

Cooling Scarf Kits!

These are the materials Mending Bloc uses in the cooling scarf kits that we give out to people with sewing machines.

1 tablespoon of dry water beads/crystals is enough for 12 scarves (they use ¼ tsp each).

Quilting cotton fabric: 54 inches per 12 scarves

If you're using our kit instructions, it's important to use the water beads or crystals that we've tested to be sure the quantities are correct!

These are **AquaGems** brand, bought in bulk on ebay (<https://www.ebay.com/itm/203986570451>) — 4lbs for \$28 which should be enough for many hundreds of scarves; don't get jumbo.

Or **Orbeez** brand, which can be bought in small quantities but the cost is more per scarf.

Or, for the water crystal type, use **Miracle-Gro brand Water Storing Crystals**—other brands may make for slimy scarves, so if you're using something else be sure to thoroughly test them first before making a batch for distribution!

So these are some kit options...

12 SCARF KIT

- » 1 TBSP water beads or crystals, in a ziplock bag with warning paper inside
- » 1½ yards (54") of fabric (approx 44" wide) OR 6 fat quarters
- » A half-sheet of the "COOLING SCARF" labels (12 labels) for distribution
- » 1 instruction booklet

24 SCARF KIT

- » 2 TBSPs water beads/crystals, in a ziplock bag with warning paper inside
- » 3 yards (108") of fabric (approx 44" wide) OR 12 fat quarters
- » A full sheet of the "COOLING SCARF" labels (24 labels) for distribution
- » 1 instruction booklet

You'll need to print out:

- » 1 sheet of the instructions per kit:
page 2 if using full-width fabric*
- » 1 sheet of the labels per 1–2 kits:
page 3 if using BEADS
page 4 if using CRYSTALS
- » 1 sheet of the warning papers (page 5)
per 21 kits

Print all sheets fit-to-page.

Fold the instruction sheet in half and in half again so page 1 is on top.

*In 2021 our kits came with **fat quarter sized** pieces of quilting cotton, so our instructions included how to cut and sew that size into scarf strips (a fat quarter, 18x21"ish, will make two scarves). In 2022 we got our hands on full bolts of fabric so we can give out full-width pieces and avoid that extra step! The old instructions for the fat quarters are included at the end.

If you make/distribute these, and you post about it on social media, we'd love to see! Tag us @mendingbloc on twitter and/or instagram!

Make sure you securely sew all the way from one edge to the other (so the dry beads can't slip past the stitches); maybe go over the line twice.



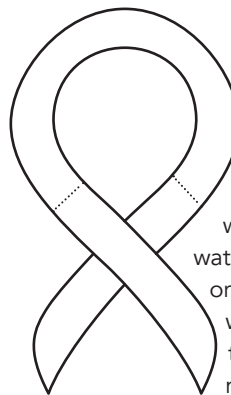
Turn the tube right-side out—an easy way to do this is to pin a large safety pin to one end and feed it through, moving it across the whole tube with your fingers. Fold the tube in half then measure out 8" from the center fold line on one side, and sew a line in the tube at that point.



With a 1/4" seam allowance, sew the strip all the way along the long edge, leaving both short ends open. Fold your 4.5" x 42" ish strip in half lengthwise with wrong side out (so print side on the inside), so it's 2.25" wide.

Make the Scarf

Make a Cooling Scarf



These cooling scarves are filled with magical water-absorbing orbs or crystals which keep the wearer's neck cool by slowly releasing water all day long. Once it dries out, just soak in water to refill.

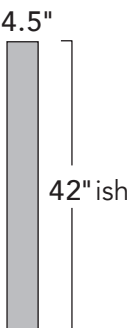
to fill vases or use for other decorative purposes) or **Miracle-Gro brand Water Storing Crystals** (do not use a different brand without testing, as some brands make slimy scarves!)

- » Sewing machine with thread (just basic straight stitch is needed)
- » Scissors or a rotary cutter
- » A safety pin is helpful

Prep the Fabric

Cut into strips measuring **4.5" wide x approx 42–44"** for each scarf.

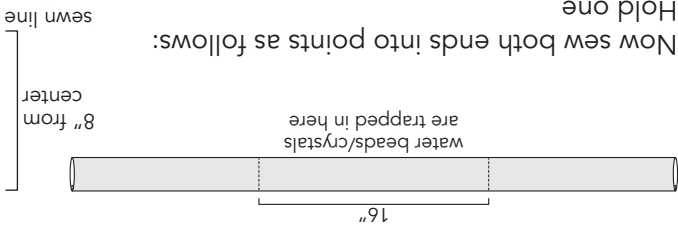
Fabric from a bolt measures 42–44" across, so it'll just need to be cut into strips that are each 4.5" wide.



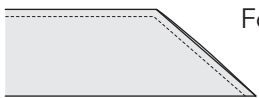
YOU'LL NEED

- » **Fabric:** woven quilting cotton or other woven fabric like thin denim or any reclaimed pieces you have that are not a loose weave, pre-washed/shrunk)
- » **Water Beads or Crystals:** specifically **AquaGems** or **Orbeez** brand beads (a non-toxic water-absorbing polymer material, meant

Now sew both ends into points as follows:



Measure 1/4 tsp of dry water beads or crystals (this seems like a very small amount but trust us!) into the end of the tube, opposite from the side with the stitched line. Shake the tube a bit to be sure the beads/crystals fall down to the stitch line and aren't stuck higher up. Be sure to hold the scarf so the beads stay put and measure 16" from the line you sewed (8" from the center in the other direction). Sew a line there, from one edge to the other.



