

Pattern 001: Everyday Drawstring Pants

A printable custom-tracing pattern for loose all-linen pants. No elastic, no plastic hardware, and no fixed S/M/L sizing. Use a pair of relaxed pants you already like as the body template, then build the waistband and drawstring entirely from linen.

Garment	Relaxed pull-on drawstring pants
Fabric	100% linen, about 5-7 oz/yd ²
Thread	100% linen sewing thread
Closure	Linen drawstring through a folded casing
Seam allowance	5/8 in (1.5 cm) unless noted

Buy the first-pair materials

A rough first order is about 3 yards of 58-inch-wide linen for many adult prototypes, but trace and measure your pieces before ordering when possible. Larger, taller, or very loose fits can require more.

[Fabrics-Store IL019 Natural - 100% linen, 5.3 oz/yd², 58 in wide](#)

[Sartor Fine Linen Thread 20x3 Natural - 100 m, hand + machine sewing](#)

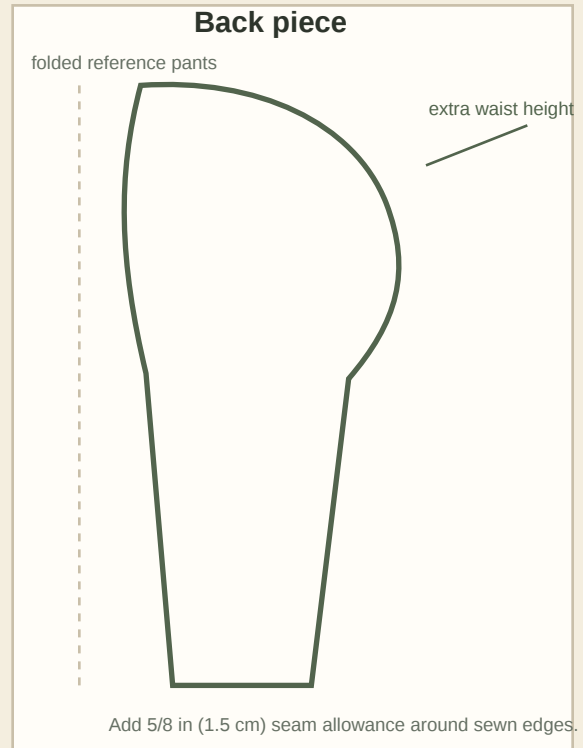
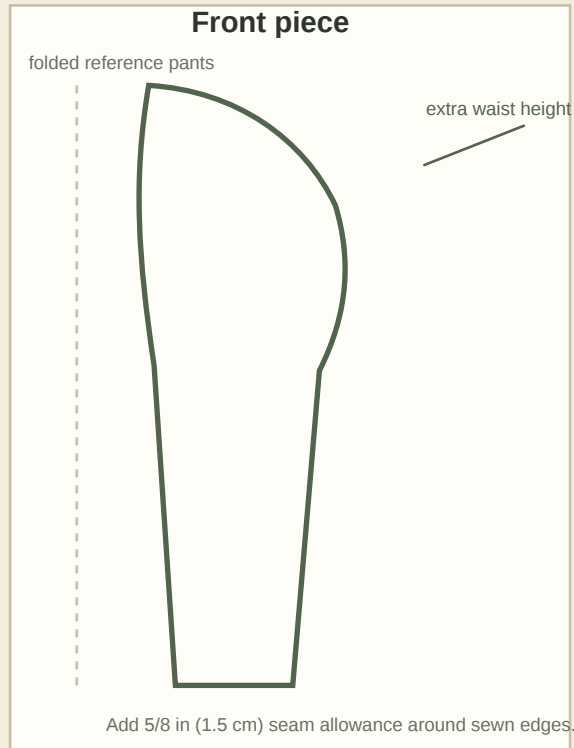
Drawstring: do not buy cord. Cut it from the same linen fabric.

Before you cut

- Wash and dry the linen the way you plan to care for the finished pants.
- Choose loose reference pants that pull over your hips without a zipper.
- Press or smooth the reference pants so the seams are easy to trace.
- If your reference pants contain elastic, stretch the waistband only enough to reveal the real waist opening; your linen version must pass over your hips without elastic.

Step 1 - Make your paper pattern

Fold the reference pants in half so one leg is exposed. Trace the front and back separately. A roll of kraft paper, taped grocery bags, or reused packing paper works well.



