super basic
UNDERPANTS

halfmoon ATELIER

WHAT'S INSIDE

TERMS OF USE

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ABOUT THE UNDERPANTS

The super basic underpants are just that – basic underpants…only super! These underpants were designed especially with round bums in mind, offering full coverage around the back then curving into a low-rise hipster at the front. The pattern pieces look a little funky, but they piece together to create some truly cozy underpants that stay put.

This is a computer drafted, layered and nested pattern. Step-by-step instructions will guide you whether using a standard sewing machine only or in combination with a serger.

SIZES: 86cm to 170cm ($33^3/_4$" to 67") full hip measurement

SKILL LEVEL: Beginner

FABRIC: light- to mid-weight knits with good recovery, such as stretch cotton, bamboo or modal jersey with 40% to 100% stretch (drafted for approx. 60% stretch).

NOTIONS:
- coordinating thread
- ball-point needle
- elastic (such as fold over elastic, picot elastic, knit or braided elastic or self-fabric (ie. no elastic!))

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UNDERPANTS VIEWS

If your feel comfortable, I'd love for you to share your super basic UNDERPANTS on social media by using the hashtag **#superbasicunderpants** and tagging me with **@halfmoonatelier!**
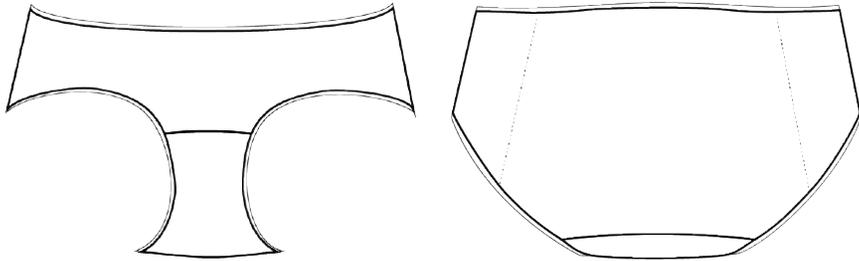
PRINTING YOUR PATTERN

1. To print at home, download the pattern to your laptop or computer and open it using Adobe Acrobat Reader (download for free here: https://get.adobe.com/reader/).

2. Turn off all scaling, and print "Actual Size" or "100%" in full color or gray-scale (to save ink). **Print p.1 (sizes 1 - 10) or p. 5 (sizes 11 - 18) first, on its own**, and measure the test square to be sure the print has been done accurately.

3. To print your size(s) only, turn on the "Layers" icon (far left side of the screen) and toggle the eye icon to view or hide sizes.

4. **Sizes 1 to 10** are layered and nested on **p.1 to p.4**.
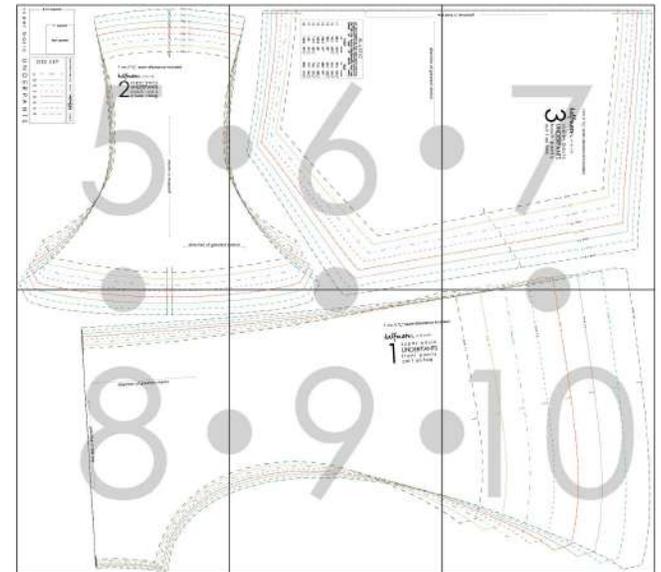   **Sizes 11 to 18** are layered and nested on **p. 5 to p.10**.

ASSEMBLING YOUR PATTERN

1. To assemble, cut off the top and right-side page borders. Leave the left- and lower borders to overlap and tape pages.

2. Half-circles match to form full circles where pages need to be attached.

SIZES 1 - 10
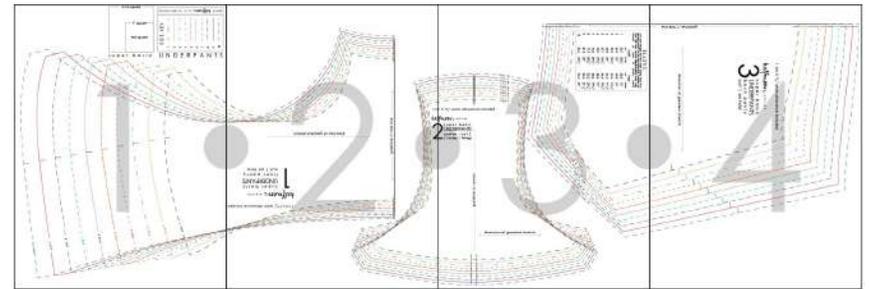
SIZES 11 - 18

SIZING

Choose your size based on the measurement of your full hip, at the lowest point of your hip bone. **See page 5 for sizing matters.**

centimeters

body measurements

	1	2	3	4	5	6	7	8	9	10
natural waist	60	64	68	72	76	80	84	88	92	96
full hip	86	90	94	98	102	106	110	114	118	122

	11	12	13	14	15	16	17	18
natural waist	102	108	114	120	126	132	138	144
full hip	128	134	140	146	152	158	164	170

finished garment

	1	2	3	4	5	6	7	8	9	10
low waist	56	60	64	68	72	76	80	84	88	92
leg opening	40.5	42.7	44.9	47.1	49.3	51.5	53.7	55.9	58.1	60.3

	11	12	13	14	15	16	17	18
low waist	96	102	108	113	119	125	131	137
leg opening	63.7	67.1	70.5	73.9	77.3	80.7	84.1	87.5

Note: finished garment measurements are BEFORE elastic has been sewn on. as the pattern is drafted with negative ease, these will be smaller than your body.

inches

body measurements

	1	2	3	4	5	6	7	8	9	10
natural waist	23$\frac{1}{2}$	25$\frac{1}{4}$	26$\frac{3}{4}$	28$\frac{1}{4}$	30	31$\frac{1}{2}$	33	34$\frac{3}{4}$	36$\frac{1}{4}$	37$\frac{3}{4}$
full hip	33$\frac{3}{4}$	35$\frac{1}{2}$	37	38$\frac{1}{2}$	40$\frac{1}{4}$	41$\frac{3}{4}$	43$\frac{1}{4}$	45	46$\frac{1}{2}$	48

	11	12	13	14	15	16	17	18
natural waist	40$\frac{1}{4}$	42$\frac{1}{2}$	45	47$\frac{1}{4}$	49$\frac{1}{2}$	52	54$\frac{1}{4}$	56$\frac{3}{4}$
full hip	50$\frac{1}{2}$	52$\frac{3}{4}$	55	57$\frac{1}{2}$	59$\frac{3}{4}$	62$\frac{1}{4}$	64$\frac{1}{2}$	67

finished garment

	1	2	3	4	5	6	7	8	9	10
low waist	22$\frac{1}{4}$	23$\frac{3}{4}$	25$\frac{1}{4}$	27	28$\frac{1}{2}$	30	31$\frac{1}{2}$	33$\frac{1}{4}$	34$\frac{3}{4}$	36
leg opening	16	16$\frac{3}{4}$	17$\frac{3}{4}$	18$\frac{1}{2}$	19$\frac{1}{2}$	20$\frac{1}{4}$	21$\frac{1}{4}$	22	23	23$\frac{3}{4}$

	11	12	13	14	15	16	17	18
low waist	37$\frac{3}{4}$	40	42$\frac{1}{4}$	44$\frac{3}{4}$	47	49$\frac{1}{4}$	51$\frac{1}{2}$	54
leg opening	25	26$\frac{1}{2}$	27$\frac{3}{4}$	29	30$\frac{1}{2}$	31$\frac{3}{4}$	33	34$\frac{1}{2}$

Note: finished garment measurements are BEFORE elastic has been sewn on. as the pattern is drafted with negative ease, these will be smaller than your body.

