

How to Keep Sports Bra Pads in Place

If you work out a lot, you've probably encountered sports bras with pads inside of them. While they are great for some added protection and comfort, sports bra pads tend to bunch up and fold, especially when they're in the wash....

Sewing the Pads in Place

1. **Turn your bra inside out.** You'll want to start stitching from the back of the bra so that your stitches aren't visible from the outside. Turn the bra inside out and then smooth out any lumps or bumps that you see with your hands.^[1]
 1. You can sew a clean or a dirty sports bra, but it's probably best to use a clean one.
2. **Situate the pads so they lay flat.** Adjust the pads within the sports bra so they sit in the cup of the sports bra. Make sure they are smooth and flat without any bumps or folds in them.^[2]
 1. If the pads are removable, you can reach in the bra and adjust them. Otherwise, just push and pull the pads through the fabric of your bra.
3. **Thread a sewing needle with thread and tie it off.** Cut a 12 in (30 cm) length of thread and put it through the eye of a sewing needle. Tie the loose ends of the thread together in a small knot to keep your thread in place.^[3]
 1. You can pick thread that's close to the color of your bra, or you can go with whatever thread you have on hand since the stitches will be on the inside of your bra.
4. **Make 3 to 4 stitches at the top and sides of each pad.** Start sewing at the top point of the pad and bring your needle in and out 3 to 4 times. Then, move to each bottom point of the pad and sew in the same pattern to hold down each edge.^[4]

Variation: If you don't have a sewing needle or thread, you can also use safety pins to hold the pads in place. However, this is a less permanent solution, and there is a chance that the pins could come undone and poke you while you're wearing your bra.

5. **Bring your needle through the pad, but not the front of the bra.** This way, you'll be able to keep the pads in place without seeing the thread from the front of the bra. Keep 1 finger on the front of your bra so you can tell if the needle is about to poke through it.^[5]
 1. You can purchase thread that matches the color of your bra if you don't want to worry about it showing.
6. **Tie off the ends of the thread and cut off the excess.** Once you are done stitching each section of your pad, tie the loose ends of the thread into a tight knot at the base of your bra. Use sharp scissors to cut the rest of the thread off so it's not hanging on the inside of your bra.^[6]
 1. If the small knots of thread stick out and bother you while you're wearing your bra, tape some moleskin to them to hold them down.

Washing and Drying Your Bra

1. **Put your bra in a delicates bag in the washer.** Grab a mesh or rubber bag that's made specifically for putting delicates in and put your sports bra in there when it's time to wash it. The bag adds a layer of protection between your sports bra and the rough washing machine, so there's less of a chance that the pads will move around.^[7]
 1. You can find these bags at most home goods stores or online for around \$10.
2. **Set your washer to the 'delicates' setting if you are using one.** Most washing machines have different settings that change how fast they spin. When you wash your sports bra in a washing machine, always put it on the setting for delicates so that your bra doesn't get spun around too much.^[8]
 1. You can also wash other delicates, like bras and underwear, on this setting.
 2. Most delicate settings automatically use cold water.
3. **Wash your sports bra by hand for a gentler wash.** Fill up a bucket or a sink with warm water and mild laundry detergent. Swish your bra in the water until it suds up, then let it soak for about 15 minutes. Rinse out your bra until the water runs clear to get rid of all the detergent.^[9]
 1. Use caution as you swish your bra around so you don't disrupt the pads too much. Try to be aware of them as much as you can so you can keep them in place.
4. **Hang your bra to dry instead of putting it in the dryer.** Set your sports bra in a cool, dry place and let it dry for 2 to 8 hours before putting it on again. Keep it out of the direct sunlight to avoid fading.^[10]
 1. You can use a hanger or a clothes rack to hang up your sports bra.

Tip: If you live in a super humid climate, your bra may take longer to dry. Try using a dehumidifier to take some of the moisture out of the air.

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