



# How to Downsize Jeans Without Sewing

This guide will teach you how to downsize the waistband of a pair of jeans without sewing.

Written By: Rachel Wooley



---

## INTRODUCTION

This guide will teach you how to downsize the waistband of a pair of jeans without sewing.

---

### TOOLS:

- [Safety Pin](#) (2)
- [Fabric Scissors](#) (1)
- [Marker](#) (1)

**Fabric Marker**

- [Seam Ripper](#) (1)

*Optional*

- [Iron](#) (1)

*Optional*

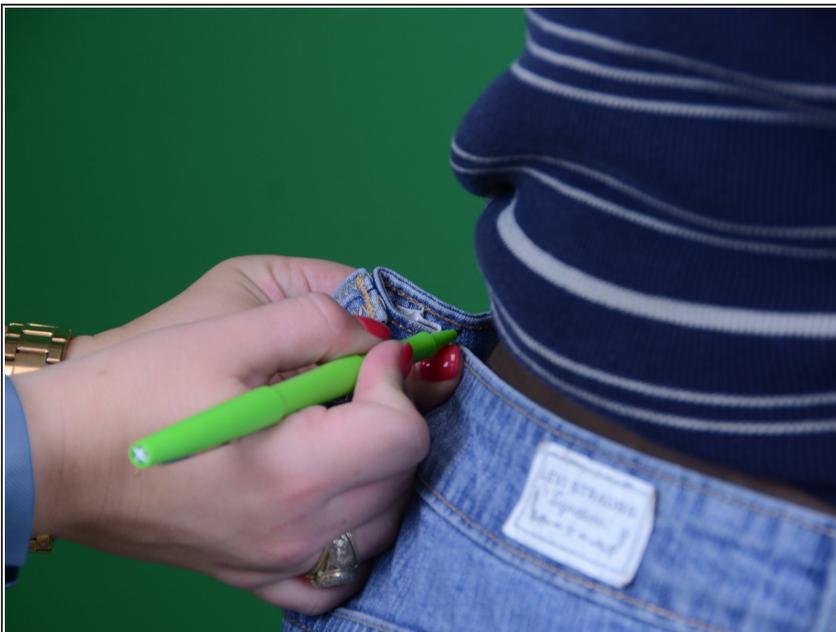
---

## Step 1 — How to Downsize Jeans Without Sewing



- While wearing the jeans, pinch the excess fabric at the center of the backside of the waistband.
- ⓘ Ironing to remove jeans of all wrinkles can help measure the alteration more accurately.

## Step 2



- Keeping the excess fabric pinched, place two highlighter marks at the point where you with the waist to touch.
- Once done, remove the jeans and lay them flat with the front side up.

### Step 3



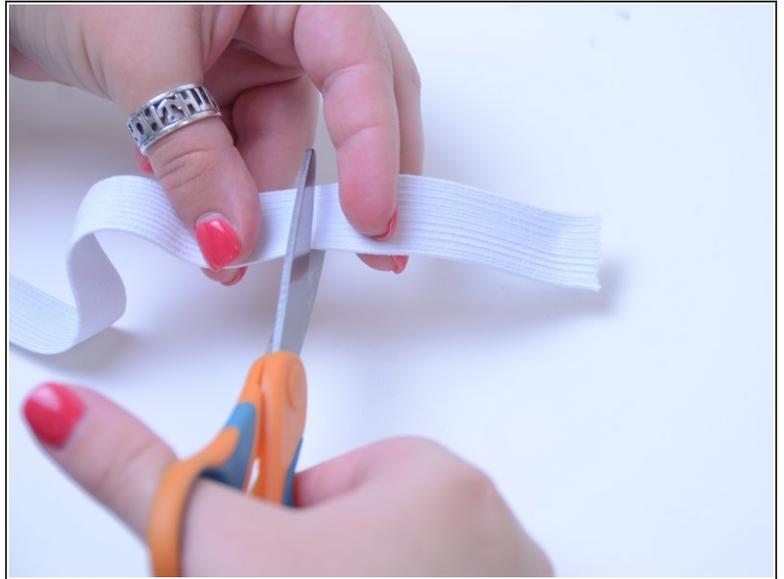
- Locate the points on the seam directly below the two highlighter marks.
- Using the seam ripper or a pair of scissors, break the two seams to loosen the lining along the fabric.

### Step 4



- Starting from where one of the seams is broken, cut up the waistband, stopping just before reaching the top.
- Repeat this process for the other broken seam point.

## Step 5



- Measure and cut out a strip of elastic that is slightly smaller than the distance between the two cuts on the waistband.

## Step 6



- Attach a safety pin onto each end of the elastic strip.
- Using the safety pin, attach one end of the elastic strip to the waistband directly outside of one of the cuts.

## Step 7



- Slip the free end of the elastic strip into the nearest cut.
- Push the elastic strip along the waistband through the other cut using the safety pin as an aid.
- ⓘ You might need to cut out the tag if the safety pin cannot be pushed through. Cut the thread on both sides of the tag to remove the label.

## Step 8



- Similar to the process in step 6, attach the elastic strip just outside of the cut using the remaining safety pin.
- ⚠ Be careful not to stick the safety pin all the way through the jeans. The pin should only go through the inside layer of the waistband.

## Step 9



- Adjust the excess fabric until it is laying as flat as you can get it.
- ⚠ Double check that all the safety pins are properly closed.

To change the size again you can use a looser or tighter elastic band. If a more permanent fix is required, sewing in place of the safety pins is a possible, but more challenging fix. Please note that because of where the cuts are made you will not be able to alter the size drastically the second time you alter them.