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SIZING MATTERS

Choose your size based on your **full hip**. If you are between sizes, based on full hip, it is typically best to size down and then play a bit with the seam allowances.

When measuring your **"full hip"** for the super basic UNDERPANTS, you'll want to measure at the point of your low hip bone and choose the corresponding size. Depending on your own body, **this may not be the fullest point of your bum**, but it will help to choose the pattern size that will fit your body most comfortably.
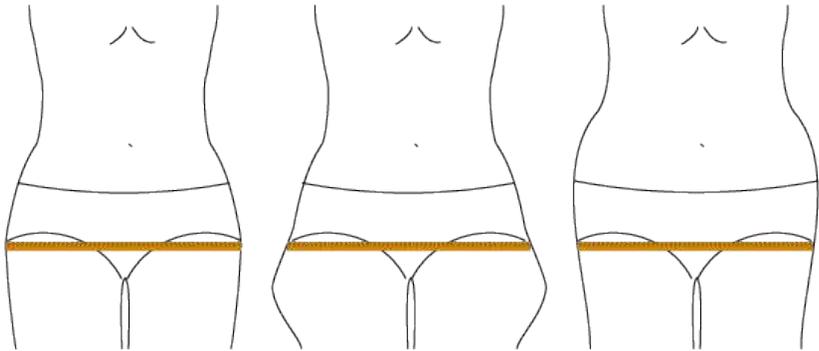
If your waist and hip measurements put you in two different sizes, according to the chart, choose the size that best matches your "full hip" measurement, and grade from there, if necessary, toward the (low) waist line.
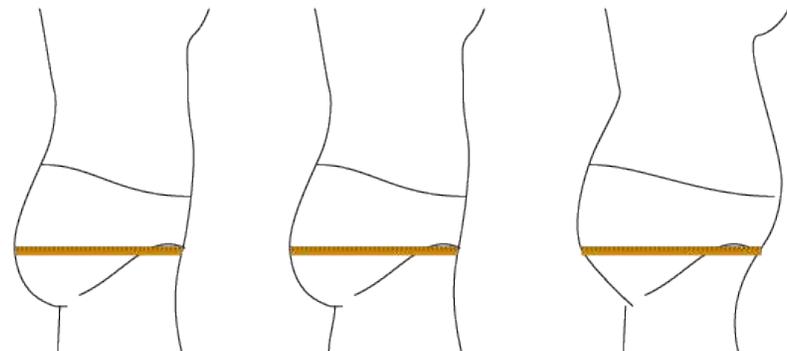
Full bum adjustment: go a size up for the back panty (2), grading up to the back-panty size at the sides.

Flat bum adjustment: go a size down for the back panty (2), grading up to the front-panty size at the sides. You may also want to straighten out the curve at the side of the front-panty (1).

If you require **more coverage at the front rise**, simply raise the center front and redraw the top edge to merge into the curve at the side.
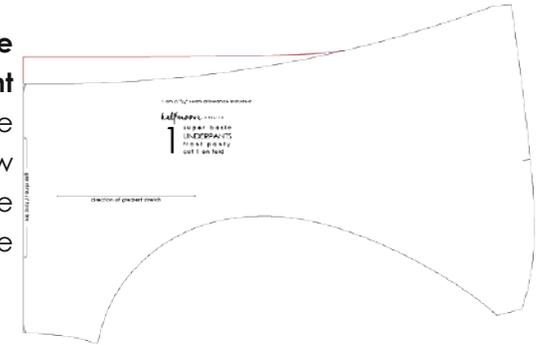
To create a mid- or high-rise panty, raise the rise at the center front and center back straight up, then **increase the rise at the sides following the side angle by an equal amount.**

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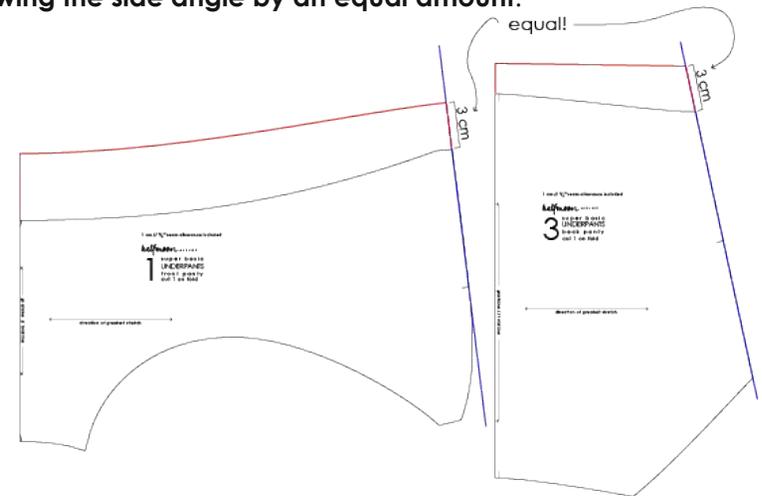
GOOD TO KNOW

wash

Wash and dry your fabric in the manner you intend to use once your garment is finished.

tape

Using **double-sided tape** in place of pins during construction may help achieve a cleaner seamline.

baste

A long (4mm), stitch that helps to hold fabric pieces together before stitching the final seam

needle
foot

Use a **ballpoint needle** for garment construction.

On your standard sewing machine, reduce the pressure on your presser foot or use a **walking foot** to allow the fabric to feed evenly without stretching or distorting.

stitch

When sewing knits on standard sewing machine, use a **stretch ("thunderbolt") stitch or narrow, long zig-zag** for construction. A **3-step zig-zag** works best when attaching elastic. However, all machines and fabrics are different, so it's always best to **test your stitch on a scrap fabric first**!

elastic

After attaching elastic, hover your iron over the edges and hit them with some **shots of steam** to help elastic recover.

muslin

Sewing a muslin, or **practice garment**, in a low-cost but similarly structured fabric first will help ensure an accurate fit.

seams

Seam allowance **is included and is 1cm ($^3/_8$")**.

NOTES ON STRETCH

Sewing with knits can be super satisfying! Raw edges of knit fabric do not fray, sizing tends to be easier and finished garments are more forgiving than their woven friends.

Final fit depends a lot on the stretch content. This pattern is drafted for a jersey fabric with approximately 60% stretch and good recovery. The exact amount of elastic needed may also vary based on type of elastic and personal comfort, so the amounts given may be a bit more than actually needed.

