

# STRING BACKPACKS



**SOAR**  
*International Ministries*  
Soarinternational.org  
907-283-1961

## Materials

- 100% Cotton Fabric (prints or solids)
- Paracord (Blue or green for boys, Pink or red for girls)
- 3/8" wide Ribbon

## Tools

- Sewing machine (or can sew by hand)
- Thread
- Scissors
- Rotary Cutter & cutting mat
- Iron & ironing board

## For Each Backpack

**Fabric:** 18" long, 14" wide (2x)

**Paracord:** 62" long (2x)  
Burn each end with a candle/flame

**Ribbon:** 3" long (2x)

**Notes:** Seam allowances are included within the pattern dimensions

## Assembly

**Step 1:** Match up two pieces of fabric, right sides together. 14" will be the top/bottom, 18" will be the sides.

**Step 2:** Create a sleeve for the cord to go through at the top of the backpack.

**A.** Make a  $\frac{1}{4}$ " triangle fold at the top of the 18" side. Do this for all 4 corners that meet at the top of the backpack.



**B.** Make a  $\frac{1}{4}$ " fold (iron flat) and then a  $\frac{3}{4}$ " fold (iron flat) on the 14" side (top of the backpack).

**Step 3:** Insert the Ribbons (for the paracord to be tied to)

**A.** Fold each ribbon exactly in half

**B.** Place a ribbon in between the two fabrics (1.5" from bottom of fabric). Do this to each side.



The ribbon ends should line up with the edge of the fabric.



## Step 4: Sew the backpack

- A. Starting  $\frac{3}{4}$ -1" down from the top of the backpack, sew  $\frac{1}{4}$ " seam along three sides of the backpack. The seam should be strong enough not to tear or separate when the backpacks are filled and handled (serge or double stitch the seams).



- B. Sew each sleeve down at the top of each piece of fabric.



**Step 5:** Turn fabric right side out

**Step 6:** Insert the paracord into the sleeves

**A.** Attach each paracord to a safety pin and string each cord through both sleeves, going in opposite directions.



**B.** Tie each of the paracords to their respective ribbons with a double knot.

**Resources:** A similar type of cord or string is fine to use. This is what we have found to be comfortable to wear and durable.

**Paracord Planet 550 Cord  
Type III 7 Strand**



Paracord from Amazon (USA)

[https://www.amazon.com/gp/aw/d/B01LWS1QFA?psc=1&ref=px\\_pop\\_mob\\_b\\_asin\\_title](https://www.amazon.com/gp/aw/d/B01LWS1QFA?psc=1&ref=px_pop_mob_b_asin_title)

Paracord from Amazon (Canada)

[https://www.amazon.ca/dp/B00MNTIOFO/rf=twister\\_B01M8MNK19](https://www.amazon.ca/dp/B00MNTIOFO/rf=twister_B01M8MNK19)

**Have Fun!**