



# GET TO GRIPS WITH ZIPS

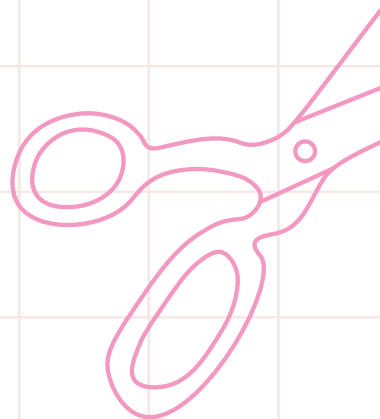
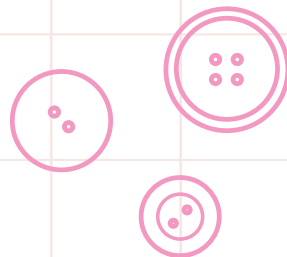
**YOUR GUIDE TO  
ATTACHING ZIPS**



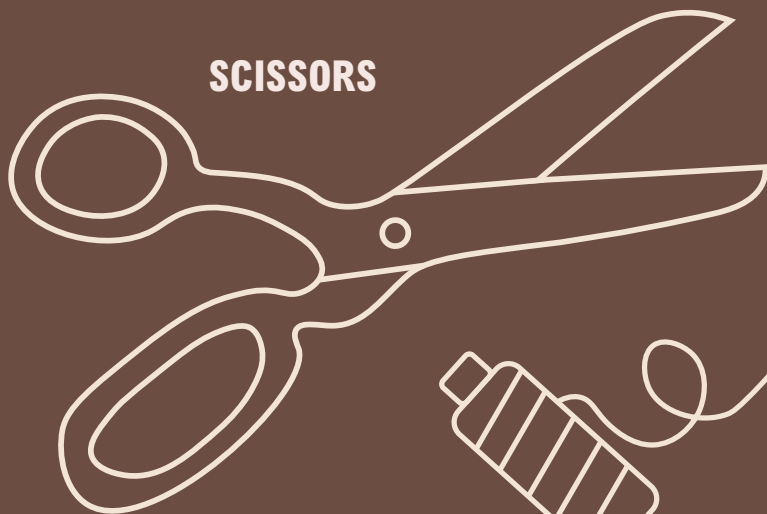
# YOUR RELOVE STORY STARTS HERE

Primark Cares is our commitment to doing better, everyday – making more sustainable products everyone can afford, reducing our impact on the planet and improving the lives of workers.

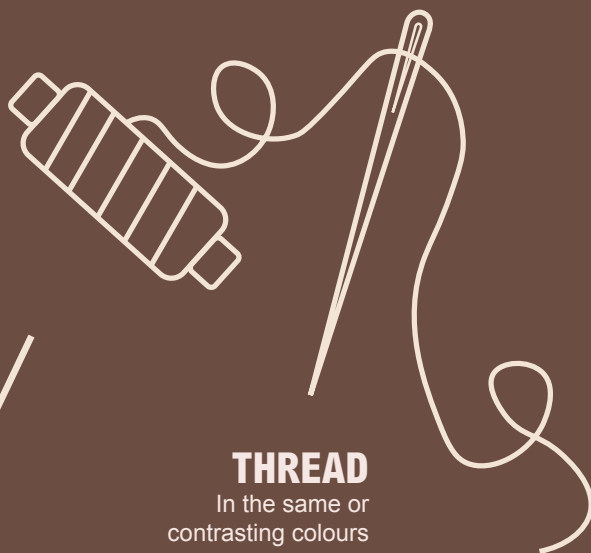
Use this guide to help you mend and even restyle your favourites – keeping them in use, and loving them for longer.



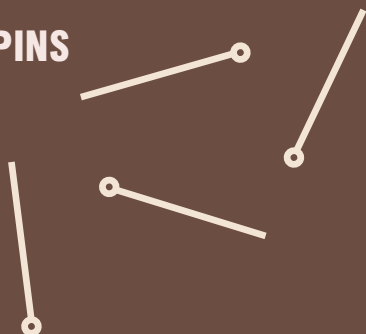
**SCISSORS**



**NEEDLE**



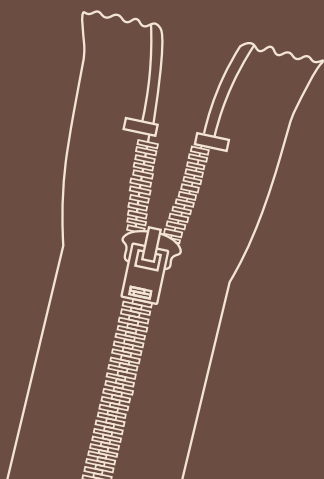
**PINS**



**THREAD**

In the same or  
contrasting colours

**YOUR NEW ZIP**



**WHAT  
YOU'LL  
NEED**

# HOW TO THREAD A NEEDLE

Some say this is the hardest bit of any sewing task. Don't worry though, we've got you.



