



Flight Bag Directions

A flight bag is a cloth drawstring duffle bag with an outside pocket. They are used when police officers receive domestic violence calls from someone fleeing abuse. Victims are given a flight bag to quickly gather things before going to a safe shelter.

Materials:

- 51 inches of 56 inch wide sturdy woven fabric such as duck or denim (almost 1 ½ yards)
- 63 inches of drawstring, such as 3/8 inch (5mm) poly cord or cotton macramé cord. Use a bright or dark color, not white or beige.
- 4 inches of 1 inch wide Velcro
- Can use 2" wide polypro webbing instead of sewing a cloth strap.

General information:

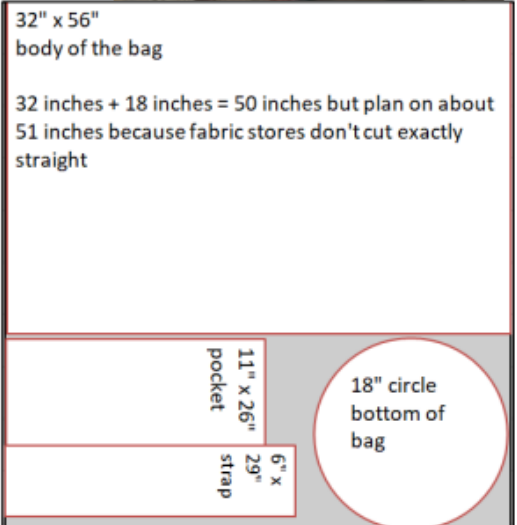
- Use a universal sewing machine needle size 90/14 or 100/16.
- ½ inch seam allowance is included.
- You may use contrasting fabrics for the body of the bag, the pocket and the bottom.
- This bag can also function as a laundry bag in the shelter.

Cut:

- Body of bag: 32 x 56 inch rectangle
- Strap: 6 x 29 inch rectangle
- Pocket: 11 x 26 inch rectangle
- Bottom of bag: 18 inch circle

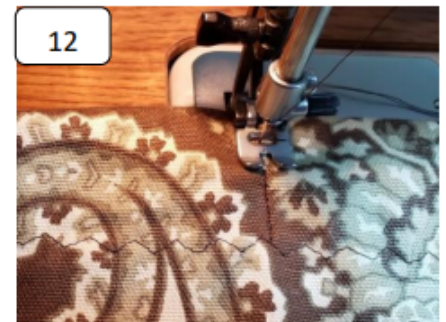
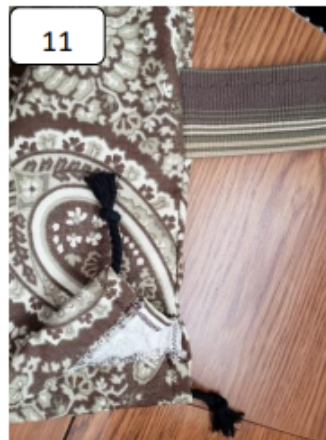
Sewing directions:

1. Serge or zig-zag the edges of the circle and the large rectangle.
2. Sew the prickly side of the Velcro to the center of the bag, about 11 inches down from the top.
3. Fold the pocket piece in half, right sides together, to be 11 x 13 inches. Sew a ½ inch seam around 2 sides, leaving one long end open. (the 4th side is the fold)