Pay special attention to the direction of greatest stretch when laying out your pieces to cut your fabric. **The direction of greatest stretch is typically perpendicular to the selvedge.**

Use the ruler to the right to check the stretch of your fabric. Cut a 7.5 cm or 3" swatch. With your left hand, hold the left side of the fabric at the start of the ruler. Use your right hand to pull the fabric from the 3" point toward the right. If your fabric stretches to 11.5 cm or $4^1/_2$", it has 40% stretch. If it stretches to approx 12.5 cm or just under 5", it has 65% stretch.
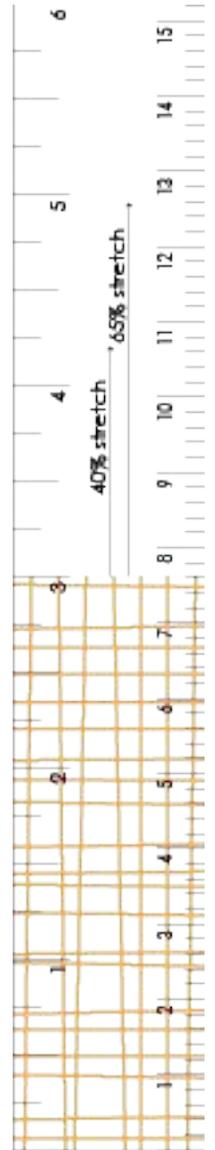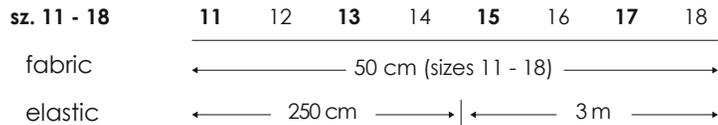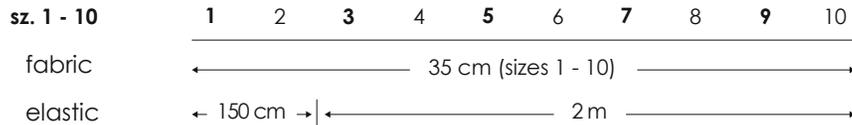
FABRIC + NOTIONS

FABRIC: light- to mid-weight knits with good recovery, such as stretch cotton, bamboo or modal jersey with 40% to 100% stretch (drafted for approx. 60% stretch). Fabric requirements are based on **150 cm, or 59", fabric width. For your health, you may want to use 100% cotton jersey for the crotch lining**.
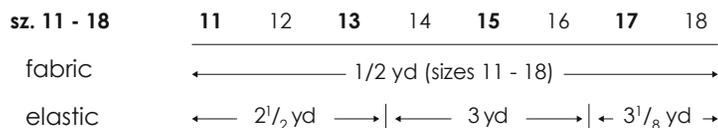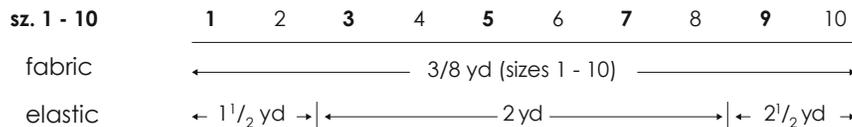
ELASTIC: directions are given for four different types of elastic:

- fold over elastic (FOE) (1.5cm or $^5/_8$" wide)
- picot elastic (1 to 1.2cm or $^3/_8$" to $^1/_2$" wide)
- knit or braided elastic (5mm or $^1/_4$" wide)
- self-fabric band (3cm or $1^1/_4$" wide)

centimeters

sz. 1 - 10

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

fabric ← 35 cm (sizes 1 - 10) →

elastic ← 150 cm →| ← 2 m →

sz. 11 - 18

| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |

fabric ← 50 cm (sizes 11 - 18) →

elastic ← 250 cm →| ← 3 m →

inches

sz. 1 - 10

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

fabric ← 3/8 yd (sizes 1 - 10) →

elastic ← $1^1/_2$ yd →| ← 2 yd →| ← $2^1/_2$ yd →

sz. 11 - 18

| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |

fabric ← 1/2 yd (sizes 11 - 18) →

elastic ← $2^1/_2$ yd →| ← 3 yd →| ← $3^1/_8$ yd →

This table offers elastic cutting guidelines. Measurements are based on the "10% rule" and **actual requirements may vary based on the type of elastic or personal comfort**. Don't forget to make adjustments based on sizing modifications you may have made!

size	waist	legs (2x)	size	waist	legs (2x)
1	52.7 cm $20^3/_4$"	38.5 cm 15"	11	88.3 cm $34^3/_4$"	59.3 cm $23^1/_4$"
2	56.3 cm 22"	40.5 cm 16"	12	93.6 cm $36^3/_4$"	62.4 cm $24^1/_2$"
3	59.9 cm $23^1/_2$"	42.4 cm $16^3/_4$"	13	98.9 cm 39"	65.4 cm $25^3/_4$"
4	63.5 cm 25"	44.4 cm $17^1/_2$"	14	104.1 cm 41"	68.5 cm 27"
5	67.1 cm $26^1/_4$"	46.4 cm $18^1/_4$"	15	109.4 cm 43"	71.6 $28^1/_4$"
6	70.7 cm $27^3/_4$"	48.4 cm 19"	16	114.7 cm $45^1/_4$"	74.6 cm $29^1/_4$"
7	74.3 cm $29^1/_4$"	50.4 cm $19^3/_4$"	17	120 cm $47^1/_4$"	77.7 cm $30^1/_2$"
8	77.9 cm $30^1/_2$"	52.3 cm $20^1/_2$"	18	125.3 cm $49^1/_4$"	80.8 cm $31^3/_4$"
9	81.5 cm 32"	54.3 cm $21^1/_4$"			
10	84.4 cm $33^1/_4$"	56.2 cm 22"			

ADDITIONAL NOTIONS: coordinating thread, ball-point sewing machine needle

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STEP 1: CUT + MARK

right side of fabric

wrong side of fabric
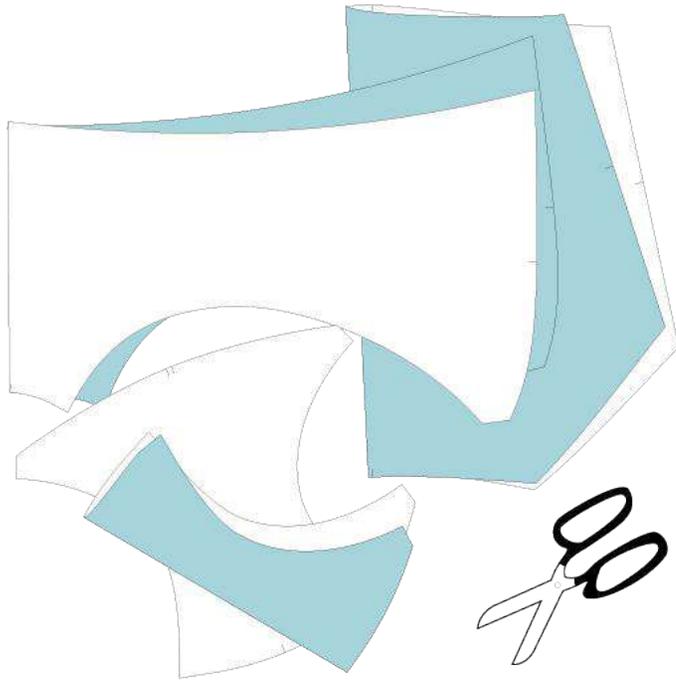
Cut out pattern pieces and carry over markings. **Make a small snip on the fold line at the center top and center bottom of each panty piece**.

If you will be using self-fabric rather than elastic, cut those strips now as well.

Seam allowances are 1cm ($^3/_8$") throughout the pattern.