## WITH A NEEDLE THREADER

- 1** Use a white background – e.g. a piece of blank paper to help you see the eye of the needle.
- 2** Push the thin wire end of the needle threader through the eye of the needle.
- 3** Insert and push the end of your thread through the wire loop.
- 4** Pull the needle threader with the thread back through the eye of the needle.

## WITHOUT A NEEDLE THREADER

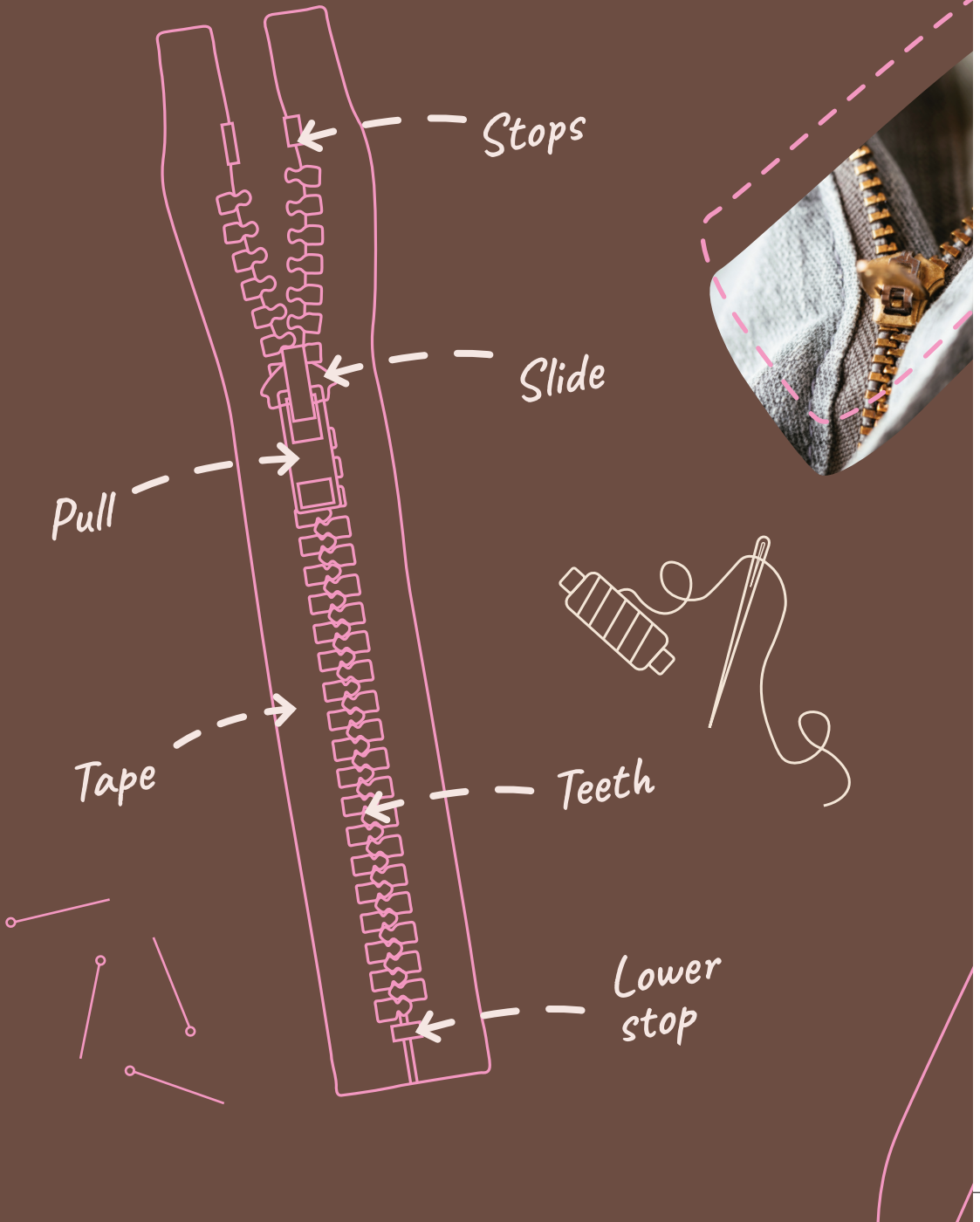
- 1** Use a white background – e.g. a piece of blank paper – to help you see the eye of the needle.
- 2** Get rid of any frayed ends by cutting the thread with sharp scissors at a 45-degree angle.
- 3** By twisting the end of the thread, it will make it easier to pass through the eye of the needle.
- 4** Hold your needle in your non-writing hand and push the thread through.

