

COTTON NOOK PANEL BACKPACKS


Riley Blake
DESIGNS®



9" x 11" x 4"

Cotton Nook

by MINKI KIM



= Intermediate

08/01/2026

COTTON NOOK PANEL BACKPACKS

FINISHED BACKPACK SIZE 9" × 11" × 4"

Please read all instructions before beginning this project.
Yardage calculated using a 42" usable width of fabric.

Pattern designed by Minki Kim.

GENERAL INSTRUCTIONS

The materials, cutting, and instructions that follow make (2) total backpacks. Visit www.youtube.com/RileyBlakeDesigns to see a video of Minki Kim sewing her version of the panel.

Please check www.rileyblakedesigns.com/pattern-updates or scan the QR Code for any updates before starting this project.

This pattern requires a basic knowledge of quilting and sewing techniques and terminology. The diagrams portrayed are virtual images. The layout and look of your project may differ when using actual fabric. It is not recommended to prewash fabric before cutting and assembling.



WOF = Width of Fabric
RST = Right Sides Together
RSO = Right Sides Out
WST = Wrong Sides Together

FABRIC REQUIREMENTS

Fabric is from the Cotton Nook collection.

(1) P17979-PANEL Cotton Nook Backpack Panel
2 ¼ yards C17975-VINTAGEWHITE Flowers

OTHER SUPPLIES

Basic Sewing Supplies
(1) 58" × 1 yard package Foam Stabilizer
(suggested ByAnnie's Soft and Stable)
1 yard One-Sided Fusible Interfacing (suggested Pellon SF101)
(2) Backpack Hardware Kits (P210-P15739)
4 ½ yards 1" cotton webbing
(1) package of Minki Kim Woven Labels (featured is Cherry Pink Woven Labels P178-SIWL26) (optional)
Scraps of wool felt (optional)
Polyfill stuffing (optional)
Ribbon or cording (optional)

CUTTING INSTRUCTIONS

When cutting fabrics, use a straight edge ruler and rotary cutter to cut pieces with straight edges, and scissors to cut the other pieces. Measurements include ¼" seam allowance. Label, allocate, and organize all cuts as noted.



Cotton Nook Backpack Panel

Carefully cut around each of the Exterior Front and Back, Pocket, Zipper, and Bottom Panel pieces, leaving at least ⅛" outside of each piece for quilting.

Carefully cut around the Zipper Binding, Pocket Binding, Binding and D-ring Tab pieces, leaving no excess around the printed pieces.



Vintage White Flowers

Cut (2) 24" × WOF strips. Subcut:

(2) 24" × 29" rectangles for bag lining.

(2) 8 ¼" × 10 ¼" rectangles for pocket lining.

Cut (2) 1 ¾" × 42" bias binding strips.



Foam Stabilizer

Cut (2) 24" × 29" rectangles.



One-Sided Fusible Interfacing

Cut (4) 8 ¼" × 10 ¼" rectangles.



1" Cotton Webbing

Cut (4) 40" lengths for the straps.

Note: You may cut straps longer or shorter depending on your preference.

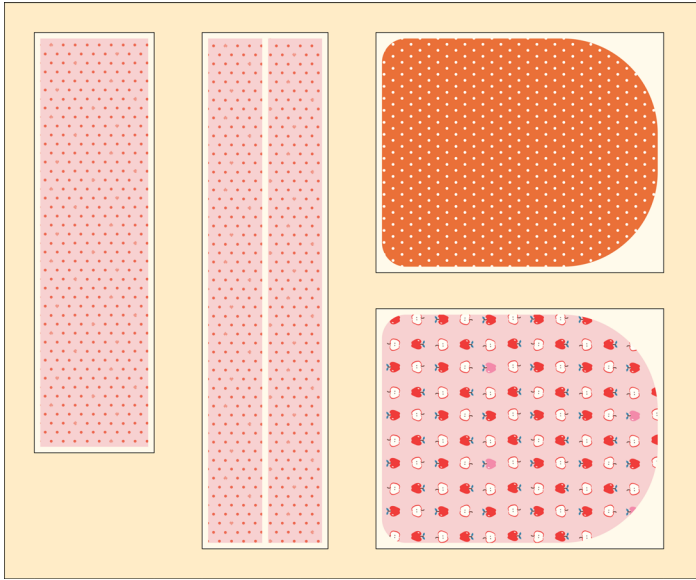
SEWING TECHNIQUES

Sew all seams RST and with a ¼" seam allowance unless stated otherwise. Refer to the diagrams for placement of the fabrics. Press seams as desired unless stated otherwise.