Body of bag and inside of the pocket

4. Clip the 2 corners of the pocket; turn it. Fold the edges in $\frac{1}{2}$ inch on the open end. Iron and topstitch that end shut. At this point, the pocket looks the same on both sides.
5. Near the top edge of the pocket, center and sew the softer piece of Velcro. That is now the inside of the pocket. Flip the pocket over. Match the pocket Velcro to the Velcro on the bag; pin the pocket in place and stitch around 3 sides, reinforcing at the corners.
6. Side strap, which will be about $2\frac{1}{2}$ inches wide:
 - a. Fold in half lengthwise, right sides together; sew a $\frac{1}{2}$ inch seam. Turn and press. Serge or zig-zag the raw ends. Optional: top stitch the long edges of the strap.
 - b. OR, serge the short sides and one long side. Fold the raw long side in about 1 inch and press. Fold the long, serged side over to cover the raw edge. Topstitch.
 - c. OR If using 2 inch wide poly-pro webbing, serge or fray-check the ends.
7. Pin the strap ends to one short side of the body of the bag, 8 inches down from the top and 6 inches up from the bottom. Baste in place.
8. Side seam: Right sides together, start 4 inches from the top. As you pass over the straps, reinforce the side seam by triple sewing over the straps.
9. Above the side seam, fold down the edges and stitch them down with a straight or zig-zag stitch. Sew from the top - down one side, triple stitch across the side seam and then back up the other side.
10. Casing - fold the top of the bag down $1\frac{1}{2}$ inches and stitch to form a casing. Reinforce the ends.
11. Insert the drawstring. Knot the ends of the cords.

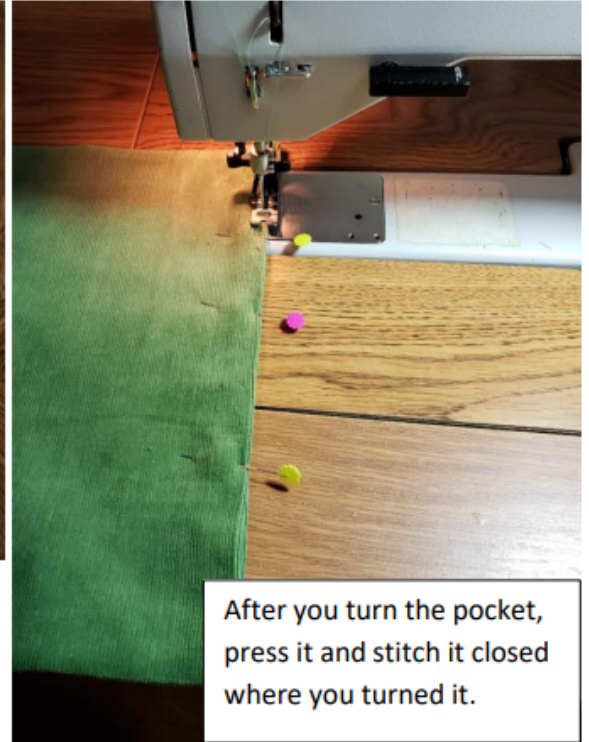


12. Fold the bag in half to find the center point opposite the drawstring opening. Center the drawstring in its casing. Triple stitch over the casing and the cord so that the cord does not come out.
13. Fold the circular bottom and the body of the bag in fourths and mark with pins along the edges. Match those up and then pin the 2 pieces together the rest of the way. Use about 40 pins. Sew the lower edge of the bag to the circular bottom with a half-inch seam. As you are sewing, the circular part should be on the bottom.