For stitches that you want to remain in place, knot the end of the thread that has not been pulled through the eye of the needle yet.



# FIRST THINGS FIRST

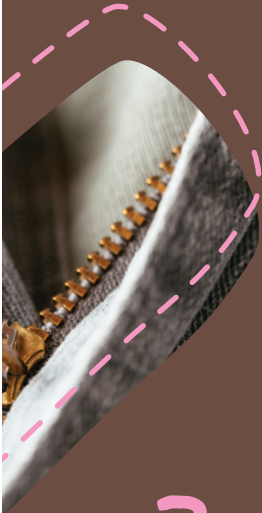
Zips come in different styles, shapes, lengths and a wide range of weights.



1

### Is it strong enough?

Zips range from heavy weight metals all the way through to lighter weight ones.



3

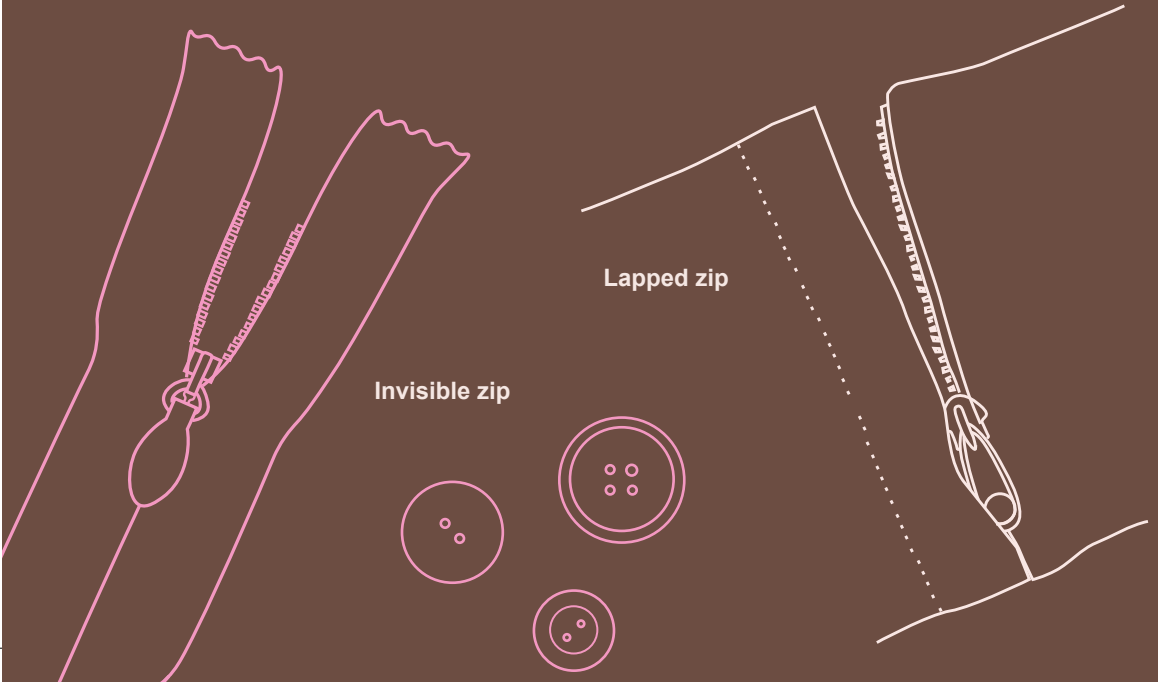
### What type of closure is it?

The most used types of zip are Lapped and Invisible. There are many other types to explore!

2

### Is it long enough?

You can trim it down if needed, so go for too long over too short.