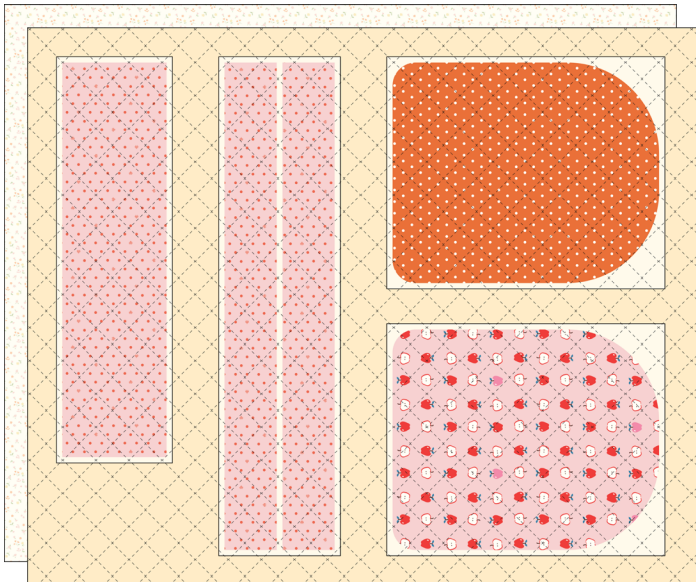
COTTON NOOK PANEL BACKPACKS

PREPARE THE PANELS

1. Place the Exterior Front, Exterior Back, Zipper, and Bottom Panel pieces onto the foam stabilizer arranged as shown. Pin or spray baste the fabric to the foam as you prefer.

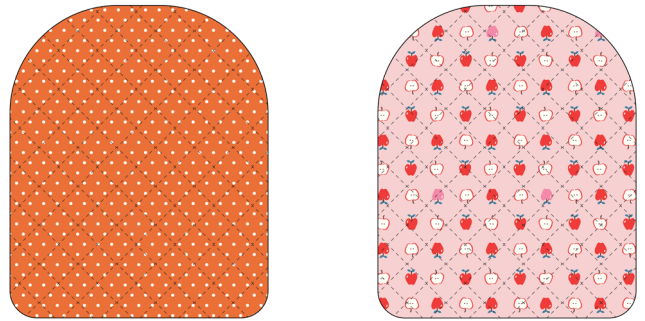


2. Place the foam stabilizer WST with the bag lining fabric. Pin or spray baste the bag lining fabric to the foam as you prefer. Set your stitch length a little longer than normal and work from the center outward to quilt as desired. Change thread colors as desired.

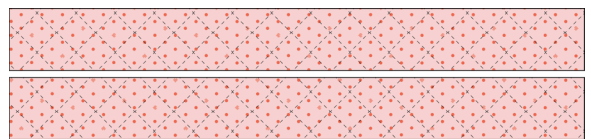
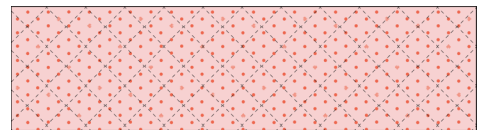


3. Cut around the printed edge of the Front piece. Lay the cut-out Front piece on top of the Back piece. If they are no longer the same shape, trace around the Front piece, then cut out the Back piece on the drawn line.

Note: If your quilting lines are not holding the bottom corners securely, stitch diagonally across each corner before trimming them.