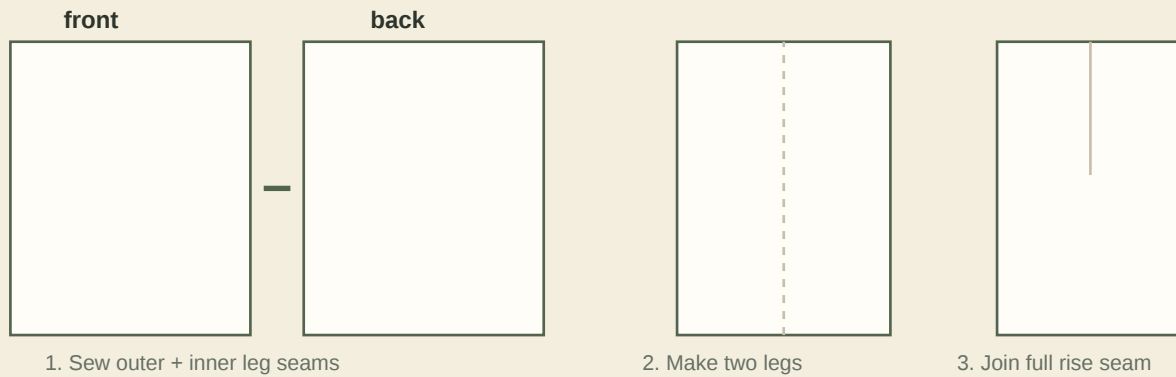
Tracing rules

- Trace the seam line of the reference pants, not the outer fluff of the fabric.
- Add 5/8 in (1.5 cm) seam allowance at the side seam, inseam, and rise.
- At the hem, add your normal hem allowance plus about 1 in (2.5 cm) if you want room to adjust length.
- At the waist, extend the pattern upward about 2 in (5 cm) beyond the finished waist so it can fold into a drawstring casing.
- Mark grainline parallel to the leg length.

Fit check before cutting linen

Measure the finished paper pattern around the widest point near the hip/seat. After subtracting seam allowances, the full garment opening must still be large enough to pull over your hips. If it is not, add width at the side seams now.

Step 2 - Cut and sew



Cut list

- 2 front leg pieces, mirrored
- 2 back leg pieces, mirrored
- 1 long linen strip for the drawstring, roughly 1.25-1.5 in (3-4 cm) wide before folding and long enough to circle your waist plus tying room

Assembly

- Sew each front to its matching back at the outer leg seam.
- Sew each leg's inseam.
- Turn one leg right-side out and slide it inside the other leg so right sides face.
- Match the crotch/rise edges and sew the entire rise as one continuous seam.
- Finish raw seam edges with a flat-felled seam, French seam, or a simple double-turned finish.
- Fold the top edge inward about 1/2 in (1.3 cm), then fold again deeply enough to form the drawstring casing. Stitch around, leaving a small center-front opening.
- Hem the legs after a try-on.

Make the all-linen drawstring

Fold the long linen strip lengthwise. Fold both raw edges inward, fold again, and stitch it into a narrow flat cord. Feed it through the casing with a safety pin or bodkin, then knot the linen ends. No toggle or eyelet is required.

Step 3 - Wear, mark, improve

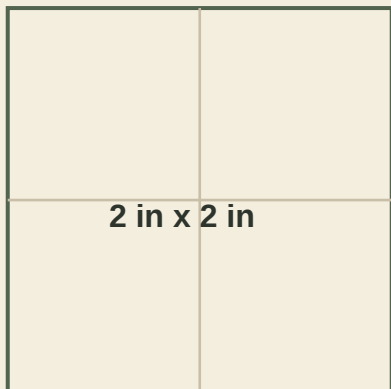
Pattern 001 is intentionally iterative. The first pair becomes your fitting prototype and your personal master pattern.

After the first full day of wear, write down:

_____	Waist comfort / casing width
_____	Hip and seat room
_____	Crotch depth and mobility
_____	Thigh and calf room
_____	Pocket ideas for v0.2
_____	Final hem length
_____	Anything that twisted, pulled, or rubbed

Print calibration

Print this PDF at 100% / Actual Size. Do not use 'Fit to page'. The box below should measure exactly 2 in x 2 in.



This v0.1 download is a custom tracing pattern, not a pre-sized commercial tissue pattern. That is deliberate: the goal is a garment shaped from a body and an existing comfortable fit, then improved openly over time.