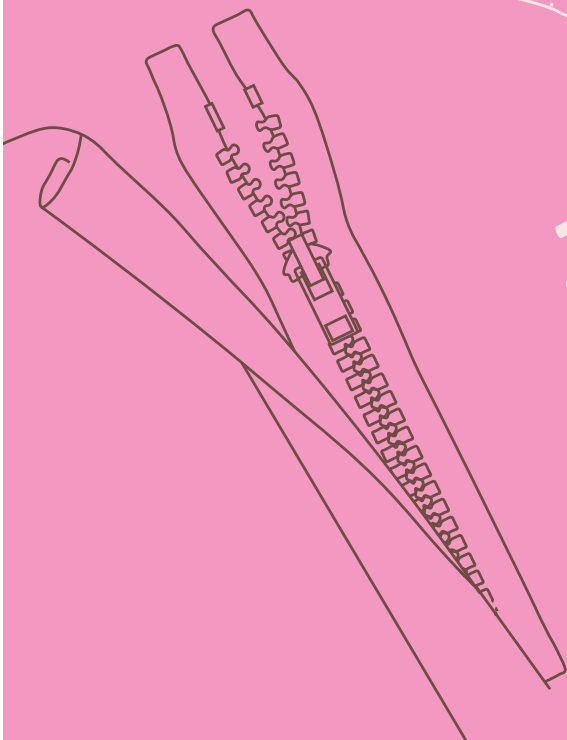
## FITTING A LAPPED ZIP

These zips have a small fold of fabric across the front to hide the teeth.



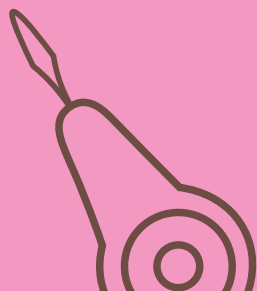
1

Place the closed zip behind the left-hand side of the seam opening. Make sure the edge of the fabric is close to the zip teeth.

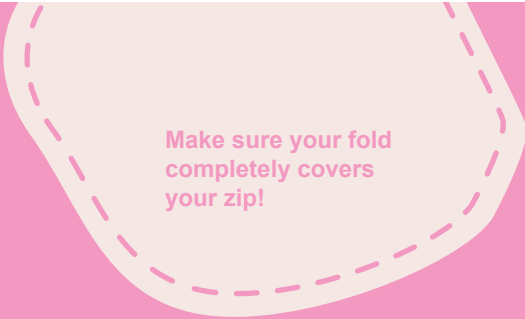


2

Turn over the fabric so the back of the garment is facing down. Back Stitch the fabric onto the tape. Work from top to bottom, staying close to the teeth.







Make sure your fold completely covers your zip!



3

Place the right seam over the zip so that it just covers the teeth. This is your fabric fold. Pin or tack it in place.



4

Use a small Running (Prick Stitch) Stitch to sew down the zip, parallel to the fold.

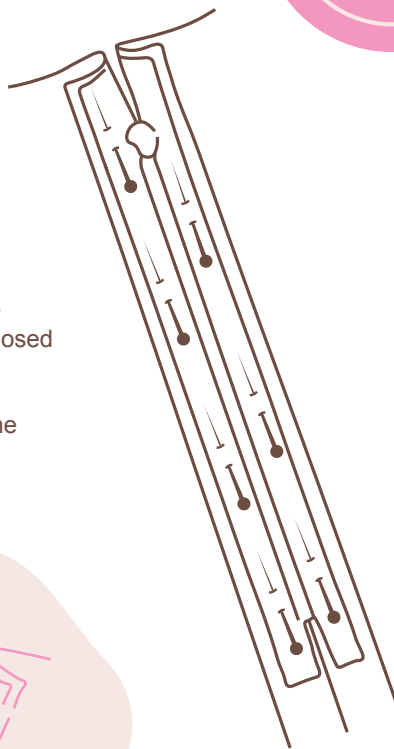


5

Secure your stitching across the bottom of the zip below the last tooth.

## FITTING AN INVISIBLE ZIP

Invisible zips are hidden within clothing seams, with only the zip pull showing.

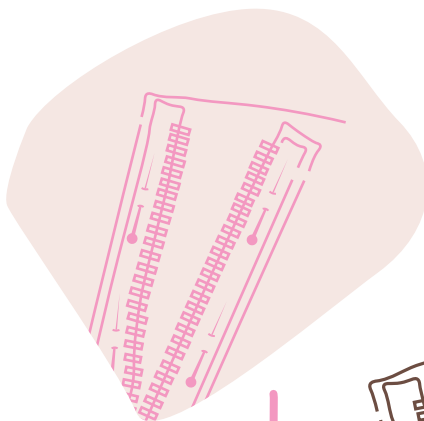


1

On the back of the garment, lay the closed zip on its reverse, centrally over the seam. Pin along the zip tape along the sides of the seam.

