



HOW TO SEW YOUR OWN SUTURES.

*(Another tip for the breed of enthusiast
who wears Fila Outdoor.)*

1. Attach thread to needle. (A long thorn and the vein of a strong leaf may also be used.)
2. Place sturdy stick in mouth. Bite down.
3. Push needle through skin fold. Guide under cut and through skin fold on opposite side. Tie stitch in square knot.
4. Repeat until wound is closed.
5. Resume outdoor activities.



Fila jackets, pants, tops and bottoms. Inspired
by our own treacherous SkyRunner competition.
For the nearest retailer call 1-800-763-3719.

