

## No-Sew Adult Clothing Protector Instructions Made by Upcycling Gently Used Shirts

1. Select a gently used knit shirt, button down dress shirt, collared shirt, long or short sleeved.
2. Place the shirt on a smooth cutting surface so the **back** of the shirt is facing up.
3. Cut the back of the shirt in a straight line from bottom to top.



4. On one side of the center cut, make a second cut about 1 – 1.5 inches from the bottom up to within about 2 inches from the top. Repeat on the other side. These two strips will be the tie strips.

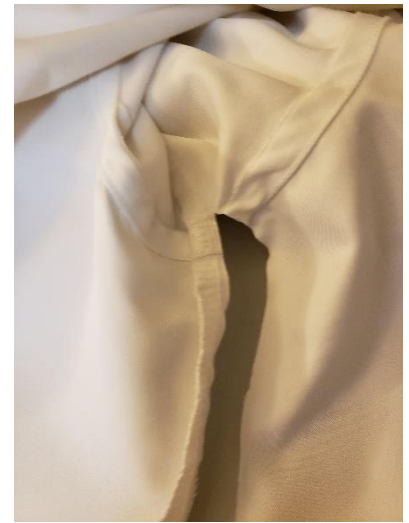


5. Open the right and left sides. You want to keep the serged edge attached to the front of the shirt. This will help provide stability and a finished edge for the completed clothing protector.
  - a. On the right side, cut on the right side of the serged edge up to the sleeve seam.

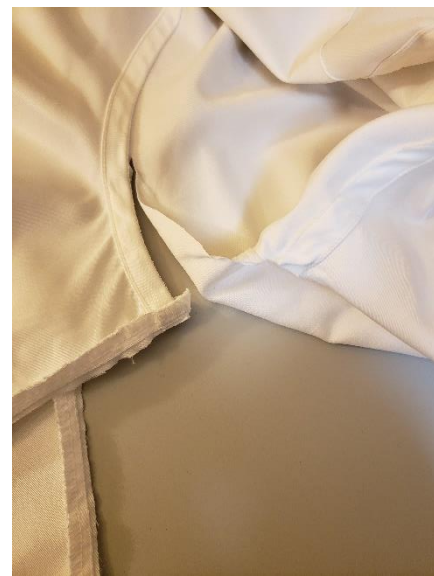


- b. On the left side, cut on the left side of the serged edge up to the sleeve seam.

6. Once you reach the sleeve seam, cut across the serged edge.



7. On the right side, cut around the sleeve seam on the right side of the seam, starting in a CLOCKWISE direction, stopping at the top.



8. On the left side, cut around the sleeve seam on the left side of the seam, starting in a COUNTERCLOCKWISE direction, stopping at the top.



9. Flatten the shirt so you can cut a straight line from the top of the sleeve seam and where you stopped cutting the tie strip. Do this on both sides.



For the dress shirt, I cut along the seam that was already there across the shoulders, and cut to the tie strip.



10. Voila! You are done. Try it on!



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[Sew4Service@gmail.com](mailto:Sew4Service@gmail.com) – [www.Sew4Service.org](http://www.Sew4Service.org) - @sew4service

Optional: You can add Velcro or other fastener instead of tying the straps. You can also hem the tie straps using an iron-on hem tape.