Fold the edge inside 1/4"–1/2" and smooth into a pointed shape, then sew along the diagonal edge, very close to the edge.

Continue sewing (top stitching) up along the edge of the seamed side, to the line. Repeat for the other side.



Use the Scarf

Shake the center of the scarf to try to distribute the dry beads/crystals (so they are not all together on one side), then soak in water: **for beads, 6 hours or longer** (after 1–2 hours you can check distribution as the beads start to fill and shake them around to be spread more evenly); **for crystals, only about 2 hours** is needed.

Wear to keep cool, or distribute to others! If giving out, let people know what they are and that they can keep being soaked and reused after they dry out.

For distribution to free fridges, etc, pre-soak and then put the ready-to-wear scarves in ziplock bags (freezer bags are best) to place into fridges or hand out. Attach a piece of paper (staple or tape) saying something like

COOLING SCARF

*Tie around your neck to keep cool!
Once it dries out, soak in water for
2+ hours to re-hydrate & wear again.*

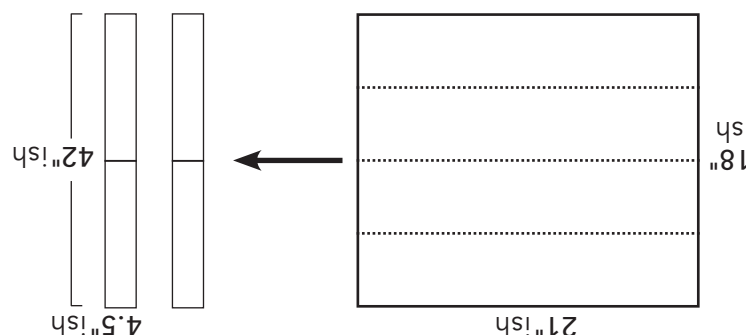
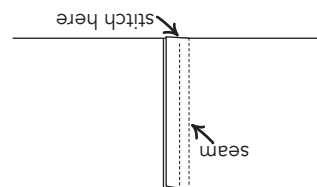


**Print out the instructional booklet on the next page
IF you are putting together kits using fat quarters
of fabric, instead of full-width fabric pieces.**

Make the Scarf

Fold your 4.5"x42"ish strip in half lengthwise with wrong side out (so print side on the inside), so it's 2.25" wide. With a 1/4" seam allowance, sew the strip all the way along the long edge, leaving both short ends open.

Then sew two strips together with 1/4" seam allowance to get two strips approx 4.5"x42" each. After sewing the seam, use your fingers to press the edges to one side, then sew a line through all three layers (the two edge layers and one layer of fabric). This will make the seam more secure.



How to Make a Cooling Scarf with Water Beads

YOU'LL NEED

- » Sewing machine with thread (just basic straight stitch is needed)
- » Scissors or a rotary cutter
- » A safety pin is helpful

Prep the Fabric

It'll need to be cut into strips measuring approx 4.5"x42-44" for each scarf.

This kit probably includes fabric pieces measuring approximately 18"x21" which is enough for two scarves but they need to be cut and joined into strips.

Cut each piece in half the long way, then each piece in half again, so you have four strips measuring approx 4.5"x21" each.

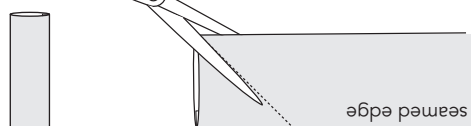


wearer's neck cool by slowly releasing water for hours. Once it dries out, just soak in water to refill.

KIT INCLUDES

- » Fabric (cotton; pre-washed/shrunk)
- » Water Beads (the kind included are AquaGems brand; they are a non-toxic water-absorbing polymer material, meant to fill vases or use for other decorative purposes)

Now sew both ends into points as follows: Hold one end flat and cut a diagonal line.



Be sure to hold the scarf so the beads stay put and measure 16" from the line

line and aren't stuck higher up.

be sure the beads fall down to the stitch the stitched line. Shake the tube a bit to

end of the tube opposite from the side with like a very small amount but trust us! into the

Measure 1/4 tsp of dry water beads (this seems past the stitches); maybe go over the line twice.

edge to the other (so the dry beads can't slip Make sure you securely sew all the way from one

side, and sew a line in the tube at that point. the center fold line (or the center seam) on one

Fold the tube in half then measure out 8" from tube with your fingers.

and feed it through, moving it across the whole do this is to pin a large safety pin to one end

Turn the tube right-side out—an easy way to

Fold the edge inside 1/4"-1/2" and smooth into a pointed shape, then sew along the diagonal edge, very close to the edge. For a nice

finish, continue sewing (top stitching) up along the edge of the seamed side, to the line. Repeat for the other side.



Use the Scarf

Shake the center of the scarf to try to distribute the dry beads (so they are not all together on one side), then soak in water for **6 hours or longer** (after about 1 hour you can check distribution as the beads start to fill and shake them around to be spread more evenly across).

Wear to keep cool, or distribute to others! If giving out, let people know what they are and that they can keep being soaked and reused after they dry out.

For distribution to free fridges, etc, pre-soak and then put the ready-to-wear scarves in ziplock bags to place into fridges or hand out. Attach a piece of paper saying something like

COOLING SCARF

Tie around your neck to keep cool! Once it dries out, soak in water for 6+ hours to re-hydrate & wear again.