STEP 2: BACK TO CROTCH

With right sides touching, match up the center notches of the **back panty and the outer crotch**. Place a pin at the center notch, then pin the outer edges, before easing the rest of the curve to align. **Pin and baste** at approx. 5mm ($^3/_{16}$") seam allowance.
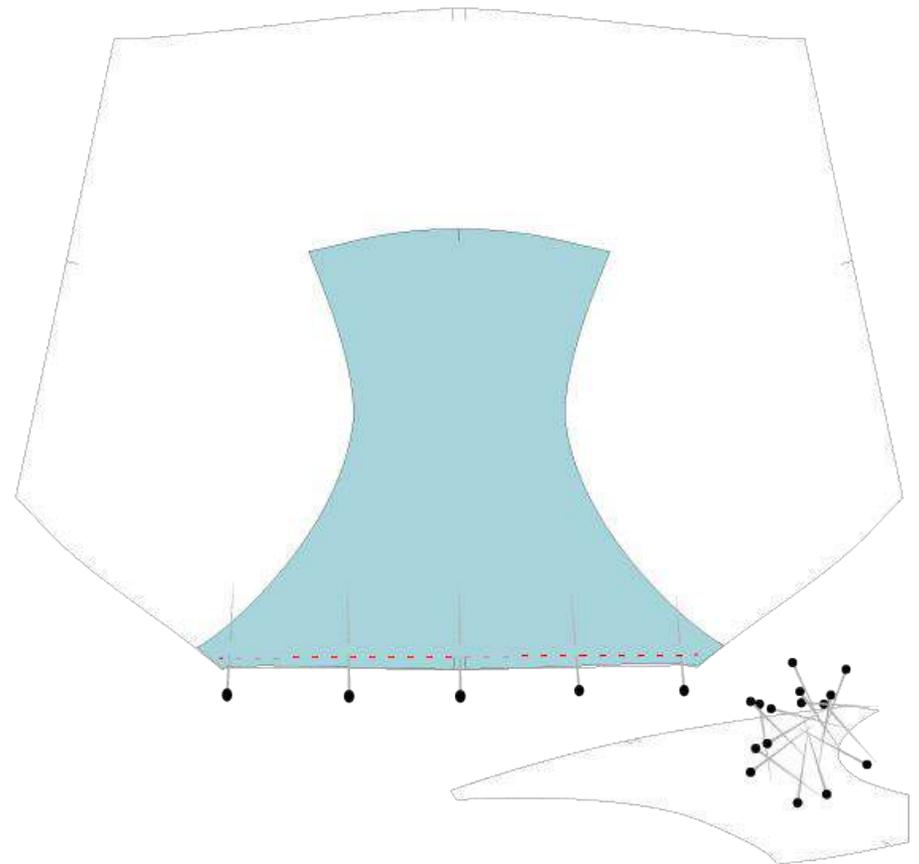
STEP 3: BACK TO CROTCH

Align the crotch lining at the basted seam, with the **right side of the crotch lining touching the wrong side of the back panty**. Again, place the first pin at the center notch, then pin the outer edges, before easing the rest of the curve to align. **Pin and stretch-stitch or serge** at 1cm ($^3/_8$") seam allowance. (You are stitching through three layers: crotch, back panty, crotch.)

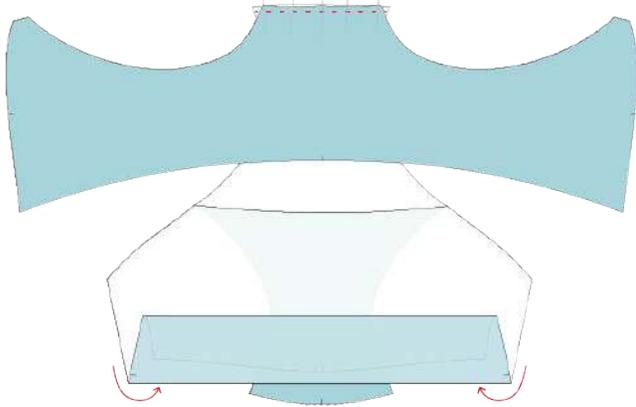Trim or grade seam allowances to reduce bulk and press seams and crotch toward the crotch.

side view
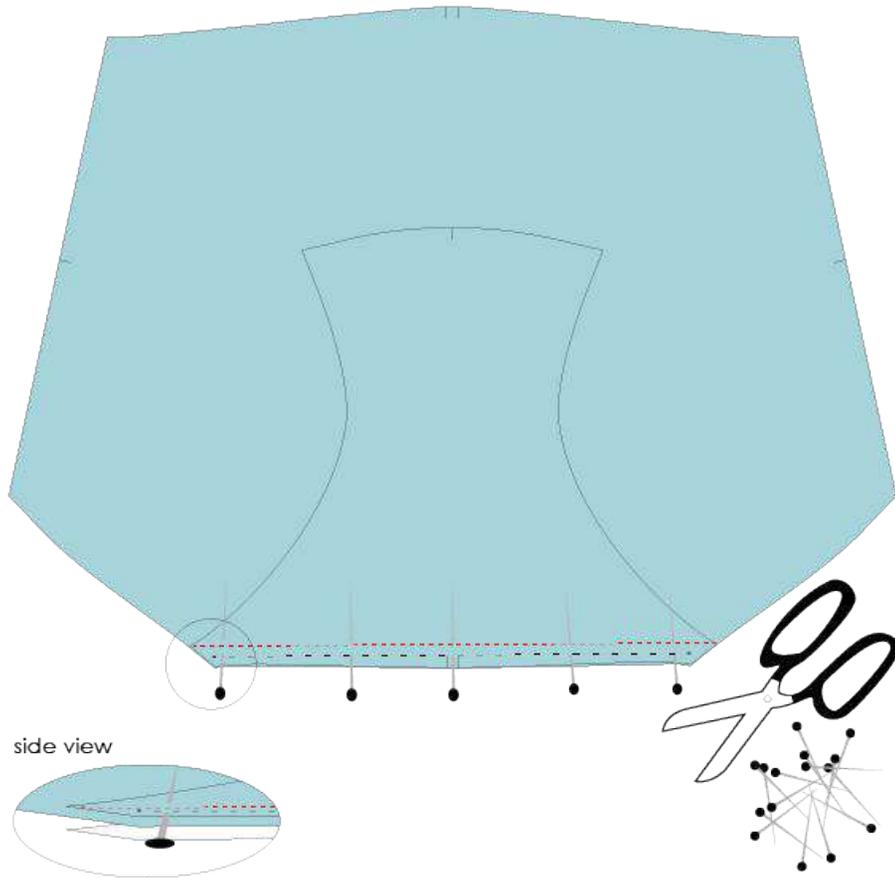
STEP 4: FRONT TO CROTCH

Allowing the crotch lining to fall out of the way, lay the back panty + crotch in front of you, right side of back panty fabric facing up. With **right sides of fabric touching**, match up the notches of the **front panty to the outer crotch only**. Place a pin at the center notch, then pin the outer edges, before easing the rest of the curve to align. Pin and baste at approx. 5mm ($^3/_{16}$") seam allowance.

