



MuNaLoop

Mund-Nasen-Loop



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MuNaLoop is comfortable and, when not in use, looks like a pretty accessory. It is always there when you need to quickly cover your mouth and nose. The MuNaLoop is also super handy for protecting bicyclists and motorcyclists from windburn.

MuNaLoop comes to you in two styles: The first variation is made from knit jersey and includes an integrated cotton woven fabric panel. The second variation can be made entirely from knit jersey. The ergonomic design allows this respiratory protection to stay safely in place without the need for elastic or drawstring!

We'd love to see your MuNaLoop: Tag us @swafing and use the hashtag #munaloop and we'll find you!

Cutting the Layout

For **Variation 1** you will need: approx. 40 x 100 cm knit jersey
approx. 40 x 30 cm cotton woven
For **Variation 2** you will need: 40 x 120 cm knit jersey

Print the sewing pattern and tape the pieces together following the included schematic. This sewing pattern has been drafted for an head with a circumference of approximately 55 cm. Adjust the pattern as required: First, measure your head circumference and divide the difference between your head circumference and 55 cm by 2. Add or subtract this amount to the corresponding pattern pieces. For example: Your subject's head has a circumference of 60 cm. The difference is, therefore, 5 cm. $5 \text{ cm} \div 2 = 2.5 \text{ cm}$: Add 2.5 cm to the cutting line for the back seam to the pattern pieces. When cut, you will have 5 additional cm. Cut the layout according to the pattern instructions.



Sewing the MuNaLoop



1. For both variations: Mark the darts and fold along the center.
2. Stitch the darts from the fabric wrong side with a straight stitch.
3. Stitch the darts on both the MuNaLoop outer and lining pieces. Press the darts toward the center.



4. For Variation 1 only: Pin the lining cotton woven center panel to the two side pieces right sides together.

5. Stitch the center panel to the two side pieces.

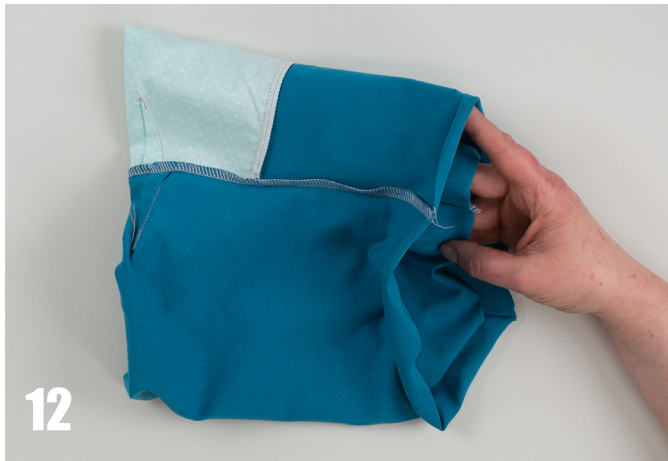
6. Your work should look like Fig. 6 at this point.

7. For both variations: Pin the lining to the outer along the top edge and stitch.

8. Pin the lining lower edge to the outer lower edge and stitch.

9. Turn your work right side out and press the seams.





10. Turn your work wrong side out again.

11. Reach in through the side and grab the edge of the opposite side.

12. Pull the opposite edge through until both edges line up evenly.

13. Align the side seams and pin the two edges together.

14. Stitch the edges together. Leave a small opening for turning in the stitching line.

15. Turn the MuNaLoop right side out through the opening. Turn the edges of the opening inwards and close the opening with machine straight stitch or a few hand stitches.