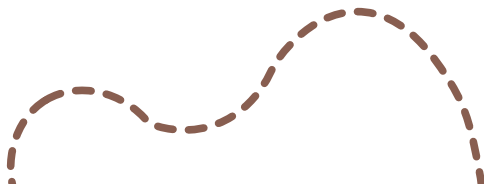
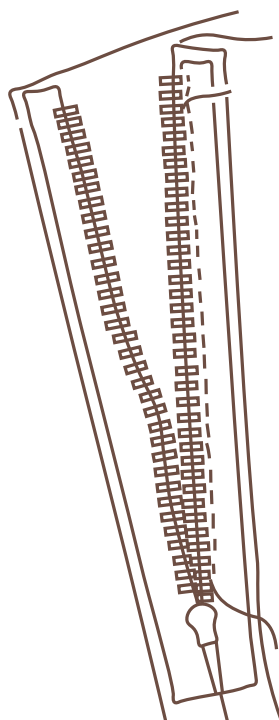
2

Carefully open the zip. Make sure it's lying flat.

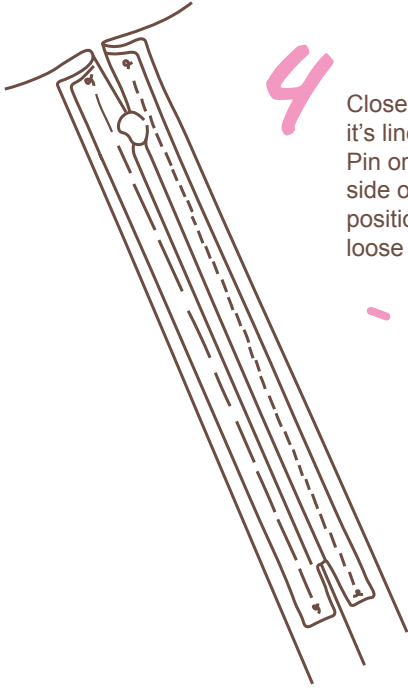


3

Using the Back Stitch, stitch along the first side of the zip tape and into the seam allowance. Stitch from the upper edge/top of the zip, keeping the stitches as close to the teeth as possible.

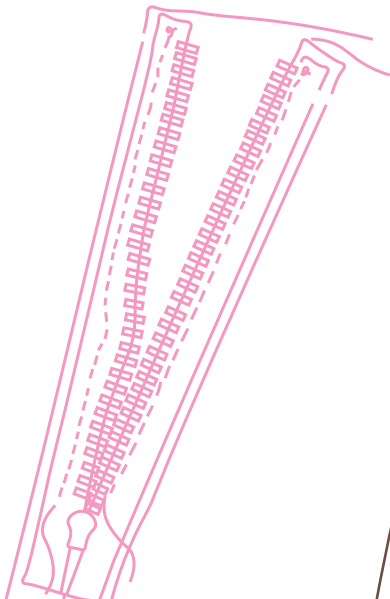


Take a look at our guide on hand stitching for a how-to on Back Stitch

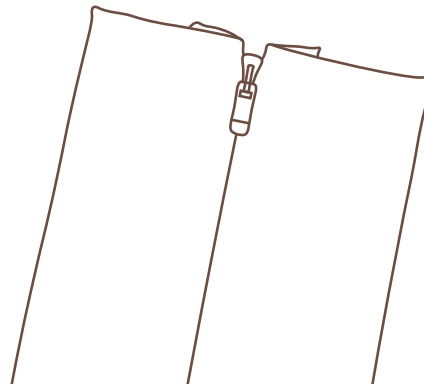


4 Close the zip, make sure it's lined up and even. Pin or tack the second side of the zip into position using long loose stitches.

Top tip! The end of an invisible zip sits loose inside clothing as it's impossible to sew all the way down. Make sure your zip is longer than the zip opening, so the loose end falls below the opening.



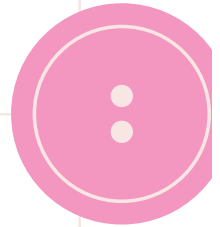
5 Open the zip again. Repeat the back stitch on the other side, starting at the top working your way down.



*How it should look at the end.*



# YOU MADE IT!



Making and mending is one of those skills that will stay with you for life. And now, with a bit of care, so will your favourite clothes, with a new lease of life.

Look out for the other lesson packs from our series, and find more about classes in store at [Primark.com](https://www.primark.com), or on our social media.