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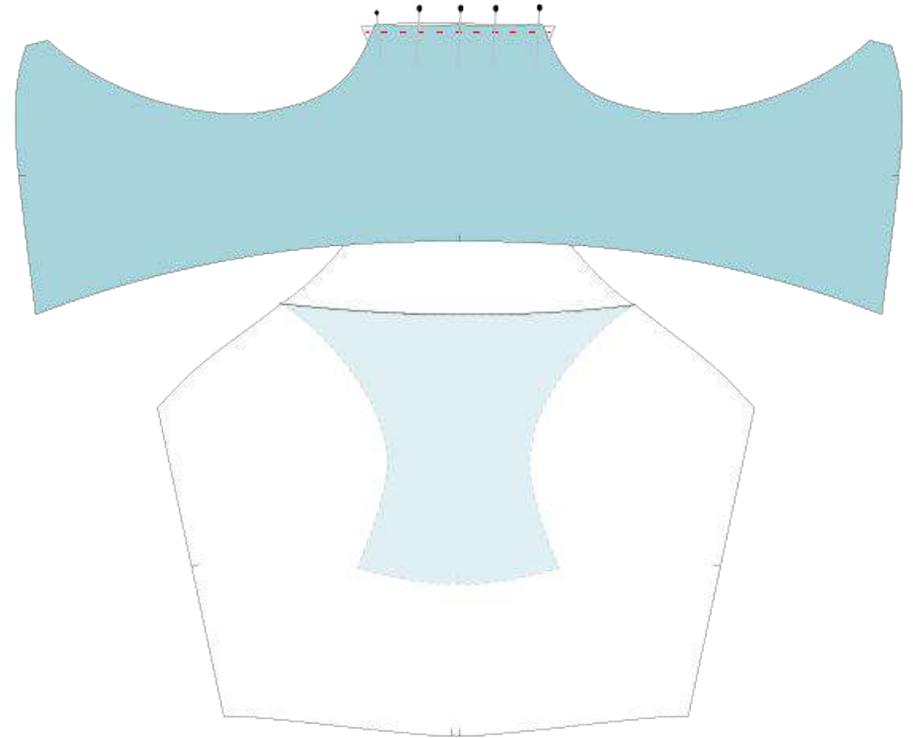
STEP 5: FRONT TO CROTCH

Lay the panties in front of you again, right sides of the front and back panty touching, wrong side of the front panty facing you (crotch pointing up, as in Step 4). Starting with the waist of the back panty, **roll the panty up** to the back-panty-to-crotch seam.

Take the **front end of the crotch lining around the rolled up panty and align it with the front-panty-to-outer-crotch basted seam**.

Again, place the first pin at the center notch, then pin the outer edges, before easing the rest of the curve to align. Pin and stretch-stitch or serge through all three layers - crotch, front panty, crotch - at 1cm ($^3/_8$") seam allowance.
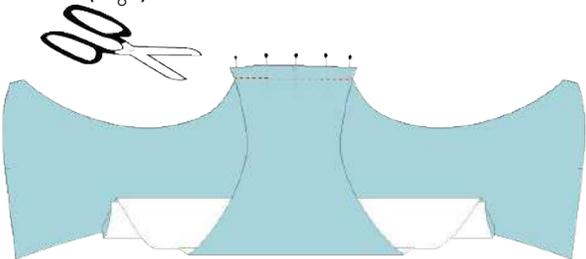
Congratulations! You just did the burrito method! Trim or grade seam allowances to reduce bulk and press seams and crotch toward the crotch.

STEP 6: SIDES

Unpack your burrito and lay the underpants in front of you so that the right sides of the front and back panty are together, and the wrong side of the back panty is facing you (crotch pointing down). Align the sides together at the raw edges, **right sides touching**, matching the notches. Place the first pin at the notch then pin the outer edges, before easing the rest of the curve to align. Stretch-stitch or serge sides at 1cm ($^3/_8$") seam allowance.

Trim seam allowances and press to the front. Optional: top-stitch seam allowances to the front panty.
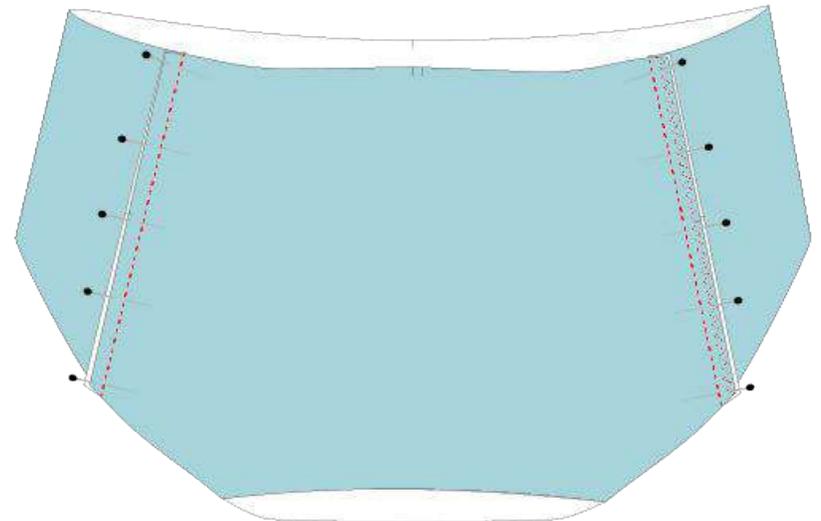
STEP 7: MARK QUARTERS

Mark the quarters of the waist and both legs in the seam allowance of your underpants. Use the center front and center back notches on the waist line to guide your quarter markings at the waist. Use the back-panty-to-crotch seam as a guide to mark the quarters at the legs.
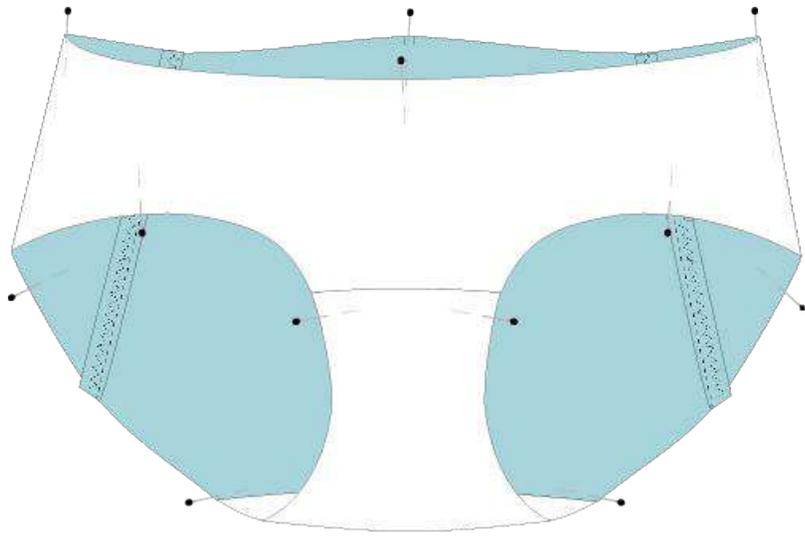
STEP 8: CUT ELASTIC

This table offers elastic cutting guidelines. Measurements are based on the "10% rule" and **actual requirements may vary based on the type of elastic or personal comfort**. Don't forget to make adjustments based on sizing modifications you may have made!

fold over elastic (FOE)

picot elastic

knit or braided elastic

self-fabric band

size	waist	legs (2x)	size	waist	legs (2x)
1	52.7 cm $20^3/_4$"	38.5 cm 15"	11	88.3 cm $34^3/_4$"	59.3 cm $23^1/_4$"
2	56.3 cm 22"	40.5 cm 16"	12	93.6 cm $36^3/_4$"	62.4 cm $24^1/_2$"
3	59.9 cm $23^1/_2$"	42.4 cm $16^3/_4$"	13	98.9 cm 39"	65.4 cm $25^3/_4$"
4	63.5 cm 25"	44.4 cm $17^1/_2$"	14	104.1 cm 41"	68.5 cm 27"
5	67.1 cm $26^1/_4$"	46.4 cm $18^1/_4$"	15	109.4 cm 43"	71.6 $28^1/_4$"
6	70.7 cm $27^3/_4$"	48.4 cm 19"	16	114.7 cm $45^1/_4$"	74.6 cm $29^1/_4$"
7	74.3 cm $29^1/_4$"	50.4 cm $19^3/_4$"	17	120 cm $47^1/_4$"	77.7 cm $30^1/_2$"
8	77.9 cm $30^1/_2$"	52.3 cm $20^1/_2$"	18	125.3 cm $49^1/_4$"	80.8 cm $31^3/_4$"
9	81.5 cm 32"	54.3 cm $21^1/_4$"			
10	84.4 cm $33^1/_4$"	56.2 cm 22"			

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STEP 9: PREP ELASTIC

(Illustration shows FOE, but the process is the same for all elastics.)

