

SUPPLY LIST

Custom Dress Form Supply List

Pamela Leggett, Instructor Pamela@pamelaspatterns.com

- Please email me directly with any questions you might have

In this class you will learn how to adjust, pad and cover a purchased dress form to fit all of your unique curves. The best part of this type of dress form “construction” is that as your body changes, so can your dress form!

Check the list below for the “My Double” dress forms with which I have had the best luck and have found to be a good sturdy quality. The fact that they are adjustable will help immensely. **Call Liz Bedell (M-F, 10-2, 610-768-9453) for availability, ordering and pricing info (you will receive a 10% class discount!). Please allow 3-4 weeks for delivery.** If you already have one that is a good match for your measurements, you are welcome to use it for the class.



How To Choose the Correct Size Form:

You only need to take one measurement – your high bust. When you take the high bust measurement, have the measuring tape **snug** to your body, without outerwear on. Place the tape measure just under your shoulder blades in the back, high up under the arm, and above the bust. Use this measurement as the “bust measurement” and choose the form size from just this one measurement.

Other items you will need:

- A padded or soft cup bra that fits you now. It can be an old one or an inexpensive one, but it should be a size that fits you. This might be a good time to go for a professional bra fitting just to make sure! Nordstrom's in the King of Prussia Mall is a great places to go. **The bra and undies (below) will stay on the dress form.**
- A pair of “granny panties” in your size. Just in case you don't know what that is, that is the young person description of a typical pair of undies that come to your waist!
- A bag of fiberfill (used to stuff pillows) and quilt batting (can be leftovers or smaller type pieces).
- 1 1/4 yd of a 4-way stretch knit for the dressform cover.* This is a knit that stretches in both the crosswise and lengthwise direction. It can be a plain or print fabric depending on how you want it to look when finished.
- Thread to match.
- 1 yd of thin cord or ribbon and a cord lock.
- 2 pkgs. Self adhering elastic bandage – these are found at CVS, Walgreens, etc. near the ace bandages. They are available in 2”, 3” and 4” widths. Or you can bring regular ace bandages.
- Sewing machine or serger
- Basic sewing supplies



Petite Item Number: 20075

BUST: 28-34" WAIST: 22-29" HIPS: 30-37"



Small Item Number: 20405

BUST: 33 – 41" WAIST: 26 – 33" HIPS: 36 – 44"

Medium Item Number: 20406

BUST: 40" - 47" WAIST: 32" - 39" HIPS: 41" - 49"

Full Figure Item Number: 20300

BUST: 45-53" WAIST: 38-46" HIPS: 47-55"



**** You can also get these from Amazon**