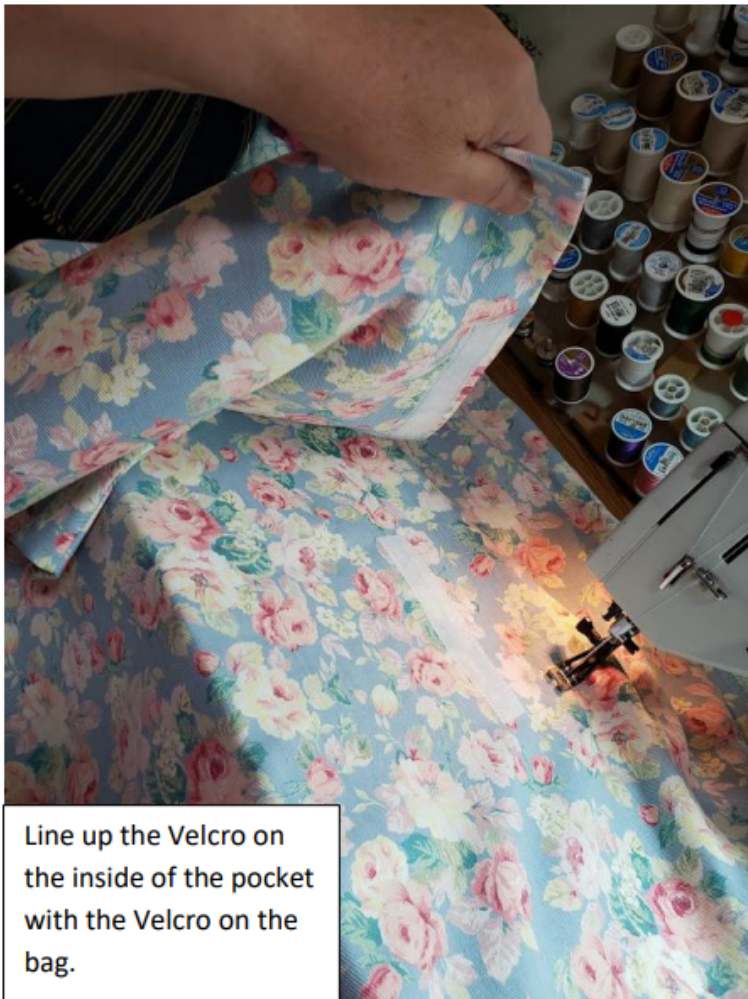
More photos of sewing a flight bag



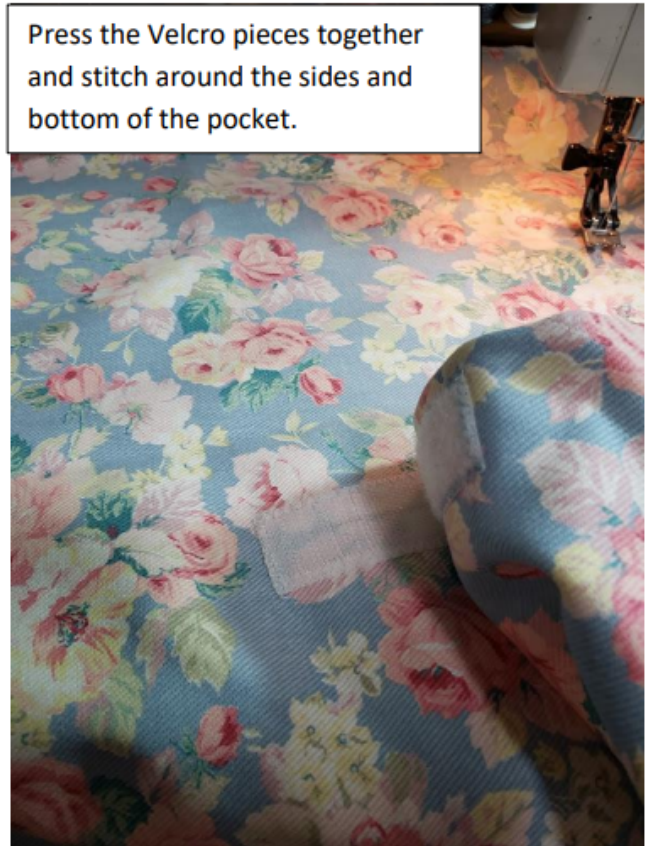
With contrasting pocket and bottom and a black webbing strap