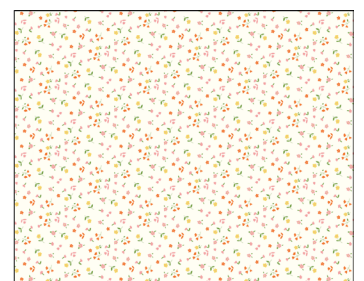
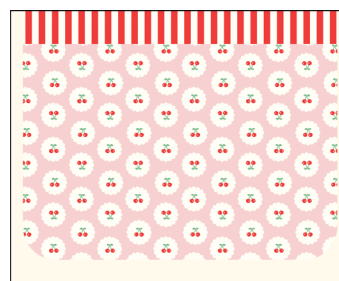
4. Trim the Bottom Panel and Zipper pieces along the outside edge. Make sure the ends of the trimmed pieces are cut at a right angle. If the fabrics shifted when quilting, use a ruler and rotary cutter to trim the ends square to the sides.



ASSEMBLE THE POCKET

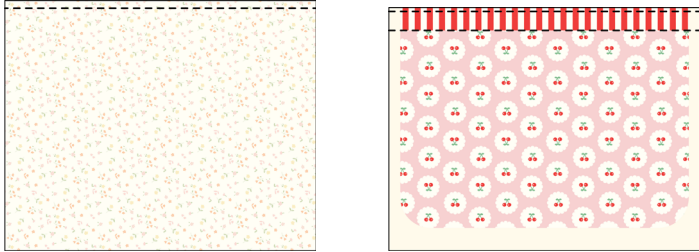
5. Lay the Pocket Panel and pocket lining piece right side up on the fusible side of the fusible interfacing. Fuse the layers together following the manufacturer's instructions. Use fabric scraps to protect your iron as needed.

Trim along the top edge of the Pocket Panel and pocket lining piece.

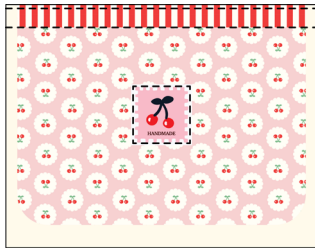


COTTON NOOK PANEL BACKPACKS

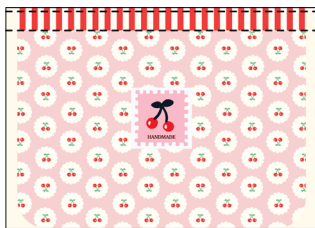
6. Place the pocket lining piece on top of the Pocket Panel with RST. Sew along the top edge. Flip the fabric RSO and press. Topstitch $\frac{1}{8}$ " from the top edge. Then stitch along the bottom edge of the printed binding to make (1) pocket.



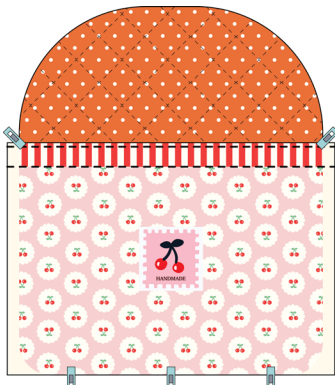
7. If desired, place a label on the pocket wherever you like. Sew the label to the pocket using matching thread and backstitching at the beginning and end.



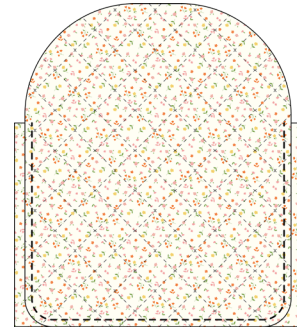
8. Trim along the bottom edge of the pocket. Leave the sides untrimmed for now.



9. Center the pocket on top of the Front piece, matching the bottom edges. Clip the pieces together.



10. Flip the unit over so the lining of the Front piece is facing up. Baste the pocket to the Front piece. Then, trim the edges of the pocket even with the Front piece.



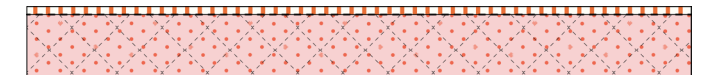
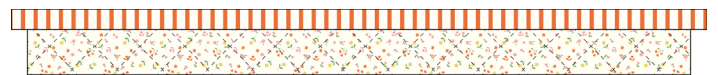
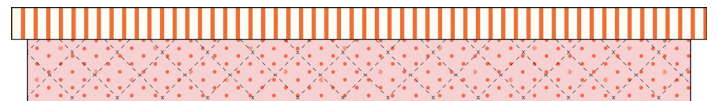
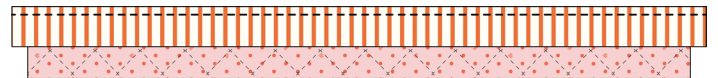
ASSEMBLE THE ZIPPER PANEL

