**How to Fit and Alter a Pair of Pajama Pants**

1. **Measure Body:** waist, hip, inseam, side seam

2. **Look at the Pattern:** use body measurements to determine size (when in doubt, go larger), then compare to finished garment measurements (can be on pattern envelope or pattern itself) to determine amount of ease and decide if you want to go up or down a size

3. **Alter the Pattern:** LENGTH IS ALWAYS FIRST!!! Make sure to alter appropriately above or below the crotch line. Here are some methods of determining alterations:

* Can just do a full length measurement – this is simpler, but can cause problems if there is an abnormal crotch depth
* To account for crotch depth variances, you can compare inseam first and alter below the knee, then side seam length and alter above the crotch
* Can use tissue fit method, or just hold the pattern up to the body
* For circumference alterations, we tend to err on the side of having too much ease, then pin fit the extra out on the side seam when wearing (remember to ALWAYS fit right-side out!!! Bodies are asymmetrical, whether you like it or not!)

4. **Construct Garment:** inseams first, then crotch seam, then baste side seams and try on for fit.

5. **Pin Fit Side Seams:** put on the pants and pin out (or add in) fabric as needed, baste and try on again until you are happy with the fit

6. **Complete Pant Construction:** permanently stitch and finish side seams, try on and fold down casing, sew and insert elastic, try on again and mark hems, sew hems

You’re done!!!