



The Visible Mending Project Tracker

Phase 1: Damage Assessment

- Identify the exact fabric type of the damaged garment (e.g., heavyweight denim, sheer cotton, loose knitwear).
- Measure the size of the tear or blowout to determine if a patch is required.
- Check the surrounding fabric for thinning or dry rot to ensure anchor points will hold the thread.
- Determine the operational stress of the area (e.g., knee joints require high tensile strength, whereas a chest pocket is low-stress).

Phase 2: Material Sourcing

- Select the correct needle size (heavy darning needle for canvas/denim; finer needle for light cotton).
- Choose the appropriate thread (Sashiko cotton for heavy woven fabrics; matching weight floss for lighter textiles).
- Pick a complementary or contrasting thread color based on your aesthetic goal.
- Gather supplementary tools: sharp scissors, tailor's chalk or water-soluble pen, thimble, and natural beeswax.
- If patching: source a fabric scrap that perfectly matches the stretch limit and weight of the base garment.

Phase 3: Preparation & Execution

- Wash and dry the garment before mending to prevent future shrinking that could distort the repair.
- Trim any loose, frayed threads around the immediate tear (or secure them with a whipstitch/natural beeswax).
- Use tailor's chalk or a water-soluble pen to draw your geometric grid or shape outline.
- Pin the patch securely in place (if applicable), making sure the grainline matches the original garment.



- Coat your thread with natural beeswax to prevent tangling and ensure smooth pulling.

Phase 4: Quality Control

- Verify that the thread tension is even (the fabric should not pucker or gather around the stitches).
- Ensure the final knots on the reverse side of the fabric are pulled tight and cut cleanly.
- Gently stretch the repaired area with your hands to confirm structural integrity before the first wash.