11. Fold each zipper binding strip in half lengthwise. Press.

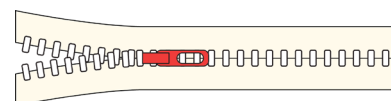


fold

12. Align the raw edges of (1) folded zipper binding strip with a long edge of a Zipper piece. Sew the pieces together RST. Fold the binding over the seam; press. Turn the Zipper piece over. Fold the zipper binding over to cover the seam on the lining side of the panel. Press. Turn the panel back over with the exterior facing upward. Stitch in the ditch along the previous binding seam. Trim the ends of the binding even with the Zipper piece. Repeat to make a second unit.

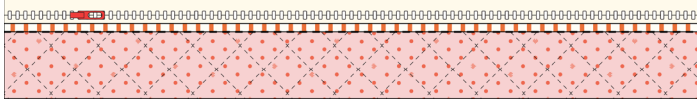


13. Open one end of the zipper by gently pulling the zipper teeth apart approximately 2". Place the ends of the zipper teeth into the holes on the rounded end of the zipper pull. Hold the zipper tape in place as you pull the zipper pull toward the center of the zipper.

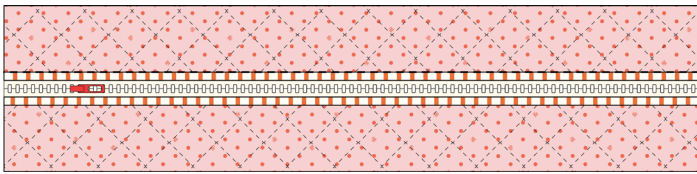


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14. Place (1) Step 12 unit on top of (1) Step 13 zipper with the binding edge against the zipper teeth. Stitch in the ditch along the binding seam, making sure the stitches sew through all layers.

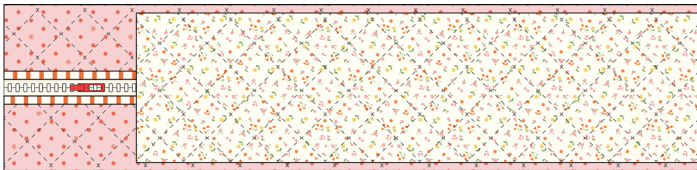


15. Attach the second Step 12 unit in the same manner, making sure the units align with each other, to make a Bound Zipper Unit.

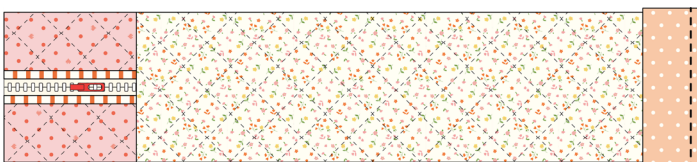


ASSEMBLE THE BACKPACK

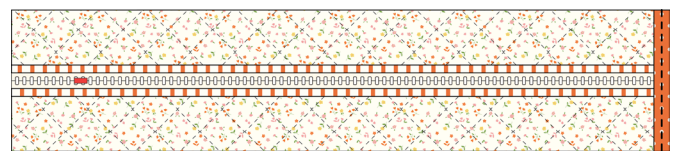
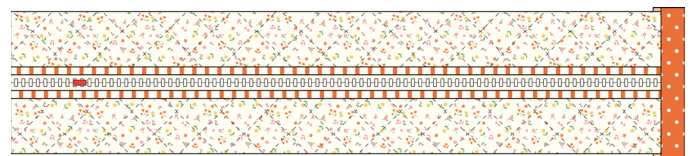
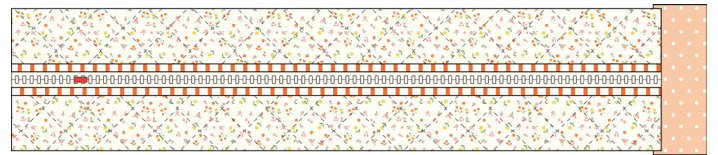
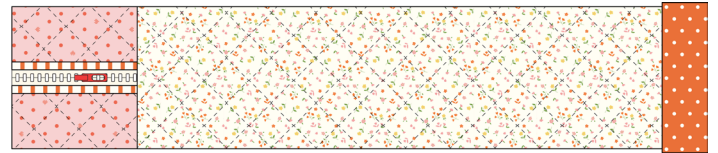
16. Place the Bottom piece on top of the Bound Zipper Unit with exterior sides together. Trim the width of the Bound Zipper Unit even with the width of the Bottom piece. If one side of the Bound Zipper Unit is narrower, align that side with the Front piece in Step 31.



