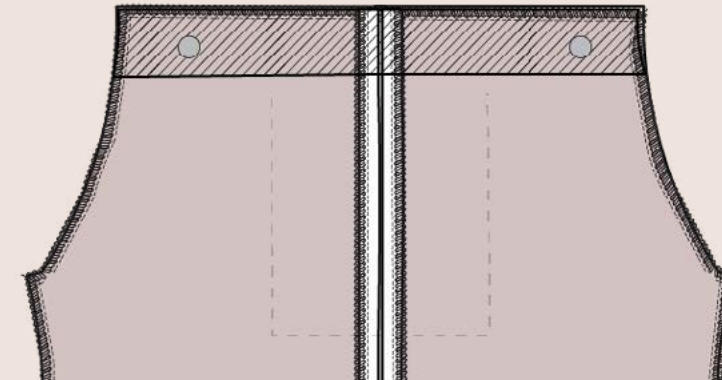
If you like, you can already topstitch the edge with a straight stitch (recommended for beginners). More experienced sewers can combine this with the next step.



Fabric left side

Fabric right side

Vlieseline

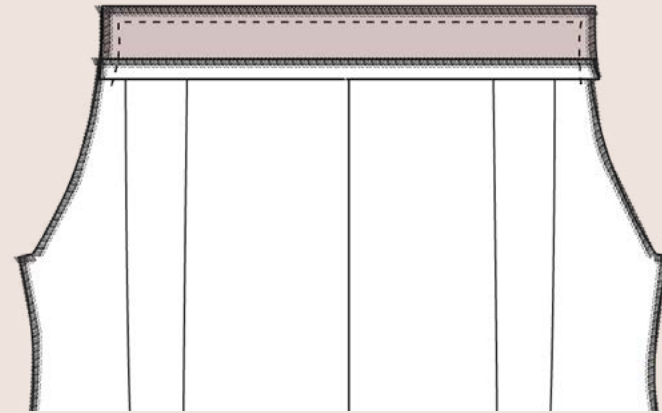


Facing (Dungarees)

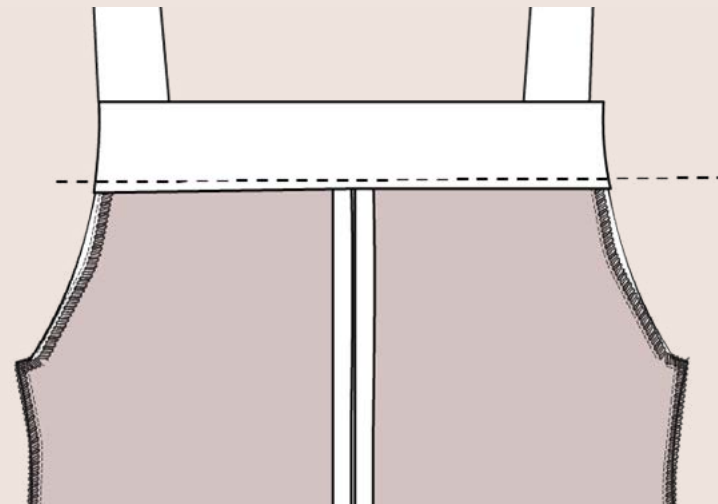
4. Place the back facing on the back piece (right sides together) and sew it on with a straight stitch and one-centimetre seam allowance. The straps are placed between the two layers and are now automatically sewn into the facing.

Stick exactly to the seam allowance so the straps falls nicely and wont crease.

Fold in the corners, turn the facing right out and iron.



5. Topstitch the facing with a straight stitch.



6. Repeat these steps for the front part by sewing the front facing right sides together.

Again, topstitch the open edge of the facing with a straight stitch.

In-Seam Pockets

Important: If you are sewing the jumpsuit without a belt you might have to adjust the position of the pockets a little higher as they might otherwise sit too low.

1. Now take two pocket pieces and place them on the front part (each pocket right sides in top of the front piece). The notches should meet to ensure that the pocket is positioned correctly.