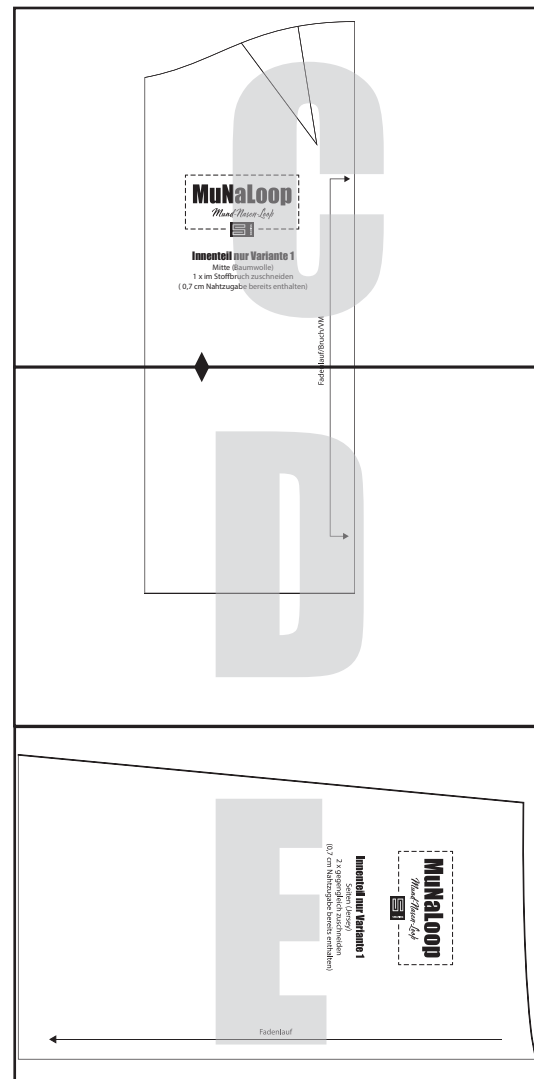
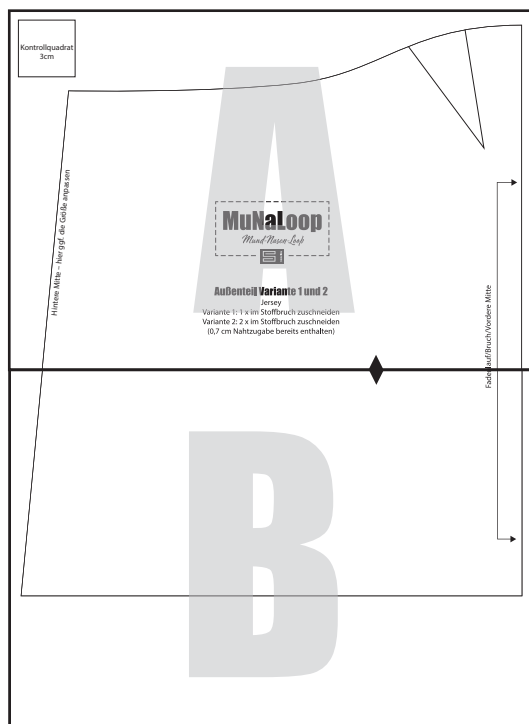
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Pattern Overview



For Variation 1 (loop mask with cotton woven panel): Print all pattern pages.
For Variation 2 (loop mask sewn only from knit jersey): Print pattern pages 6 and 7.

Please note: The pattern must be printed scaled at 100%.
The square used on the pattern sheet for scale measures 3 cm x 3 cm.

Scale
3 cm

Center Back – alter pattern as required

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Outer Piece Variation 1 and 2

