

# Cooling Scarf Kits!

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

Our kits come with **fat quarter** sized pieces of quilting cotton, so our instructions include how to cut and sew that size into scarf strips (a fat quarter, 18"x21"ish, will make 2 scarves).

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

So these are some kit options...

## **12 SCARF KIT**

- » 1 TBSP water beads, in a ziplock bag with the warning paper inside
- » 6 pieces of fabric
- » A half-sheet of the "COOLING SCARF" labels (12 labels) for distribution
- » Instruction booklet

## **24 SCARF KIT**

- » 2 TBSPs water beads, in a ziplock bag with the warning paper inside
- » 12 pieces of fabric
- » A full sheet of the "COOLING SCARF" labels (24 labels) for distribution
- » Instruction booklet

and so on

Print all sheets fit-to-page.

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

You'll need 1 sheet of the instructions (page 2) per kit, 1 sheet of the labels (page 3) per 1–2 kits, and only 1 sheet of the warning papers (page 4) per 21 kits, so print what you need!

If you're using our kit instructions, it's important to use the same kind of water beads that we use! Ours are AquaGems brand, bought in bulk on ebay (4lbs for \$25 which should be enough for many hundreds of scarves; search "4 LB Bulk Water Beads" and make sure the description says "Brand: AquaGems"); the same kind can be found on etsy in a smaller bulk quantity (1lb for \$8 which will make A LOT of scarves, in the shop called "LimeAndGinger") and probably lots of other places as well.

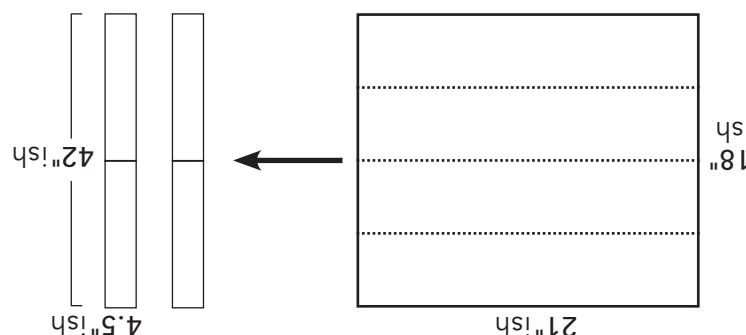
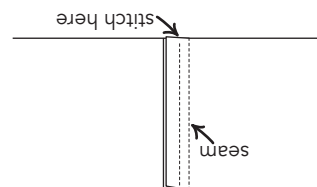
If you're using a different kind of water beads, find our non-kit instructions here — [mendingbloc.carrd.co/#coolingscarves](http://mendingbloc.carrd.co/#coolingscarves) — which includes a detailed section about testing your water beads to determine the quantity needed, and also leaves out the section about sewing the fat quarter size fabric into strips.

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

## 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.

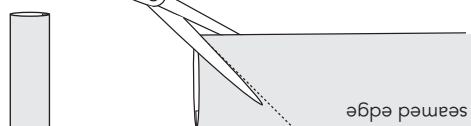


wearer's neck cool by slowly releasing water for hours. Once it dries out, just soak in water to refill.

### 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.*