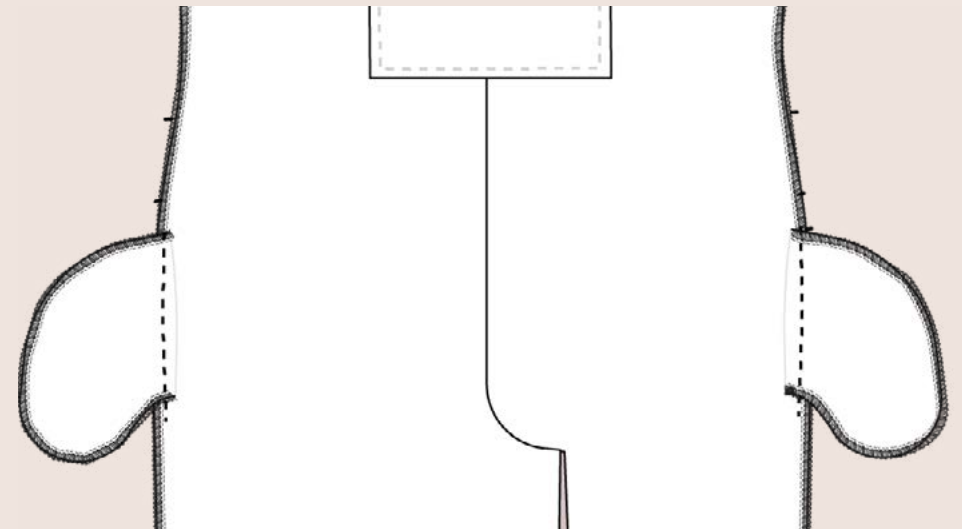
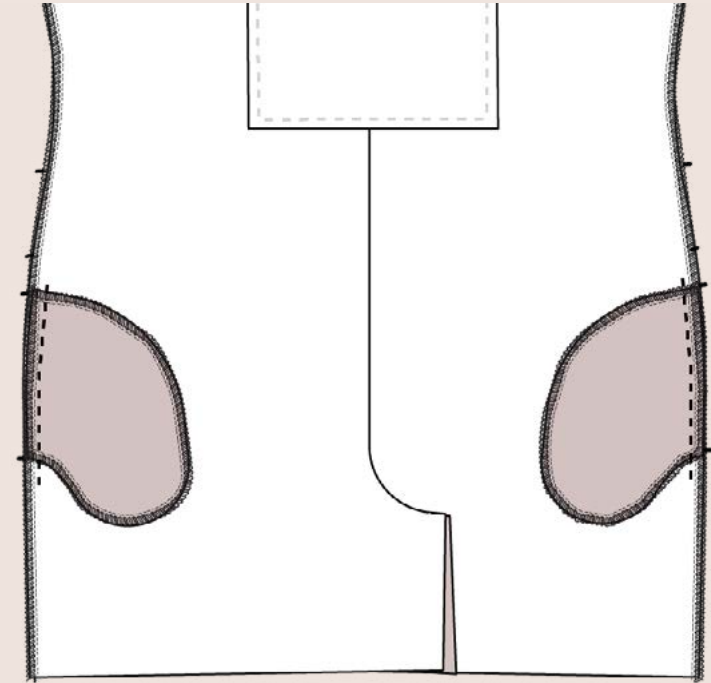
2. Attach the pockets with one centimetre of seam allowance. Follow the seam allowance exactly and if in doubt, sew a little less rather than more seam allowance so that the pocket will disappear in the side seam.

3. Fold the pocket over and iron the seam allowance into the pocket.

4. Repeat steps 1-3 for the back.

5. Additionally, only for the seam pockets on the front part:

Topstitch the pocket from notch to notch.



Close the side seam

Optional: attach the belt loops

1. If you want to wear the jumpsuit with a belt, remember to place the belt loops into the side seam (between the front and back) before you close the seam.