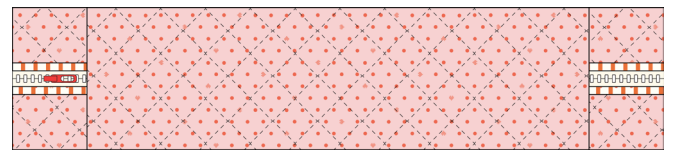
17. After any needed trimming, place the Bottom piece on the Bound Zipper Unit with exterior sides together and aligned at the right-hand end. Center (1) of the Binding Panel strips on top of the Bottom piece with the wrong side facing up. Sew the pieces together.



18. Fingerpress the binding strip over the seam. Flip the unit over so the Bound Zipper Unit lining is facing up. Fold the raw edge of the binding to meet the raw edge of the unit. Fingerpress. Fold the binding over the raw edge. Sew the binding to the unit again using a ¼" seam allowance. Trim the excess binding even with the edges.



19. Repeat steps 17 and 18, aligning the left-hand ends of the Bottom piece and the Bound Zipper Unit to make the Side/Bottom Loop. Turn RSO.

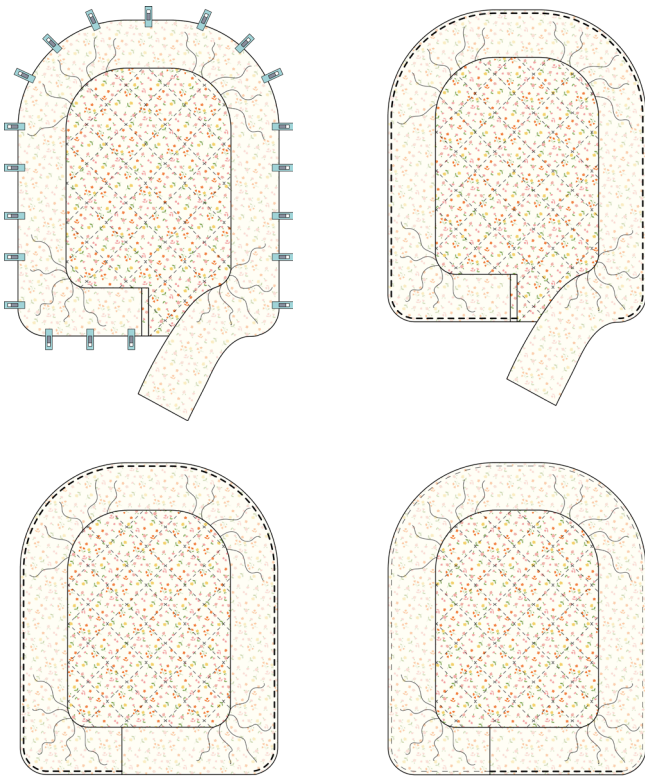


20. Fold (1) short end of a Bias Binding strip under ¼", WST. Press.

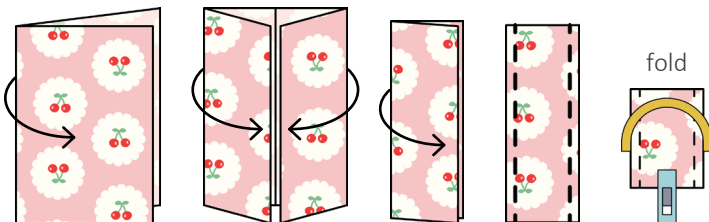


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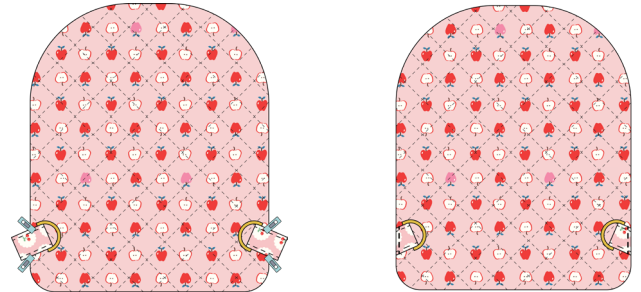
21. Place the folded end of the Bias Binding strip at the bottom center of the Front piece, with the right side of the binding against the lining side of the Front piece. Match a raw edge of the binding to the edge of the front piece, clipping in place as needed. Baste the binding to the perimeter of the Front piece using an $\frac{1}{8}$ " seam allowance. When you near the folded end, pause sewing and trim the binding to leave a 1" overlap. Sew the remainder of the binding in place. Fold the corners flat and place pins to hold the binding out of the seams when you assemble the backpack. Repeat to add bias binding to the lining side of the Back piece.



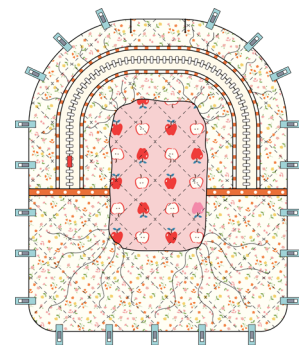
