

SUPPLIES NEEDED

Jeans or pants that are loose-fitting in the legs (so there will be room for the fleece). I used stretch jeans, but non-stretch jeans would work, too, as long as the legs are loose. Ideally, the inseam and side seam are not sewn down flat (flat-felled)—you need the seams to be ‘free’ so that you can sew the fleece to the jeans without sewing through to the front side of the jeans.

Microfleece (because it is thin, flexible, stretchy, and twice as warm as regular fleece)—amount will depend on whether you want to winterize the entire front of your jeans or just a portion. Using your drawn pattern from step 1, determine amount of microfleece needed. Buying an amount equal to your inseam+3” should be plenty (Example: 33”inseam + 3” = 36” = 1 yard). Note that I used fleece scraps that I had on hand, so I did not use a full leg’s worth.

Paper and Pencil to make pattern—paper size big enough to trace a pant leg.

Thread (doesn’t have to match, but make sure it is not a color that will show through (only a problem on lightweight thin jeans/pants)

Sewing Machine (could hand sew, but would take much longer)

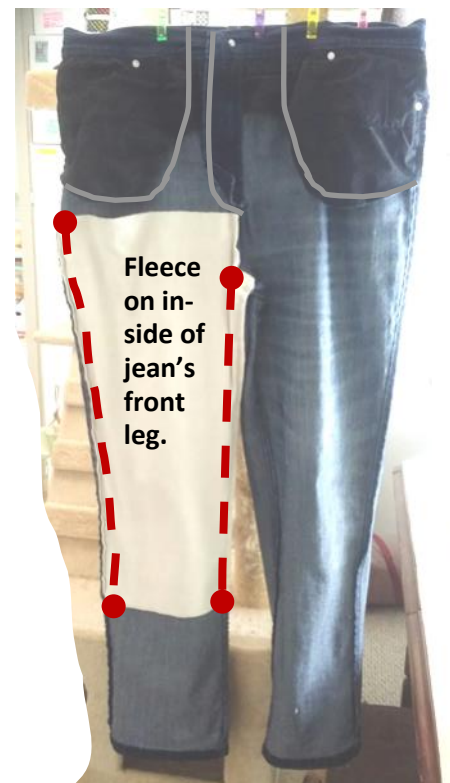
WINTERIZE YOUR JEANS! No more chilly knees!



Pant leg pattern—does not extend up to waist or over pocket and zipper area.

1. **Trace front pant leg onto paper***—I traced from hem edge to just below the bottom of the zipper. Do include existing seam allowances. This does not have to be perfect—my pattern is about 3/4” wider than the actual pant leg and it worked fine. If your jeans are already almost tight-fitting, you may want to be more precise about tracing the paper pattern.
2. **On paper pattern, draw grainline** perpendicular to hem. Draw stretch grainline parallel to hem. Label inseam and side seam locations. Cut out pattern.
3. **Cut two pieces of microfleece** using drawn pattern, paying attention to stretch direction. My fleece scraps were not long enough to cut a full-length leg, so I just cut as much as possible of the upper portion of the pattern, knowing that I wanted the warmth more on my thighs and knees than on my ankles.
4. **Sew fleece to inseam:** With jeans wrong side out, match one fleece to one front leg of jeans: match raw edges of jeans inseam and fleece inseam—pin, then stitch fleece to jeans—stitch between jean’s original seam and raw edges, securing your stitches well the at beginning and end of the seam, so it will stand up to wearing and washing. NOTE: Use long stitch length if you want this to be a temporary connection (so you can remove fleece in summer). Alternate temporary connection: Only stitch for about 2” at top, middle and bottom of seam, using medium-length stitch. For permanent, secure connection, use medium-length stitch the entire length.
5. **Sew fleece to side seam:** On a sturdy flat surface, smooth the jeans leg out and pin the fleece to the jean’s side seam, again matching raw edges (fleece does not have to be perfectly flat, but should not be twisted or warped). Sew fleece to side seam, stitching in the seam allowance only, as above. Do NOT stitch across the top or bottom.

*If using a permanent marker to draw your pattern, make sure it does not bleed through your paper onto your work surface.



One leg done!

6. **Try on jeans**, being careful to insert your leg between fleece and **BACK** of jean's leg. Determine if you like the fit and feel—adjust if necessary.
7. **Sew remaining fleece** to other leg front.
8. **Sew crotch seam**: If your fleece pieces extend above inseam, sew short front crotch seam as much as possible, through fleece only**—I sewed a 1/2" seam, starting at the top of the fleece pieces and going down to about 1/2" from end of seam (see close-up below right).

****If the jeans crotch seam had been free-moving (and not flat-felled), I would have sewn the fleece to the jeans seam allowance same as the legs. Another option would be to hand-tack the fleece to the crotch seam in a few places to secure it for the winter.**

Ahhh, comfort and warmth!

Comments:

- I like that this does not add bulk around my waist and abdomen.
- Have to be more careful when putting jeans on, so that the fleece stays with the front leg. Once on, the fleece stays where it should without twisting, bunching, or sagging.
- On really cold days, I think I could put an extra layer of fleece between the sewn fleece and the leg—fleece friction might keep it in place without sewing.

This free tutorial is compliments of



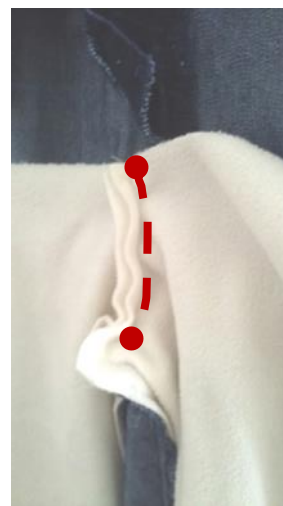
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sara@sewtogether.net

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Both legs done!



Close-up of crotch seam—sewn through fleece layers only