

Visible Mending: First-Mend Field Card

A one-page reference for the slow-fashion sewist starting their first sashiko mend on woven fabric.

1 CHOOSE YOUR FIRST GARMENT

Wear-frequency	Pick something you wear at least once a week.
Sentiment score	Low. Save the favorite for mend #2 or #3.
Fabric weight	Denim or thick cotton beats silk or fine wool every time.
Damage type	Hole or tear in woven fabric. Knits need darning, not sashiko.

2 YOUR THREE-TIER TOOL CHECKLIST

LEVEL 1 · FREE TO \$5	LEVEL 2 · \$15 TO \$30	LEVEL 3 · \$30 TO \$60
<ul style="list-style-type: none"> ■ Regular sewing needle ■ Embroidery floss you own ■ Scrap fabric for backing ■ Small scissors <p><i>Enough for one experimental mend.</i></p>	<ul style="list-style-type: none"> ■ Sashiko needle (long, sharp) ■ Skein of sashiko thread ■ Beeswax block ■ Heat-erase fabric pen <p><i>Buy after mend #1 if you know you'll keep going.</i></p>	<ul style="list-style-type: none"> ■ Embroidery hoop ■ Mending loom or speedweve ■ Patch fabric in mixed weights ■ Small ruler <p><i>Earns its place after a sustained mending practice.</i></p>

3 FIVE-STEP SASHIKO MEND ON DENIM

1	Prep the garment. Lay flat. Trim loose frayed threads with small scissors. Do not cut into solid fabric.
2	Cut a backing patch. Choose denim scrap or thick cotton. Make it at least 2 cm larger than the hole on every side. Pin to the inside.
3	Mark a 1 cm grid. Use a heat-erase fabric pen and a small ruler. Center the grid over the hole. Extend it 2 cm past the hole on every side.
4	Stitch the rows. Cut sashiko thread to elbow-to-fingertip length (30 to 35 cm). Wax it. Knot one end. Sew running stitches along each grid line: 5 mm stitches, 2 mm gaps.
5	Knot off and erase. Knot on the inside, trim the tail, and run a warm iron over the grid lines to erase the marker. Press the patch flat from the inside.

4 AVOID THESE THREE FIRST-TIME MISTAKES

THE MISTAKE	THE FIX
Tackling the favorite garment first.	Pick the garment you would accept as a write-off. Practice on it.
Long thread, tangled mess.	Cut to 30 to 35 cm. Wax before threading the needle.
Decorating before reinforcing.	Backing patch always goes in before the decorative grid. Structure first, beauty second.

· MEND BEFORE YOU MAKE ·