22. Fold a D-ring Panel Tab rectangle in half widthwise WST. Fingerpress to mark the center. Open the folded rectangle, then fold the raw edges of the rectangle to meet the marked fold line, WST. Press. Fold the rectangle in half again so the raw edges are within the folds. Use a matching thread to topstitch along both long edges to make a tab. Slide the tab through the D-ring and fold the tab in half so the short edges are aligned. Clip the ends together. Repeat to make (2) D-ring tabs.



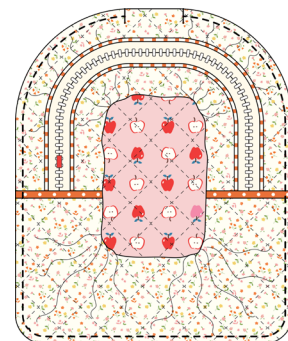
23. Place the D-ring tabs on the edges of the exterior side of the Back piece so there is very little space between the D-ring and the edge. Rotate the D-ring tabs a little bit to angle them upwards. Clip the D-ring tabs to the panel, then baste them in place. Sew over the tabs several times to strengthen the seam. Trim the D-ring tabs even with the panel.



24. Fold the Side/Bottom Loop in half, matching the binding edges. Find and mark the bottom and top center on both edges. Note: the portion with the zipper is the top. Fold the Front and Back pieces each in half. Mark the bottom and top center of each piece.
25. Match the bottom and top center marks of the Back piece and Side/Bottom Loop with exteriors together. Clip the pieces together around the perimeter. Measure and mark 1" in both directions from the top center mark. You will not stitch between these marks.

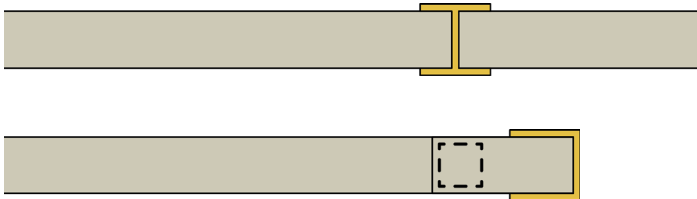


26. Start along the bottom edge and sew around the perimeter of the backpack. Be sure the raw edges of the pieces stay aligned as you sew and leave the 2" opening along the top edge. When you near the bottom corners, make sure the D-rings are away from the seam to avoid breaking a needle.

