

# SUPPLY LIST: ACTIVEWEAR

## Portland Sewing

2111 NE 43rd Avenue; Portland, OR

Contact: [info@portlandsewing.com](mailto:info@portlandsewing.com)

**Sewing supplies** (*You can get all supplies at Portland Sewing with your 20% student discount*)

Needles:

Stretch (or ballpoint) – for knits: Schmetz size 11/75

Universal – for wovens and, if necessary, knits: Schmetz size 80/12

Twin needles – for stable seams and hems: Schmetz 2.5 and 4.0

Matching thread:

2 spools Gutermann all purpose 100% polyester – for twin needle work

3 cones serger thread – for serging and coverstitch/coverlock

Woolly nylon – use in upper looper of serger machine to make seams softer.

Pins:

Glass head 1-3/8" or IBC silk super fine steel 1¼" x 0.50 mm – penetrates stretchy fabrics without snagging

NOTE: Use weights rather than pins to hold patterns in place while cutting. Use fabric glue sticks or washaway basting tape to hold pockets and zippers in place.

Silicone lubricant:

Sewer's Aid -- apply sparingly to spool and bobbin thread, lubricates thread guides and tensions. Makes smoother sewing on knits, sheers and especially great for metallic threads. Add to bottom of presser foot, scissors, and to help stubborn zippers.

FrayCheck – Locks fabric threads to prevent fraying.

Steam-a-Seam – ¼" wide, lite or regular, to make hems stable.

### **Fabrics:**

Hoodies: 1-5/8 to 2-1/8 yd of 60"-wide French terry or sweatshirt fleece. For zip: 1/8 yard knit interfacing, 20" separating zipper for knits.

Yoga pants: 1-1/4 to 2-5/8 yd of 60"-wide cotton lycra

Leggings: 1-1/4 to 1-1/2 yd of 60"-wide of cotton lycra or nylon lycra

Sports bra: ½-3/4 yd of 60"-wide cotton lycra or nylon lycra, 1-1/2 yd of 1-1/2"-wide elastic.

**Recommended Book:** *Sewing Activewear*, Singer Sewing Reference Library.

You won't need it for class, but it's a good book to have. You can find it on Amazon or Powells