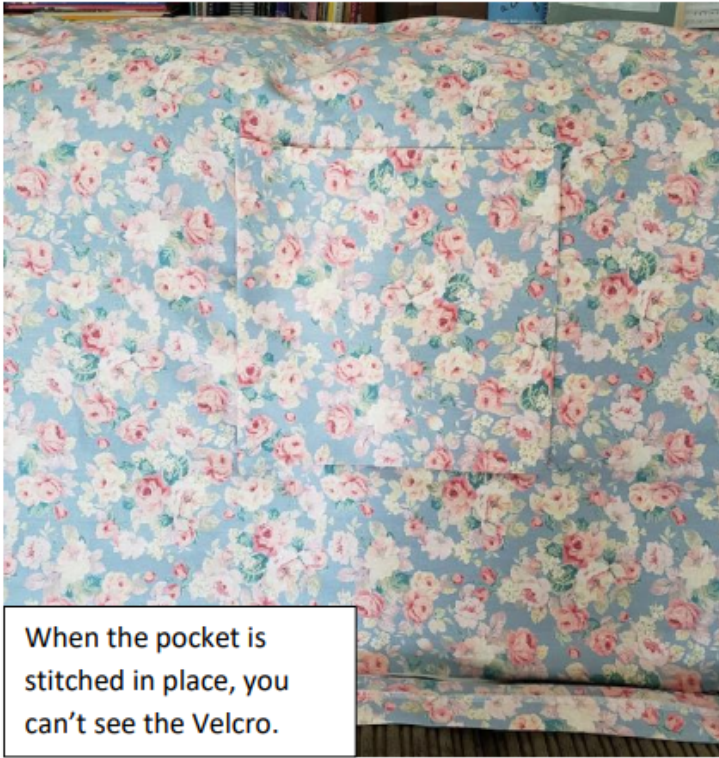
After you turn the pocket, press it and stitch it closed where you turned it.



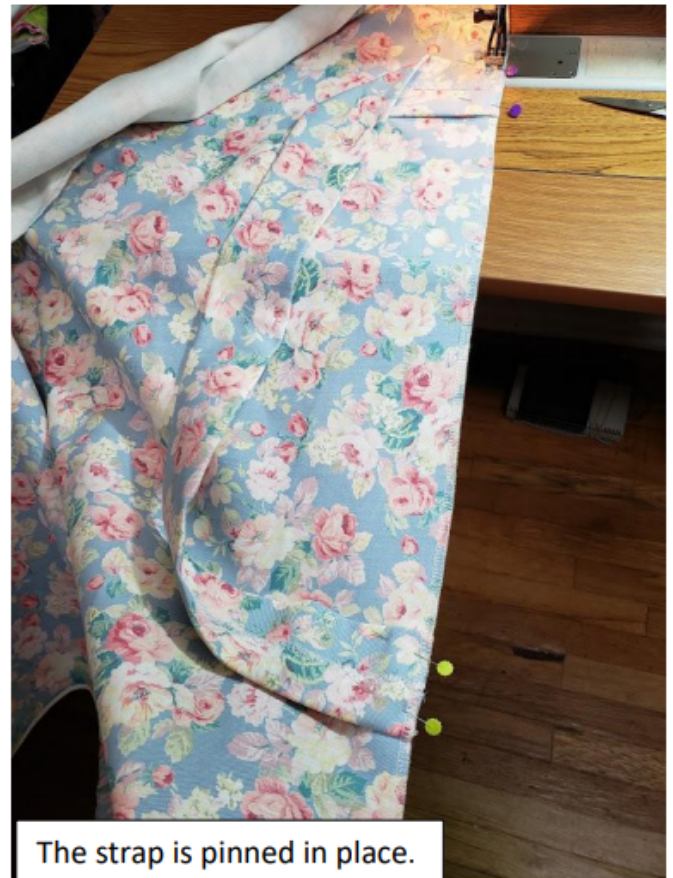
Line up the Velcro on the inside of the pocket with the Velcro on the bag.



Press the Velcro pieces together and stitch around the sides and bottom of the pocket.



When the pocket is stitched in place, you can't see the Velcro.



The strap is pinned in place.



Some tips:

Make a reusable cloth, pellon or heavy paper pattern of an 18 inch circle.

Wide fabric works best, but you can use 45 inch fabric if you want. You'll need 2 yards and 2 inches. Cut the pocket 13 x 22 inches.

Make sure you use sew-on Velcro. Not the sticky kind with adhesive. That will gum up your sewing machine needle.