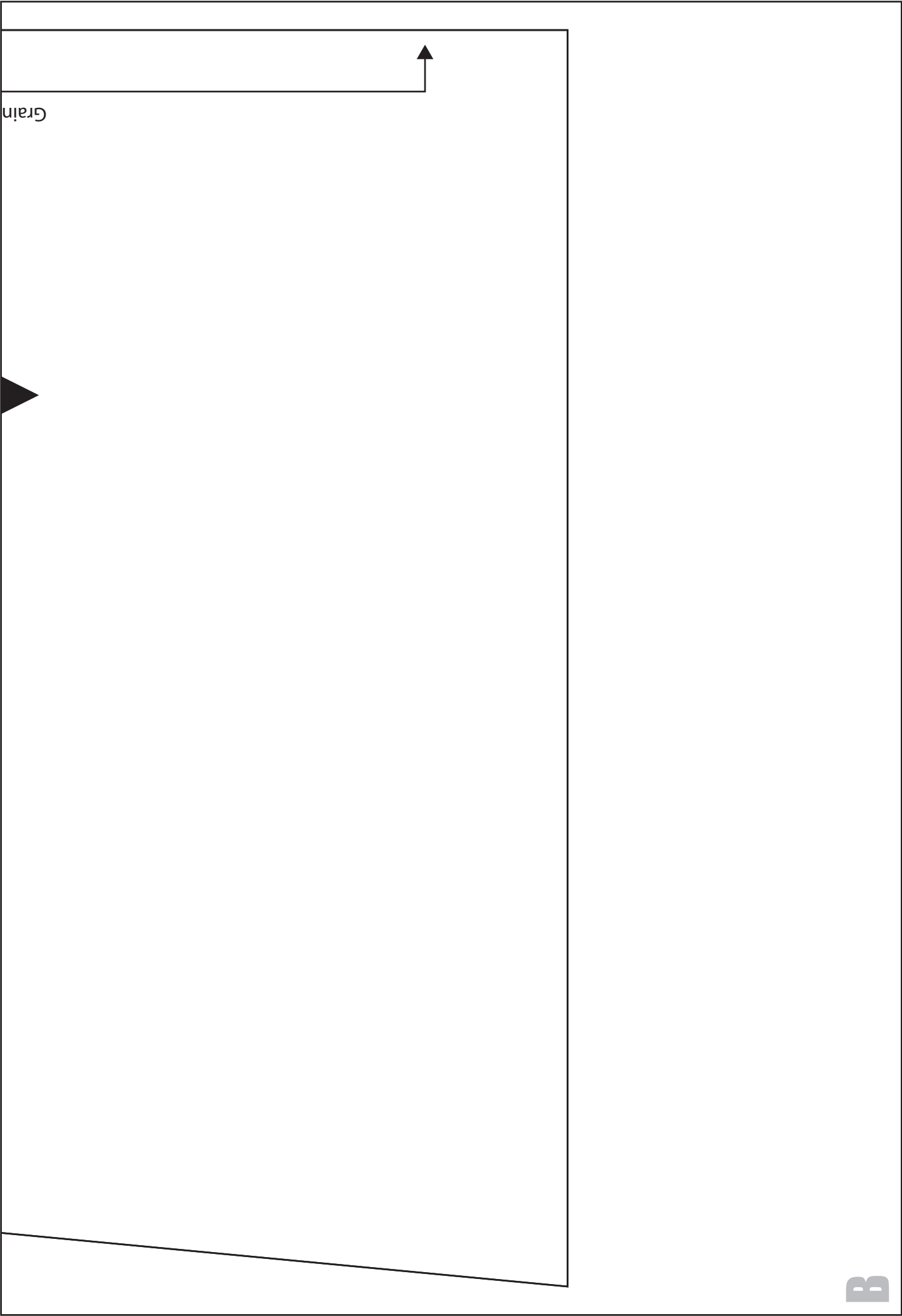
Knit Jersey

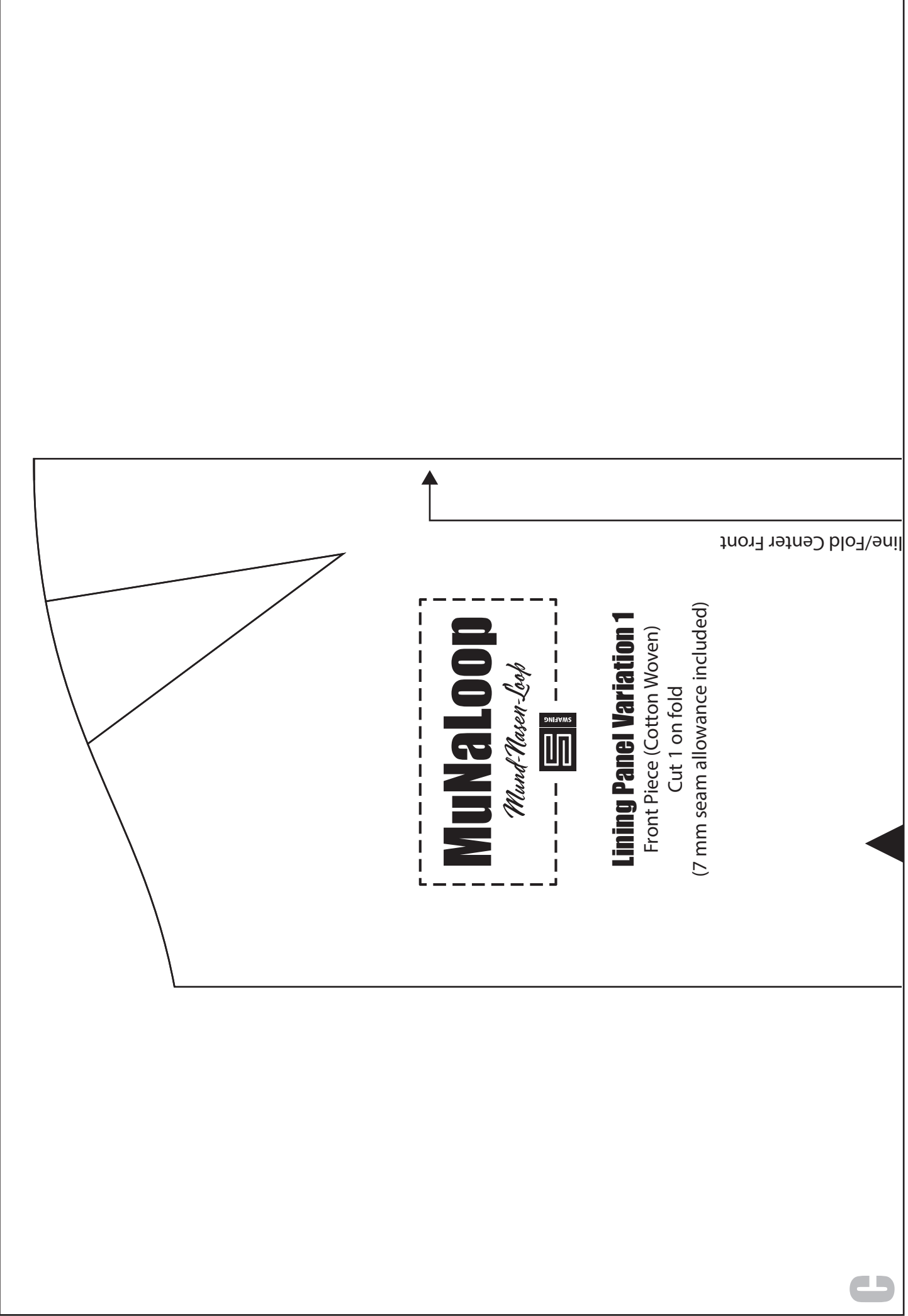
Variation 1: Cut 1 on fold

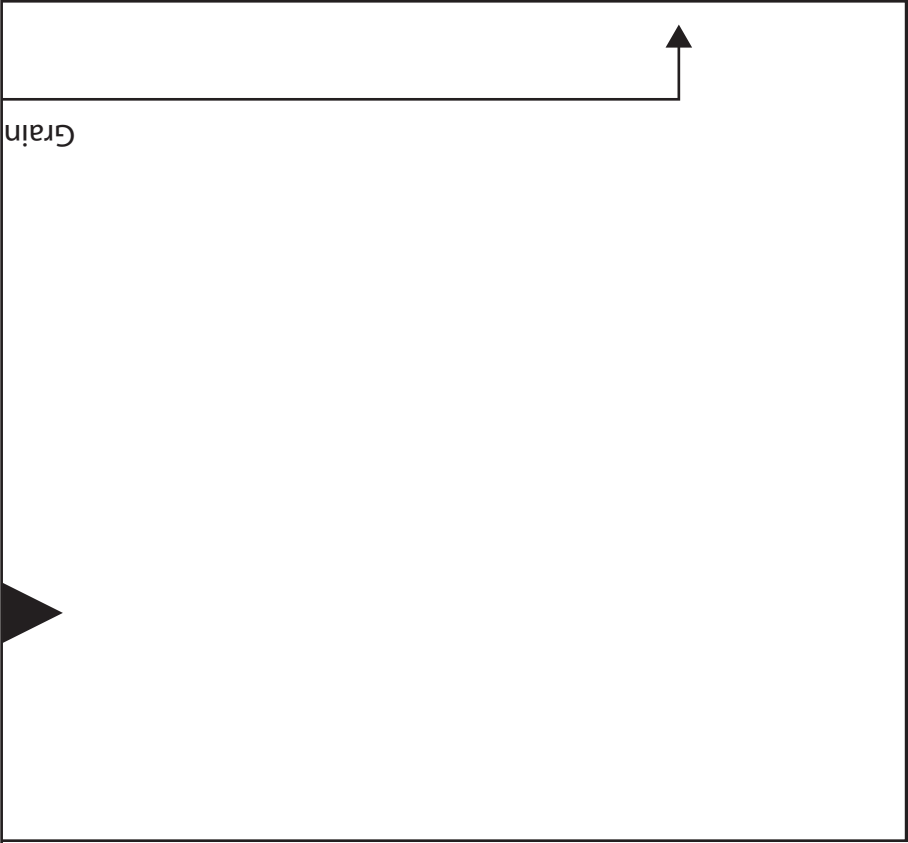
Variation 2: Cut 2 on fold

(7 mm seam allowance included)

line/Fold Center Front









Lining Variation 1

Side Piece (Knit Jersey)

Cut 2

(7 mm seam allowance included)

Center Back – alter pattern as required

Grainline

