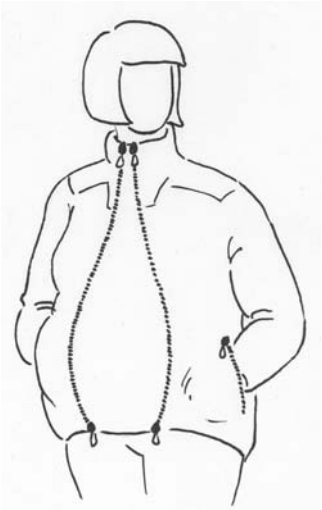
Zip-in jacket inserts for maternity and baby-carrying use

Free instructions and patterns for a unique home-sewing project
by Stéphane Dupont, Ph.D.

Transform technical outdoor jackets into technical outdoor maternity wear

Provide to your baby in a front carrier the same level of warmth and waterproofness that you normally get from your jackets

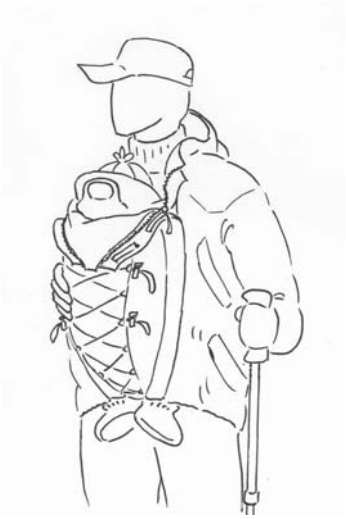


Technical jacket inserts can make a big difference in the lives of outdoor-minded pregnant women and parents of young babies but you won't see them in the stores anytime soon. Manufacturers of outdoor clothes are not interested in low-volume items and manufacturers of maternity clothes are not interested in technical outerwear.

With these instructions and patterns posted on the web as freely downloadable PDFs, you can easily sew your own fleece and waterproof-breathable inserts. Check them out at: http://www.kiddiesgames.com/jacketinserts

The principle of this unique concept is quite simple. A zipper and, when appropriate, storm flaps matching those of the jacket are sewn on either side of a paneled unit made of the same material as the jacket and shaped to provide the additional volume where it is needed.

Fleece jacket inserts are extremely easy to sew even if you barely know how to use a sewing machine. Storm flaps and seam-sealing make waterproof-breathable inserts a somewhat more involved project but the detailed instructions are written with the novice in mind.



Give yourself the freedom and peace of mind to get out and about with your baby knowing that you will both enjoy optimum protection

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