***FUNDAMENTAL HAND STITCHES***

**BASTING STITCH** A basting stitch is just a temporary stitch to hold several pieces in place.

It might be a gathered skirt attaching to a waistband, a piece of bias tape on the edge of a quilt or a sleeve joining to an armhole. Zippers can benefit from a basting stitch as you will need to sew close to the teeth and don’t want it to move before you sew.

**RUNNING STITCH** The [running stitch](https://www.thesprucecrafts.com/sew-a-running-stitch-2978418) is the most basic of all hand sewing stitches and it’s what all other forms of sewing are based off of. While running stitches may seem simple, they can still be incredibly effective for repairing clothing. This stitch can be used to:

* Sew patches onto clothing (like when the knees go out in your pants)
* Repair a hem at the end of a pant leg or the arm of a jacket
* Re-attach a strap or other piece of fabric back to the main piece

**BACK STITCH** The back stitch is an advanced variation of the simple running stitch where you constantly take one step back and two steps forward along your stitch line. The back stitch is a very strong and flexible stitch for repairing areas of high wear and tear. A back stitch is ideal for:

* Re-attaching zippers where the seam has come undone
* Repairing tears or places where the fabric is starting to unravel

Generally, anywhere a running stitch would do the job, a back stitch can be used. It’s stronger and will probably last longer, but it takes longer to sew (especially if you’re new to sewing). With a back stitch, one side will look like a simple running stitch, but the other will have a line of overlapping stitches.

**WHIP STITCH** The whip stitch is a little more complicated, but may be even more useful than the simple running stitch. but the technique can be used to fix other things like:

* Busted seams on pants, shirts and jackets
* Pockets that have split open
* Hems that have split open at the bottom (not at the actual hem stitch)

**SLIP STITCH/INVISIBLE/LADDER** The slip stitch can close up seams and holes just like a whip stitch, but the stitch itself won’t be visible. Unfortunately, it’s also the toughest stitch to master. This type of stitch is useful for repairing holes in more visible areas where the thread of a whip stitch would be too apparent. it’s best if you use a thread that’s colored to match the fabric you’re working with. If you have the patience to develop your skill, the slip stitch can make clothing issues literally disappear.