

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 is enough for 12 scarves (they use ¼ teaspoon each).

Quilting cotton fabric: 54 inches per 12 scarves

Note: 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 2 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!

So these are some kit options...

12 SCARF KIT

- » 1 TBSP water beads, in a ziplock bag with the 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
- » Instruction booklet

24 SCARF KIT

- » 2 TBSPs water beads, in a ziplock bag with the 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
- » 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 to print out:

- » 1 sheet of the labels (page 3) per 1–2 kits
- » 1 sheet of the warning papers (page 4) per 21 kits
- » 1 sheet of the instructions per kit:
page 2 if using full-width fabric *or*
page 6 if using fat quarters of fabric

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 (<https://www.ebay.com/itm/203986570451>) — 4lbs for \$28 which should be enough for many hundreds of scarves; don't get jumbo. If you're searching for them, we think the AquaGems ones are the same as Orbeez brand, as long as they are the small kind (unsoaked beads are VERY small, less a millimeter across).

If you're using a different kind of water beads, find our non-kit instructions here — mendingbloc.carrd.co/#coolingscarves — which includes a detailed section about testing your water beads to determine the quantity needed so you don't over or under fill them!

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 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.



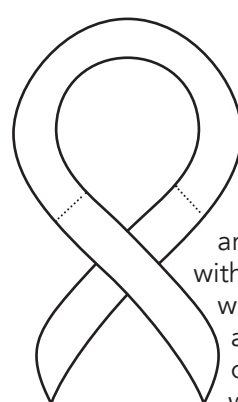
Turn the tube right-side out—an easy way to do this is to pin a large safety pin to one end and feed it through, moving it across the whole tube with your fingers. Fold the tube in half then measure out 8" from the center fold line on one side, and sew a line in the tube at that point.



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. With a 1/4" seam allowance, sew the strip all the way along the long edge, leaving both short ends open.

Make the Scarf

How to Make a Cooling Scarf with Water Beads



These cooling scarves are filled with magical water-absorbing orbs which keep the

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

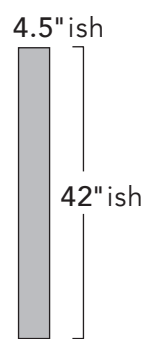
YOU'LL NEED

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

Prep the Fabric

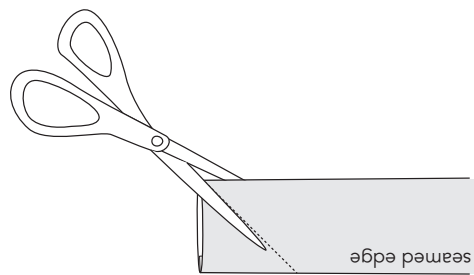
It'll need to be cut into strips measuring approx 4.5" x 42–44" for each scarf.

This kit probably includes fabric measuring 42–44" across, so it'll need to be cut into strips that are each 4.5" wide.

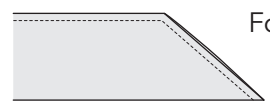
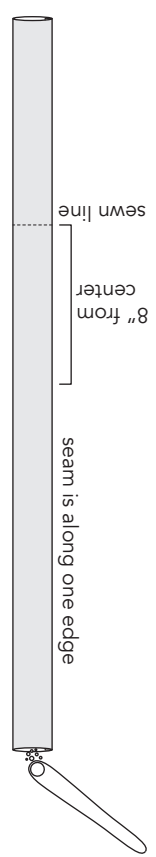


KIT INCLUDES

- » 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)



Measure 1/4 tsp of dry water beads (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 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. Now sew both ends into points as follows: Hold one end flat and cut a diagonal line.



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 (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 (freezer bags are best) to place into fridges or hand out. Attach a piece of paper (stapling works) 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.

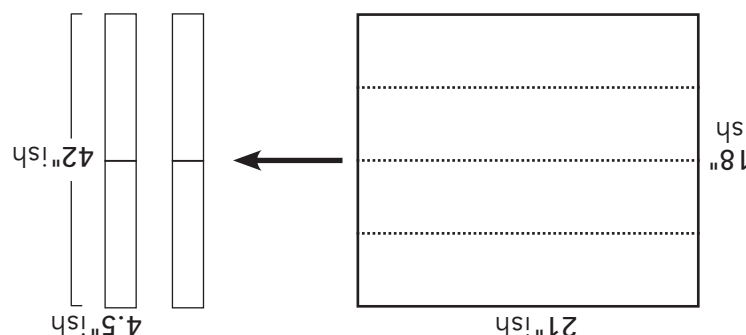
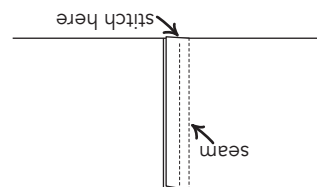


**Print out the instructional booklet on the next page
IF you are putting together kits using fat quarters
of fabric, instead of full-width fabric pieces.**

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.

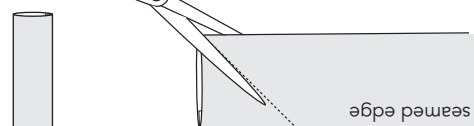


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Fold the edge inside 1/4"-1/2" and smooth into a pointed shape, then sew along the diagonal edge, very close to the edge. For a nice

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



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