(1) On each elastic band, join short raw edges together, right sides of elastic touching (IMPORTANT: the soft/plush side of picot elastic is the "wrong" side), and stitch at 1cm ($^3/_8$") seam allowance.

(2) Trim seam allowances in half. Fold the allowances to one side and tack down to the waist- or leg band using a tight zig-zag.
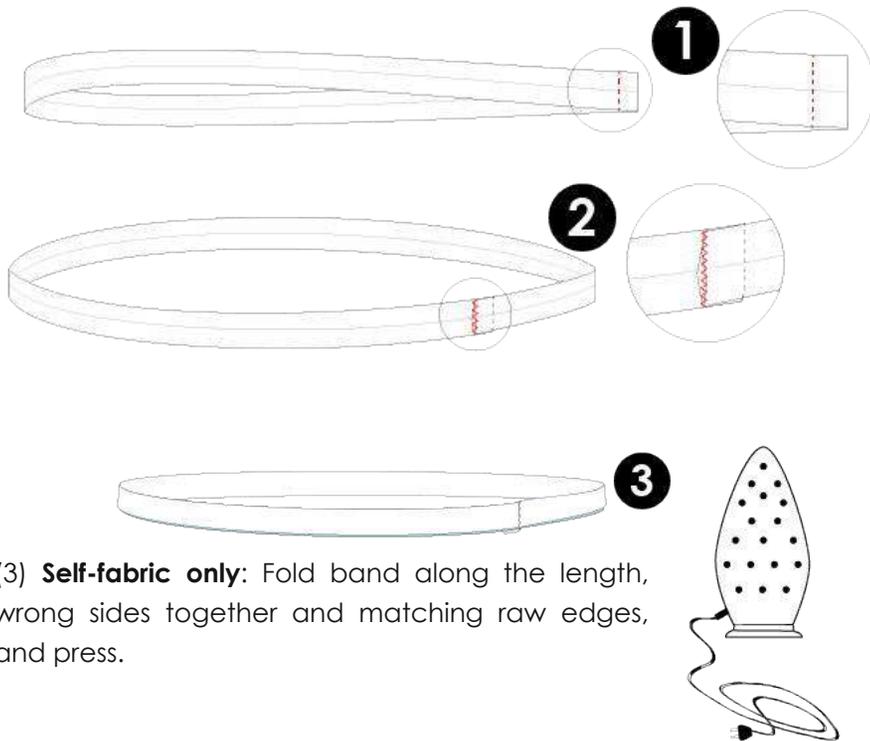
(3) **Self-fabric only**: Fold band along the length, wrong sides together and matching raw edges, and press.

Mark the quarters on all three elastic bands, using the seams as guides.

ATTACHING ELASTIC

Although the process is quite similar for each type of elastic (as well as self-fabric), there are minor differences in how to attach the elastic bands to the waist and leg-openings. For this reason, I've split each elastic type into its own section.

FOLD OVER ELASTIC

With **wrong sides together**, align the FOE with the raw edge of the waist or leg opening and pin it to the underpants at the quarter markings, with the seam of the elastic matching up with the center back notch.
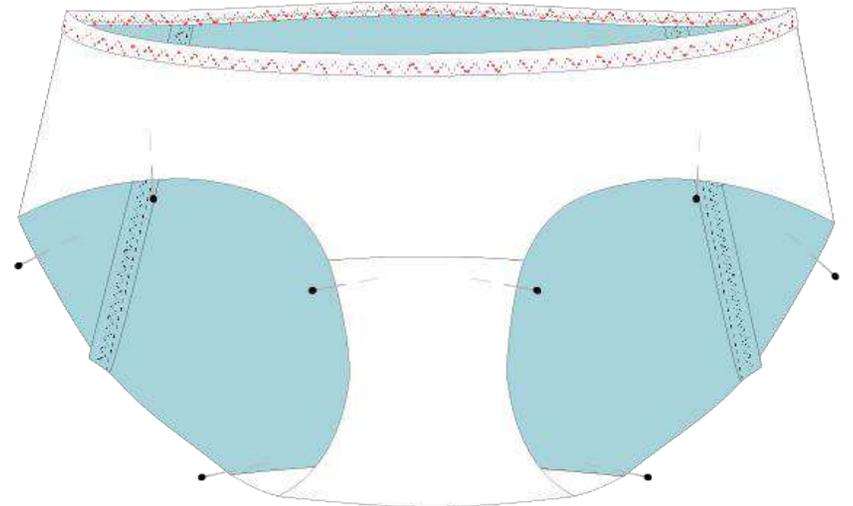
Using a zig-zag stitch (1.5mm length, 3mm width) and gently stretching the elastic only, so the fabric lays flat, **stitch around the elastic along the inside edge** (the edge of the elastic furthest from raw edge of the underpants).
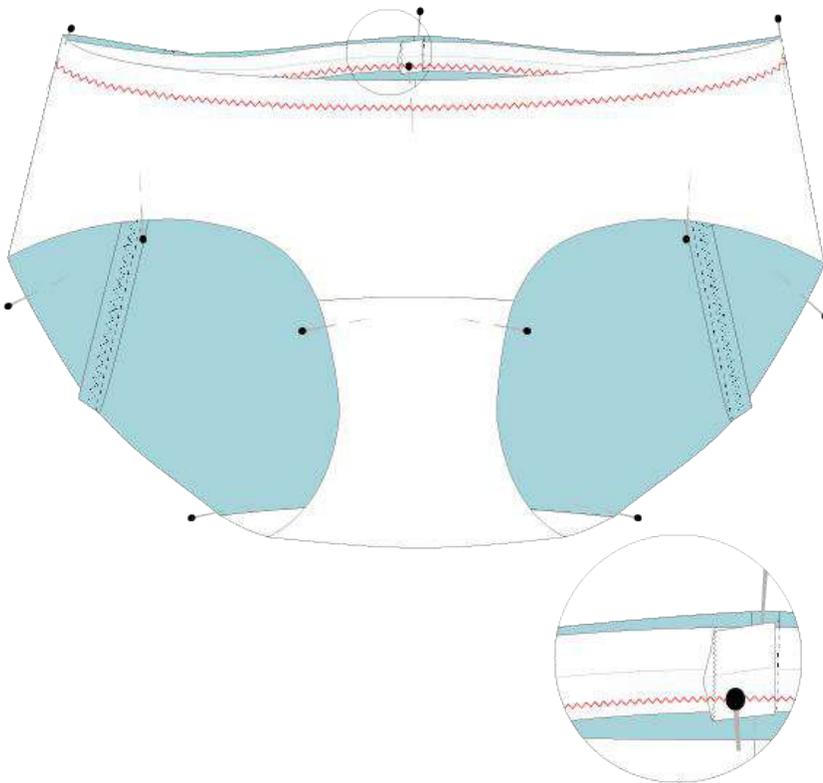
Trim the seam allowance so that it does not surpass the fold line in the FOE.
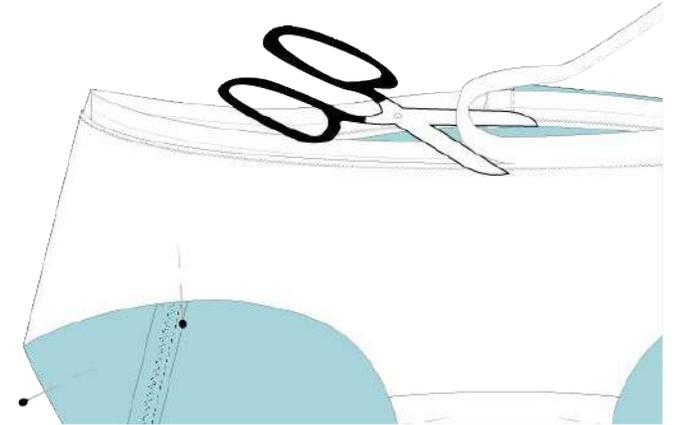
Fold the FOE along the fold line to the right side of the underpants. Top stitch using a 3-step zig-zag (1mm length, 5mm width) along the edge where the elastic meets the fabric.