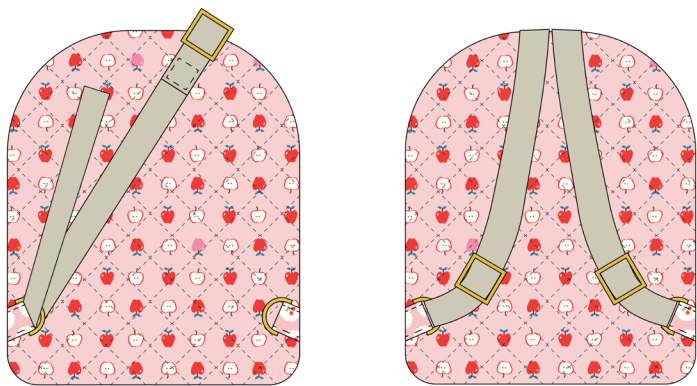


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27. Turn the backpack RSO and verify that the edges are smooth and even. If you are unhappy with any parts of the seam, use your seam ripper to remove the stitches and resew those portions.
28. Feed the slider onto the webbing. Position the slider face down and close to the right-hand end of the webbing. Turn the right-hand end of the webbing over approximately 1 ½". Next, fold the webbing back onto itself so the crossbar of the slider is encased in the webbing and the raw end is between the two outer layers of webbing. Secure the folded section of webbing to the rest of the webbing by stitching a rectangle over the folded portion of the webbing, stitching over the rectangle several times for stability. Repeat to make a second strap.

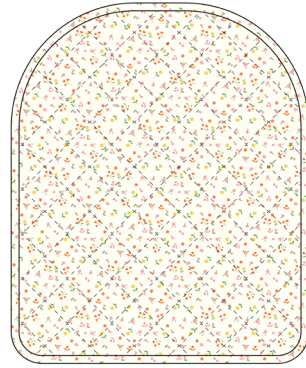


29. Insert the unfinished end of (1) strap through a D-ring, making sure the folded end is on top when the strap is folded back onto itself. Next, insert the unfinished end of the strap into the slider. Repeat for the second strap. Make sure the straps are not twisted. Tuck the raw ends of the straps into the opening created in Step 26. Angle the straps a little bit so they come away from the center. Clip in place, then sew the straps in place. Sew over the webbing several times to strengthen the seam. Trim the ends of the webbing.



Zipper/Bottom Loop not shown for clarity.

30. Turn the Step 29 unit so the lining side is facing up. Remove the pins put in the binding in Step 21. Fold the raw edge of the binding to meet the edge of the pieces, then fold it over again to conceal the raw edges. Pin the binding in place. Stitch the binding in place using a handstitch or topstitch.

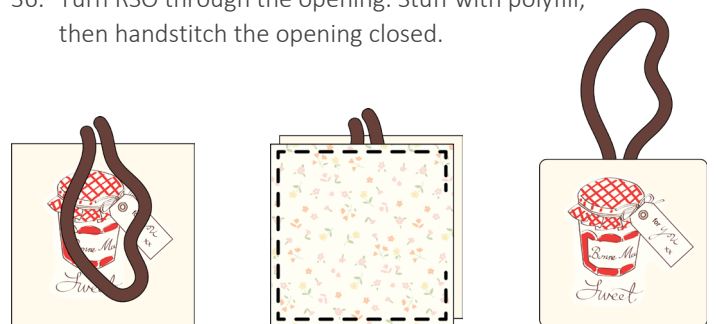


Zipper/Bottom Loop not shown for clarity.

31. Unzip the zipper. With exteriors together, match the bottom and top center of the Front piece to the unsewn side of the Side/Bottom Loop. Clip the pieces together as needed. Make sure the straps are tucked away from the edge, then sew around the perimeter. Turn the backpack RSO and verify that the edges are smooth and even. Then repeat Step 30 to finish the binding.
32. Place a towel inside the backpack to shape it. Close the backpack and steam press the edges. Then, remove the towel and steam press the seams flat.
33. Repeat steps 1-32 to make a second backpack.

BONUS ACCENTS

34. Carefully cut a square around the extra element on the panel. Cut a piece of excess lining fabric or a wool felt square to the same size. Cut an 8" length of ribbon or cording.
35. Center the ends of the cording on the top edge of the printed square as shown below. Place the lining fabric or wool square on top with RST. Sew around the perimeter leaving a small opening in (1) side.
36. Turn RSO through the opening. Stuff with polyfill, then handstitch the opening closed.



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