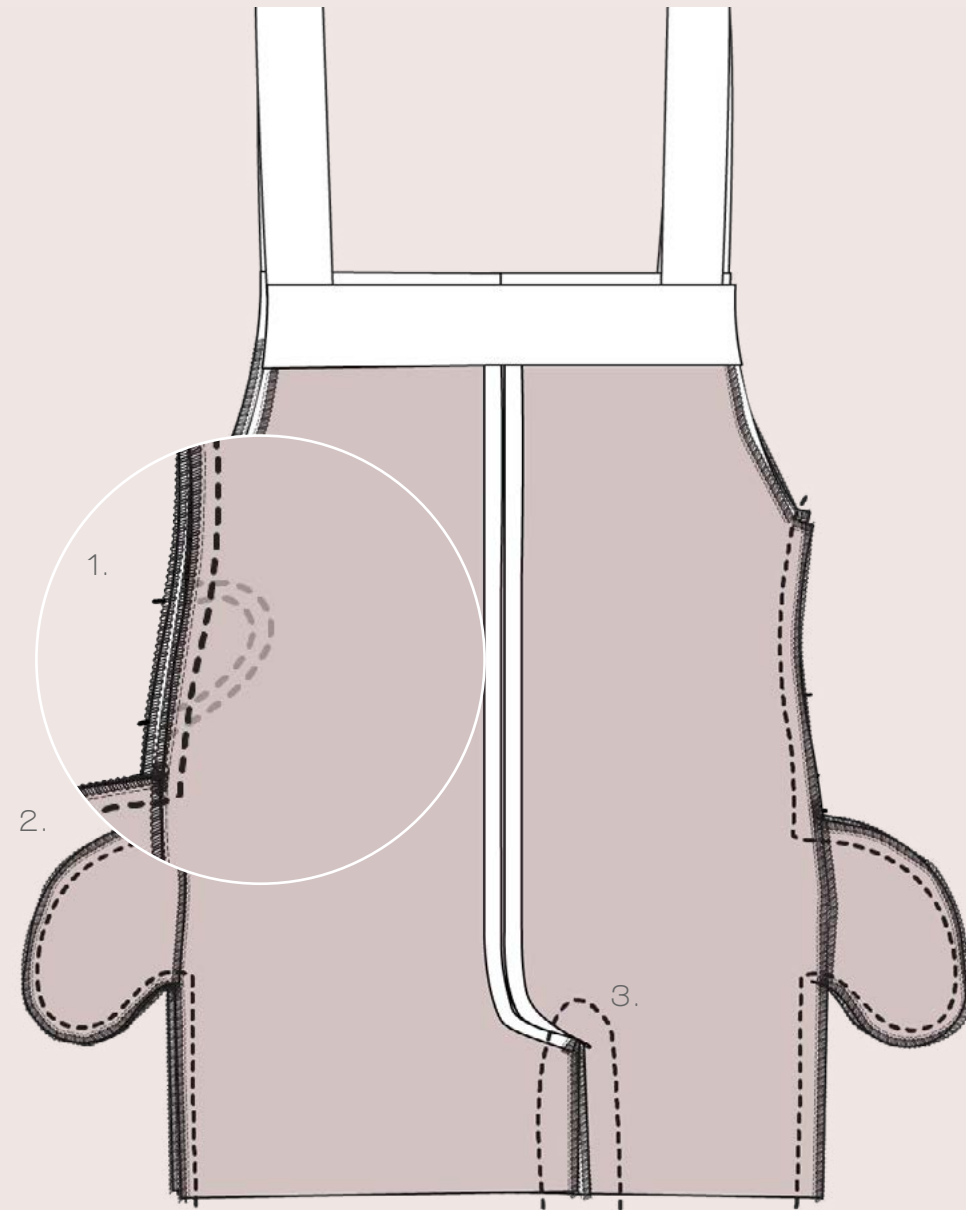
Position them at the provided notches above the seam pockets (see pattern).

Tip: To prevent the belt loops from slipping, you can also attach them just before sewing the side seam with three small stitches on the seam allowance (front or back).

2. Place the front and back parts right sides together. The pockets are folded outwards.

Close the side seams from the armhole down to the hem and around the seam pockets. When sewing around the seam pockets, I recommend sewing very slowly and accurately.

3. Close the leg seam / crotch, thus joining the front and back parts together.



Hemming

Almost done! Now just hem the open edges.

Armhole

1. Iron the armhole one centimetre on both sides so that it fits perfectly with the front and back facing. Hem the armholes and the facings with a straight stitch (see figure 1).

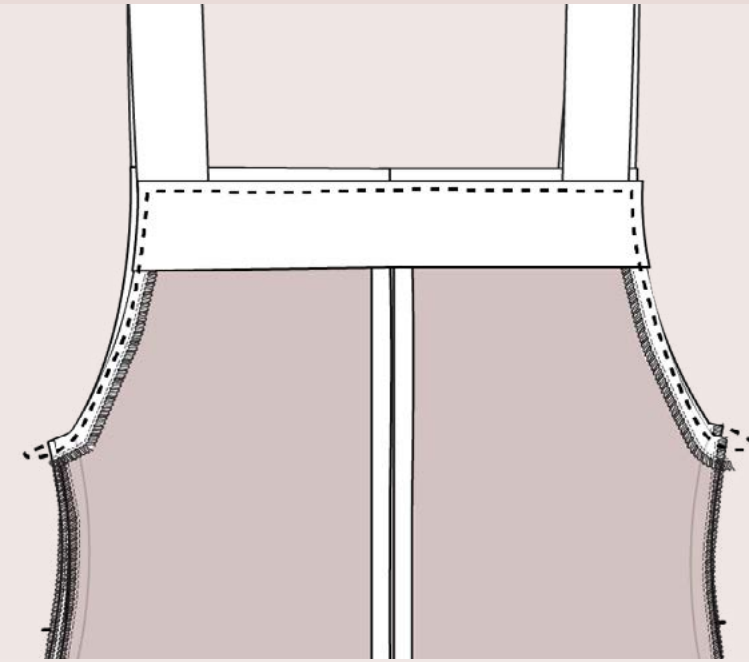
Hemming

Try on your new garment now and decide how long your #jumpsuitleyla should be.

Important: if you sew the jumpsuit with a belt, close the belt during the fitting, as this will influence the final length.