Use the same process to finish the leg openings.

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PICOT ELASTIC

Note: the **soft/plush side of picot elastic is the "wrong" side**. This is the side that you want to touch your skin.
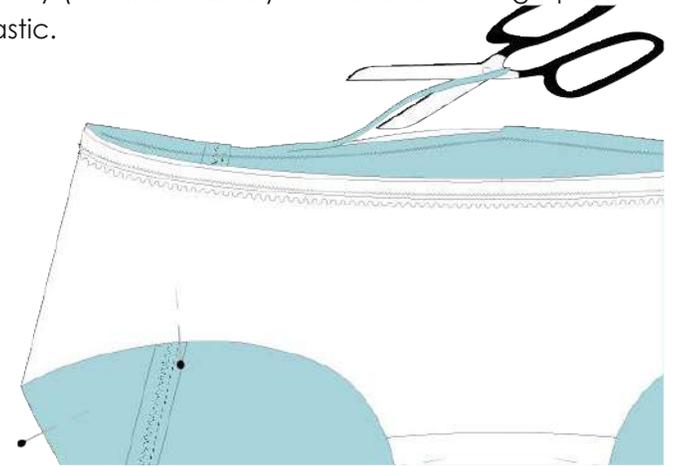
With **right sides together** and the straight edge of the elastic aligned with the raw edge of the underpants, pin the elastic to the underpants at the quarter markings, with the elastic seam matched up with the center back notch.

Be sure the soft, plush side of the elastic is facing you and the decorative edge of the picot is facing the underpants.
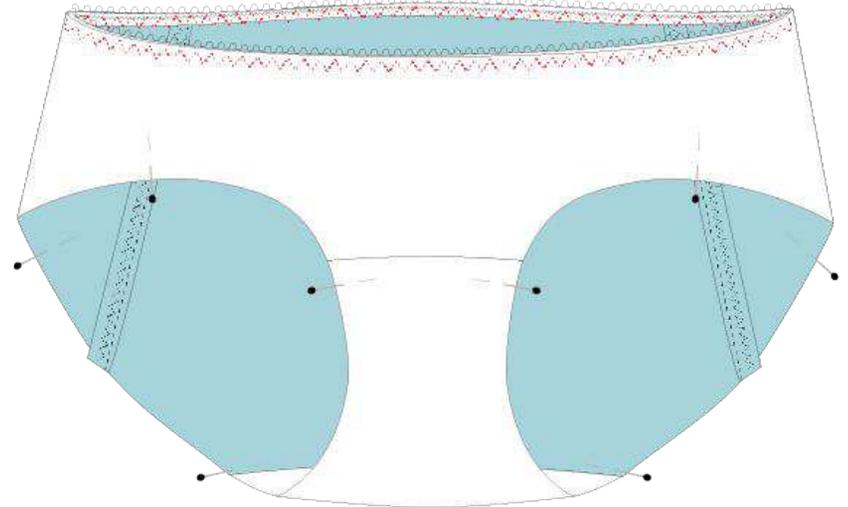
Using a zig-zag stitch (1.5mm length, 3mm width) and gently stretching the elastic only, so the fabric lays flat, **stitch around the elastic as close to the decorative edge as possible**.
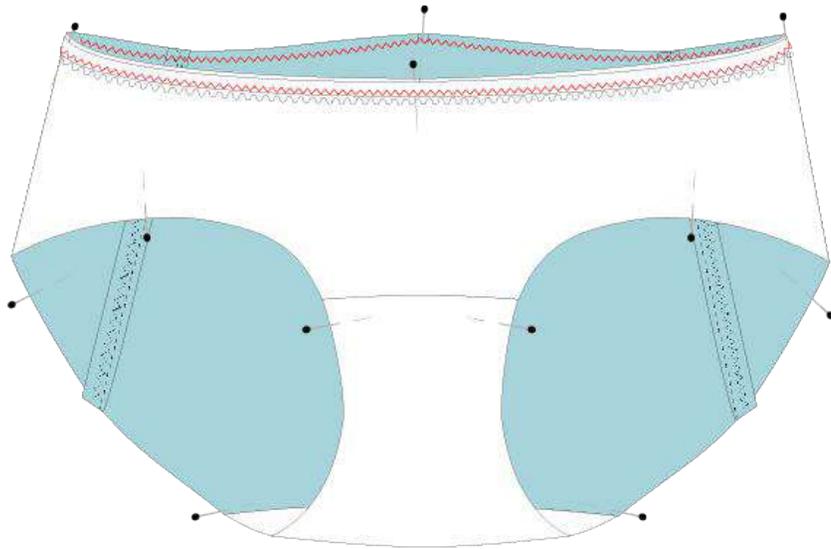
Trim the fabric only (not the elastic!) so that it doesn't go past the edge of the elastic.

Fold the elastic to the wrong side of the underpants. Using a 3-step zig-zag (1mm length, 5mm width), top stitch along the elastic, closer to the straight edge of the elastic.
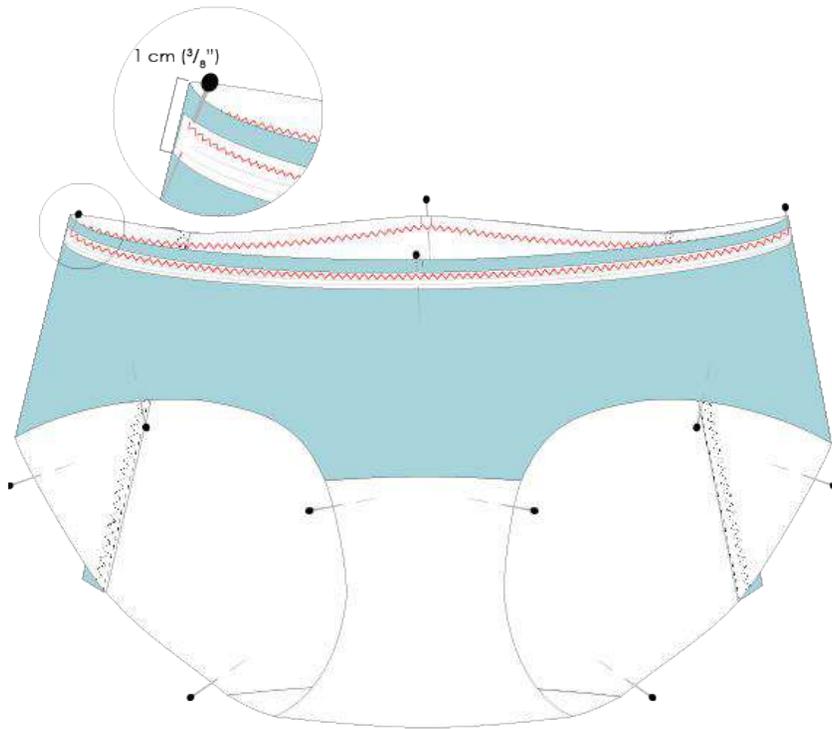
Use the same process to finish the leg openings.

