Happy Feet! Quilted Sneakers
Instructor: Joan Radell
Date:_____
Kit Information, Sizing Information, Supply List, Pre-Class Prep

Your kit includes sneaker soles, padded insoles and the sneaker pattern and guide, as well as the small tools needed to assemble your sneakers. All other tools will be provided for your use in class.
Please make sure that when you register, you indicate what size shoe you need, and if you prefer black or white soles! These must be ordered in advance—your host shop will advise you of the ordering deadline. The soles are sized in European sizing and you need to order them in European sizing. Here's a conversion chart:

WOMENS US: 4.5-5, 5.5-6, 6.5-7, 7.5-8, 8.5-9, 9.5-10, 10.5-11 EU: 35, 36, 37, 38, 39, 40, 41 MENS US: 7.5-8, 8.5-9, 9.5-10, 10.5-11, 11.5-12, 12.5-13, 13.5-14 EU: 41, 42, 43, 44, 45, 46, 47	Please note that soles are not available for sizes under 36, and above 47. For women's sizes over 41, please check the extended size conversion chart at the Happy Feet! Kit listing at bucklebeebags.com. Note: commercial brands Dansko and Birkenstock fit like our soles. There is no need to size up. Wide soles are not available from the manufacturer, but the soles are a little wider than traditional American women's shoes. Check the universal commerce label on the inside of a pair of sneakers that fit you well for the EU size.
Supply List	**Supply Notes**
The supply list is the same for hi-tops, classic sneakers and ultra-low sneakers.	
¼ yard of quilt weight cotton for upper; Fat Quarter preferred (18" x 22") ½ yard of quilt weight cotton for lining; Fat Quarter preferred (18" x 22") Optional: Quilt weight cotton for tongue; 10" square is plenty—you'll need more for fussy cut tongues. 4 pieces of of 1.75" wide bias strips, each about 24" long. Please see the pre-class prep instructions at the end of this document.	*For sizes over 42, you will need a half-yard of upper and lining fabric.* *If you want a contrasting tongue/toe component, we'll just flip the tongues over so the lining side shows. Optionally, you can use a third fabric for your tongues. Have some fun with your fabric choices!* *Your bias can match or contrast with your exterior—your choice!*
½ yard double sided fusible foam interlining (Bosal In-R-Form, Soft 'n' Stable by Annie's, and Pellon Flex-Foam Ff79F2 are all great choices and readily available.)	*These interfacing/interlinings give the shoes their structure. If you substitute or omit them altogether, your shoes will be very soft and shapeless, like slippers.*

½ yard midweight woven fusible interfacing (like Pellon SF101)	*Unwoven interfacing will break down with wear. Please don't use it.*
Threads to match or coordinate with your fabrics.	
One pair of shoelaces to match, contrast or coordinate with your exterior fabrics. Hi-tops require 60" laces; classic and ultra low sneakers use 45" laces. **Ultra-fine** Sharpie marker, black If you are using a dark fabric, bring a white or silver marking pencil and sharpener that shows up on your fabric Sharp sewing shears, thread snips Rotary cutting supplies—***if you do your pre-class prep, you can leave these at home.*** 6" x 24" ruler A few fabric clips or very small **binder** clips Fray Check or other seam sealant Sewing machine in good working order Basic sewing supplies. If you have pattern weights, they're handy. Optional: mini-iron and pressing surface	*Joan will have lots of 60" shoelaces available for purchase during class ($6/pair.)*
Pre-class Prep:	
You can leave your rotary cutting supplies at home if you do your cutting before class.	
Cutting Chart:	
18" x 22" (sizes over 42, cut 18" x 25") Cut one from each of the following materials: Exterior fabric for uppers, lining, SF101, Fusible Foam	
10" x 10" (sizes over 42, cut 10" x 12") Cut one from each of the following materials: Tongue fabric, lining, SF101, Fusible foam	
1.75" x 24" (all sizes) Cut four **on true bias from your chosen binding fabric.** You may join bias strips if necessary; use a diagonal seam. Don't press your strips into bias tape; leave them flat.	

We strongly recommend that you **quilt your fabrics ahead of class**. If you don't, you will not have time to complete a shoe during class time.

Pre-class quilting instructions:

Fuse the woven interfacing to the wrong side of your uppers fabric. Then…

Fuse (or spray baste) your foam interlining to the woven interfacing. Then…

Fuse or spray baste the fabric/interfacing/foam stack to the wrong side of your lining fabric. Then…

Quilt in a ¾" grid OR in ½" parallel lines (lines should be parallel to the longest side of your fabric) OR in an allover meandering design OR on a longarm quilting machine. Your quilting lines should be no more than 1" apart.

If you have any supply or quilting questions, please email Joan at bucklebeebags@gmail.com.