How to alter the waist on trousers

As well as trousers, you can also use this method to alter the waist size of a skirt - as long as there is no zip in the centre back seam.

Alternatively, you can alter both side seams.

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You will need

- Tape measure
- Scissors
- Pins
- Seam ripper
- Tailor's chalk
- Sewing machine
- Thread to match the trousers

Difficulty

Easy

Method

1. Try the trousers on to check how much you need to reduce the waist size by - and how far down the centre back seam you can taper the seam from.

2. Undo the trouser and waistband centre back seam using a seam ripper.

3. Decide how much you need to take the trouser waist in by. Draw a chalk line from the waist down then blend in to the existing seam to show the new stitching line.

4. Sew the new back seam along the line you've just marked. Use a machine straight-stitch of long length (a stay stitch) and matching thread.

5. Try the trousers on to ensure they fit correctly. If they don't, re-do the seam.

6. When you're happy with the fit, do another row of stitching over your first row to add strength. Use a medium length straight-stitch for this. Ensure you do a couple of back stitches at the beginning and end of your stitching to secure it.
Remove the original back seam stitches with the seam ripper.

Press the seam flat.

You might need to reduce some bulk by trimming the seam allowances down, then neatening the raw edges with a zig-zag or overlock stitch.

Re-press the garment to give it a neat finish.

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**HOW TO LET THE WAIST OUT ON TROUSERS**

If you need to make the waist on a pair of trousers larger, you can insert a small V shaped section of fabric into the centre back seam.

If there's a waistband on the trousers, you'll also have to insert a new section into the waistband to make it wider.

Ensure you get fabric that is of a similar colour, weight and fabric type to the garment.