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KNIT ELASTIC

Align the elastic along what would be the 1cm seam allowance, touching the **wrong side of the fabric**. Pin it to the underpants at the quarter markings, with the seam of the elastic matching up with the center back notch.

Using a zig-zag stitch (1.5mm length, 3mm width) and gently stretching the elastic only, so the fabric lays flat, **stitch around the elastic**.

Fold the elastic in, toward the inside of the underpants, and stitch using a **3-step zig-zag** (1mm length, 5mm width) along the edge where the elastic meets the fabric.

1 cm (³/₈")

Trimming is optional.
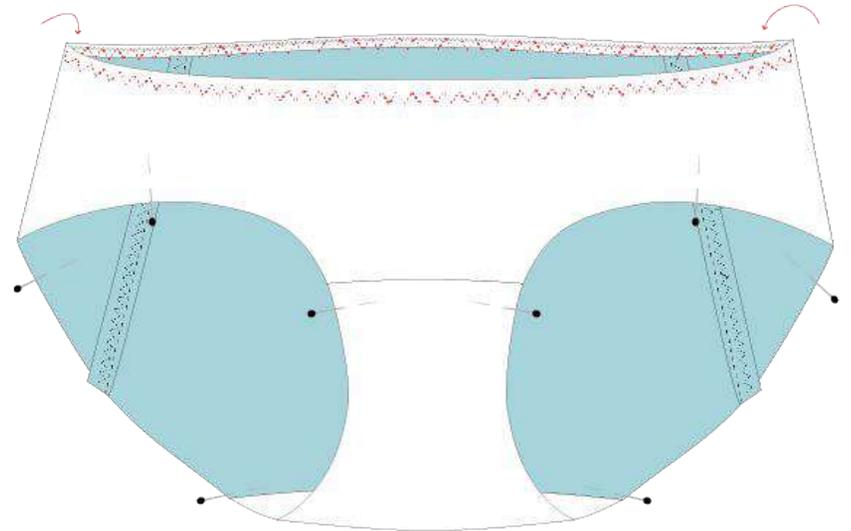
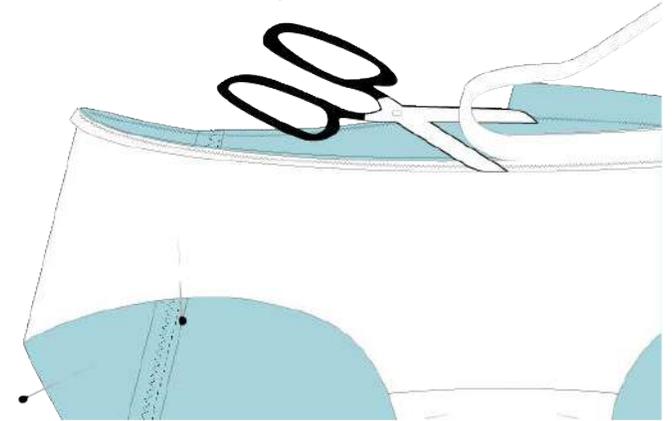**Use the same process to finish the leg openings.**

SELF FABRIC

Place the self-fabric waist band (which is still folded along the length, wrong sides together) around the **right side of the waist of the underpants**, raw edges aligned. Pin the band to the underpants at the quarter markings, with the seam of the waist band matched up with the center back notch.

Be sure the fold of the waist band is pointing down toward the underpants.

Using a zig-zag stitch (1.5mm length, 3mm width) and gently stretching the waist band only, so the fabric lays flat, **stitch or serge** around the waist at 1cm ($^3/_8$") seam allowance.
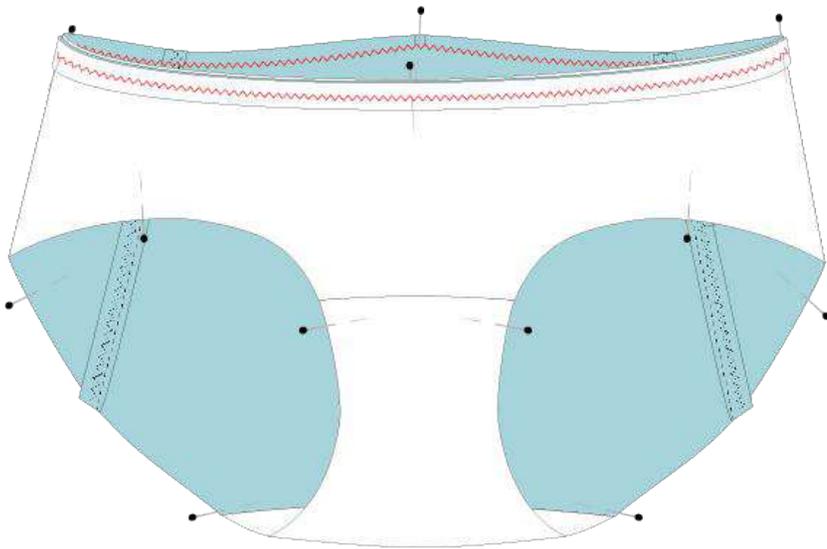
Trim the seam allowance to approx. 5mm ($^3/_{16}$"). (If you serged your seams, you will not need to trim.)

Fold the seam allowance toward the underpants and press. Using a 3-step zig-zag (1mm length, 5mm width), top to secure the seam allowance to the panty.

Use the same process to finish the leg openings.
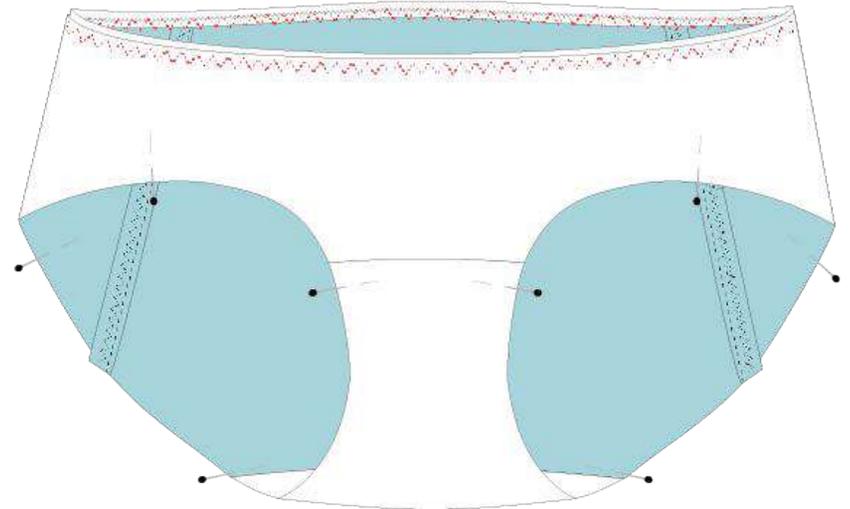
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SUMMARY INSTRUCTIONS

step 1   **CUT + MARK |** cut out pattern pieces, carrying over all notches and markings.

step 2   **BACK TO CROTCH |** pin + baste the outer crotch to the back panty.

step 3   **BACK TO CROTCH |** pin + sew the outer crotch and crotch lining to the back panty.

step 4   **FRONT TO CROTCH |** pin + baste the outer crotch to the front panty.

step 5   **FRONT TO CROTCH |** using the burrito method, pin + sew the front panty to the outer crotch and crotch lining.

step 6   **SIDES |** sew the front to back panty at the sides.

step 7   **QUARTERS |** mark the quarters on all openings.

step 8   **CUT ELASTIC |** cut elastic to required length.

step 9   **PREP ELASTIC |** prepare the elastic to be attached to the underpants.

step 10   **ATTACH ELASTIC |** sew elastic to the underpants at waist and leg openings.

CONGRATULATIONS

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