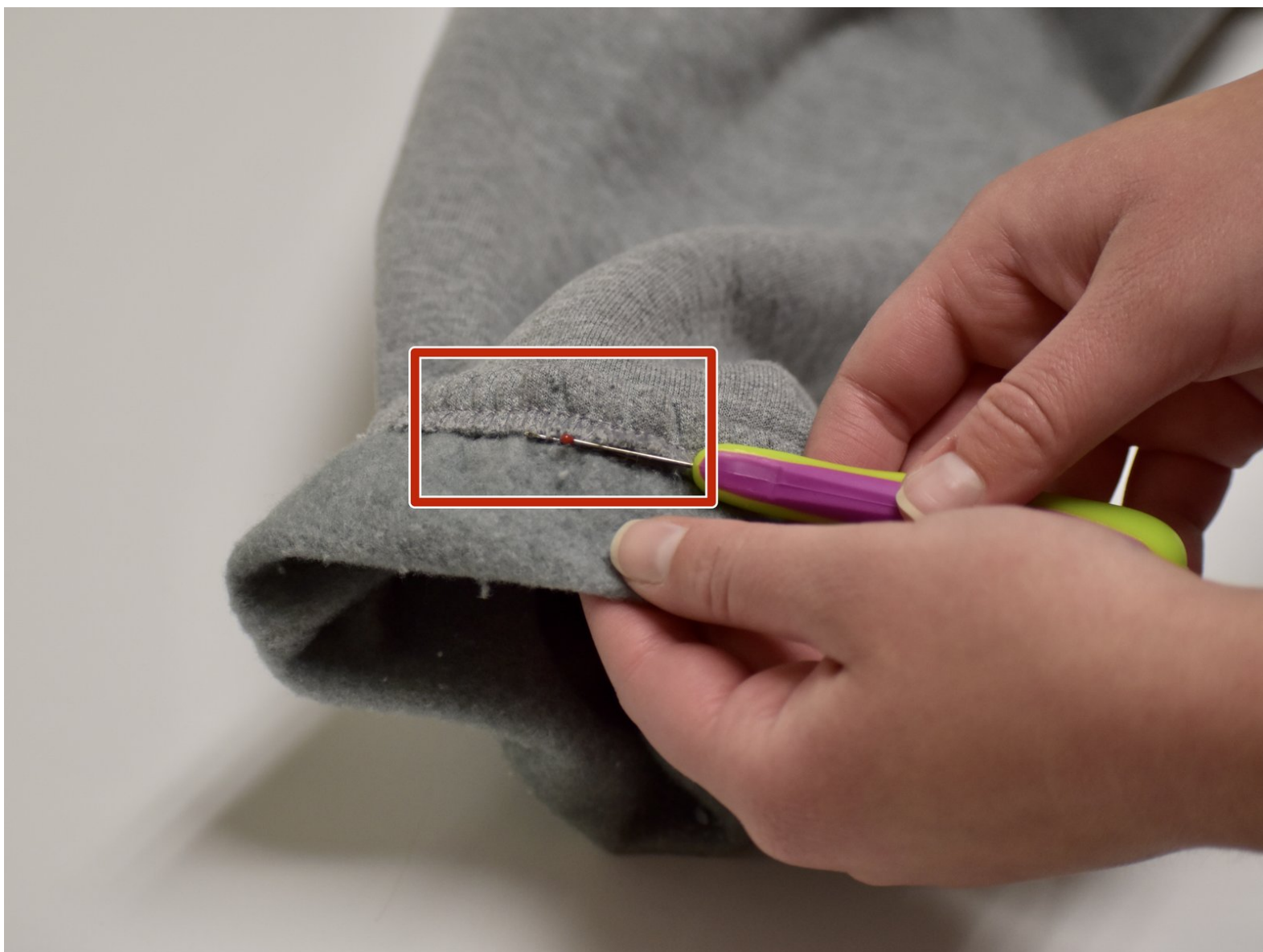




# How to Hem Sweatpants

How to hem sweatpants, and then replace the band.

Written By: James Harris



# INTRODUCTION

This detailed 9 step guide will teach you how to hem sweatpants with elastic at the leg opening. This guide is easy to follow and anyone can do it.

The process requires a very basic knowledge of sewing, and can be done either with a sewing needle or a sewing machine, with the steps displaying how to use either. You also need to know how to use a seam ripper.

Lastly, like most guides hemming a pant leg, this process is **not reversible**, so make sure you measure correctly.