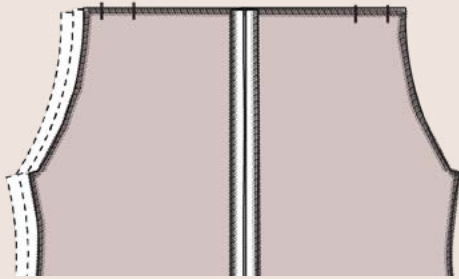
Here are a few ideas for the hem:

1. Overlock the open edges with (or use a zigzag stitch). Turn the hem over one centimetre (according to the seam allowance) and topstitch it.
2. Instead of the simple hem, you can also use a double folded hem. To do this, fold the hem in twice: first 0.5 cm, iron, then 1 cm, iron again and sew it with a straight stitch to a tight edge. This way the open edge disappears in the seam and you don't have to overlock it.
3. Fringe the hem by first sewing a straight stitch all the way round to the desired length and then unraveling it thread by thread with your seam ripper.



Optional: Adjust the Bib

The front bib becomes proportionally larger with each individual size, so that the chest is always completely covered. However, for a smaller bust size, the bib can appear a little too large and therefore it can sometimes be useful to reduce it a little bit.



Between the individual sizes are 5 cm, i.e. 2.5 cm / side.

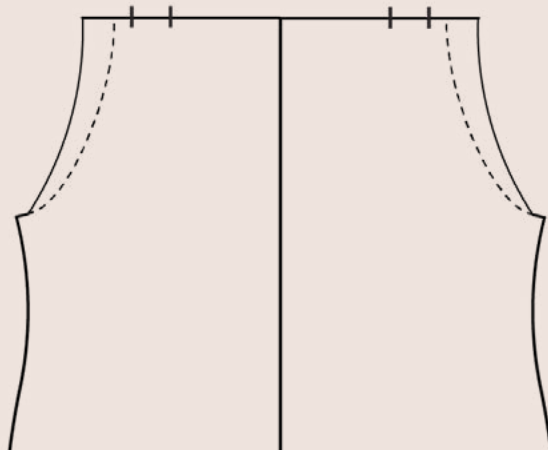
1. Mark on the upper edge how far you want to reduce the bib per side.

Important: Reduce the bib to a maximum of 1.5 cm before the straps, as you should have at least 1 cm of seam allowance (for thicker fabrics, count 1.5 cm of seam allowance instead).

2. Draw the new armhole (see dotted line). Use the old rounding as a guide.

3. Adjust the pattern piece and overlock all open edges.

4. Put on the front facing and shorten it according to your new pattern piece.



Picture by [@goldilocksandthewildone](#)

Instagram: [@makeityourstheLabel](#)

Website: www.mylabel.com

Pinterest: [Make it yours - the Label](#)

Charts in inches

Finished garment size chart, inches

In this table you will find the measurements of the finished garment:

Dimensions	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Bust	34	36	38	40	42	44
Waist	32	35	37	39	41	43
Hips	38	40	42	44	46	48
Inseam	29,6	29,4	29,2	29	28,8	28,6

Body measurements table, inches

The finished measures correspond to the following body measurements:

Dimension	XS 34	S 36	M 38	L 40	XL 42	XXL 44
Bust	27-31	31-35	35-39	39-42	42-46	46-50
Waist	20-24	24-28	28-32	32-36	36-40	40-44
Hips	29-33	33-37	37-41	41-45	45-49	49-53

Fabric consumption, short version, yards

Fabric width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
45"	1.9	1.9	1.9	2.0	2.2	2.2
54-60"	1.7	1.8	1.9	2.0	2.1	2.2

Fabric consumption, long version, yards

Fabric width	XS 34	S 36	M 38	L 40	XL 42	XXL 44
45"	3.1	3.1	3.1	3.2	3.2	3.2
54-60"	2.4	2.4	2.8	2.9	3.2	3.2



Picture by @mikfinpino

Instagram: [@makethelabel](#)
 Website: www.makethelabel.com
 Pinterest: [Make it yours - the Label](#)

Yay, you are done.

Share your work on Instagram and link

[@makeityoursthelabel](https://www.instagram.com/makeityoursthelabel)

[#jumpsuitleyla](https://www.instagram.com/hashtag/jumpsuitleyla)

You might also like one of my other tutorials:



ABOUT

I am Maria, I live & work in Berlin and love (DIY) fashion. I hope you had a lot of fun with this tutorial and are enjoying your new garment.

You can find more ideas and inspiration on my blog and on my Instagram account:

[@makeityoursthelabel](https://www.instagram.com/makeityoursthelabel)

www.makeityoursthelabel.com



Instagram: [@makeityoursthelabel](https://www.instagram.com/makeityoursthelabel)

Website: www.miythelabel.com

Pinterest: [Make it yours - the Label](https://www.pinterest.com/makeityoursthelabel/)