## TOOLS:

- [Seam Ripper](#) (1)
- [Sewing Machine](#) (1)

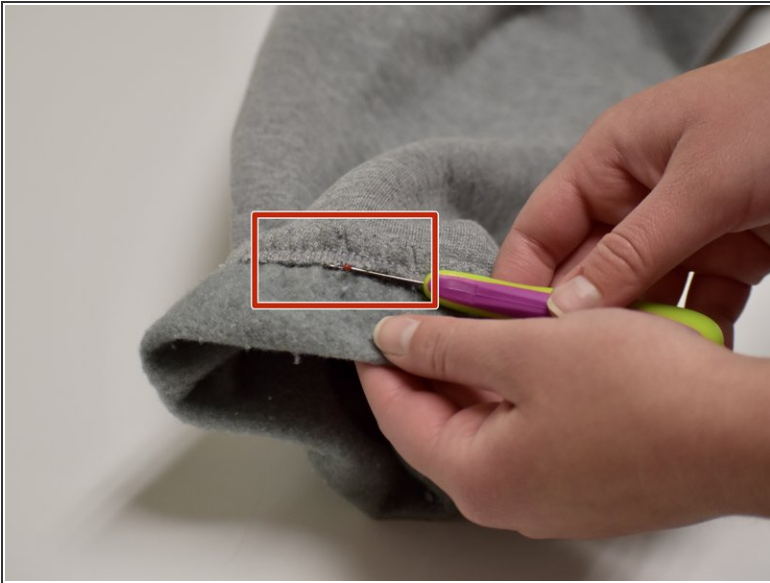
*(Optional, can use a sewing needle instead.)*

- [Sewing Thread](#) (1)
- [Sewing Pins](#) (1)

*Need enough to be pinned around the area you wish to hem.*

- [Measuring Tape](#) (1)
  - [Washable Marker](#) (1)
  - [Fabric Scissors](#) (1)
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## Step 1 — How to Hem Sweatpants



- Use the seam ripper to remove the seams along the hem of the bottom of the pants.

## Step 2



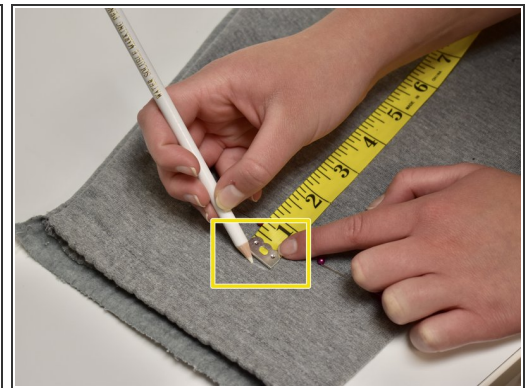
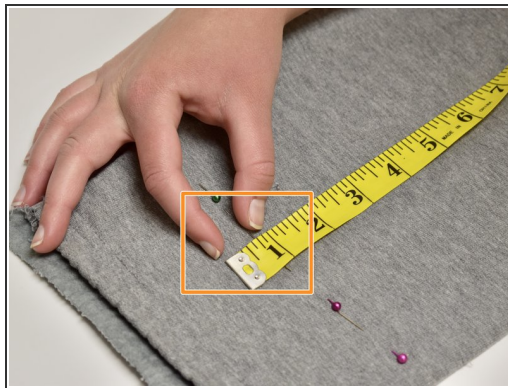
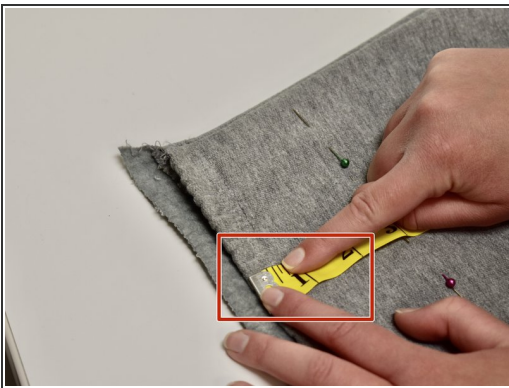
- Remove the elastic band from the pants. Keep the elastic for later.

### Step 3



- Place pins where you want the pants to end.

### Step 4



- Measure the length of the cuff.
- Measure how long the pants need to be cut.
- Keeping in mind a small length below the pins for the new cuff, mark where you want to cut with your washable marker.



## Step 5



- Using the fabric scissors, cut along the line you marked, making sure to keep a straight and steady line.

## Step 6



- Fold the new end of the pants outward, at a minimum of double the length of the elastic band.

## Step 7



- Place the elastic band on top of the fold from the previous step.
- Place the top of the elastic along the pin line.
- Using the needle and thread, sew both ends of the elastic band to the seam running vertically up and down the pant leg.

## Step 8



- Fold the top of the folded fabric section back over the elastic, using the pins as the top line.
- Place pins along the bottom of the new fold to keep the fabric in place.

## Step 9



- Sew a new hem along the line created by the new pins. You can either hand-sew or use a sewing machine.
- ⓘ Sew **ONLY** along the new pins placed in the previous step. Do not sew along the first row of pins created at the beginning.
- Once the sewing is complete, remove all the pins and undo the first fold.
- The last photo provides a sample of the finished product.