

Making a Scrub Cap

syracusemaskproject.org

nggaus123@gmail.com

Scrub caps are not standard issue for non-surgical settings, but they are a welcome addition to the standard PPE used by healthcare professionals working with COVID-19 patients. This scrub cap design is based on the work by Lea at Lea Goes Green. I have drafted patterns for small-, medium-, and large-sized caps. They are available at syracusemaskproject.org.

A half yard of standard quilting cotton fabric is 18" x 44". You can make two caps from a half yard of quilting cotton. A fat quarter is a piece of quilting cotton that is 18" x 22". It is a convenient size for cutting pieces for quilt tops and is widely available at fabric stores and quilt shops.

Cutting Notes

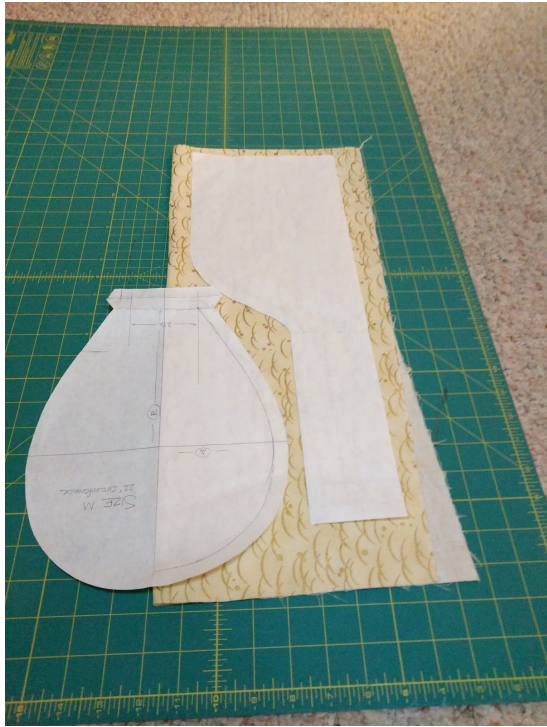
MATERIALS REQUIRED FOR EACH CAP:

- 1/2 yard of cotton quilting fabric (enough for two caps) OR one fat quarter (will make one cap with a center front seam)
- one 3" piece of 1/4" or 3/8" elastic (hair band elastic will work)
- two 1" or larger buttons

PATTERN: There will be one top piece and one band piece cut on the fold (if using 44" wide fabric) OR two band pieces with a 1/2" seam allowance added at the center front (if using a fat quarter).

CUTTING: If fabric will allow, cut the band on the fold as indicated on the pattern. If using a fat quarter, there is not enough length to cut the band on the fold. You will have to add a 1/2" seam allowance to the widest end of the band piece.

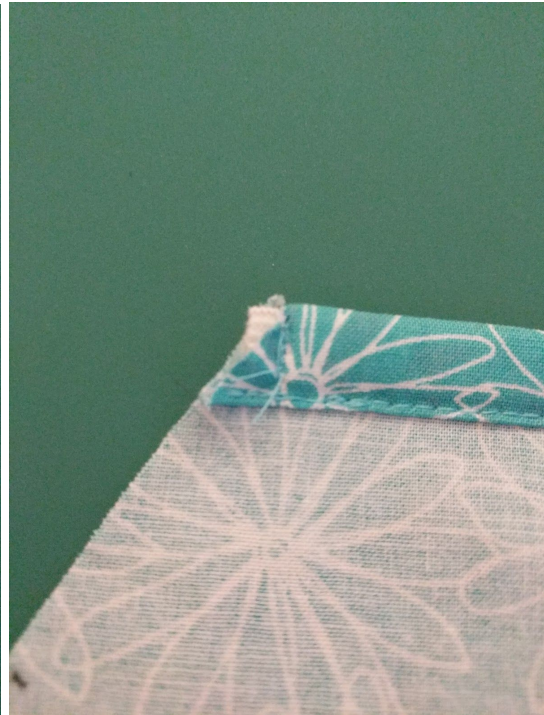
Transfer all dots and notches from the pattern to your fabric pieces.



Assembly

PREPARE TOP

1. **FRONT SEAM:** If you were unable to cut the **BAND PIECE** on the fold, then stitch, with right sides together, the center front of the band using a $\frac{1}{2}$ " seam allowance. Finish the raw edge by either running a wide zig-zag along the edge (with one side of zig-zag falling off the edge) or serging the edge. Press the seam allowance to one side.
2. **FORM THE CASING:** Fold and press the narrow end of **TOP PIECE** $\frac{1}{2}$ " from raw edge. Fold again another $\frac{1}{2}$ ". Topstitch close to the open edge. Thread elastic through the resulting casing and stitch the ends in place, backstitching several times to secure.

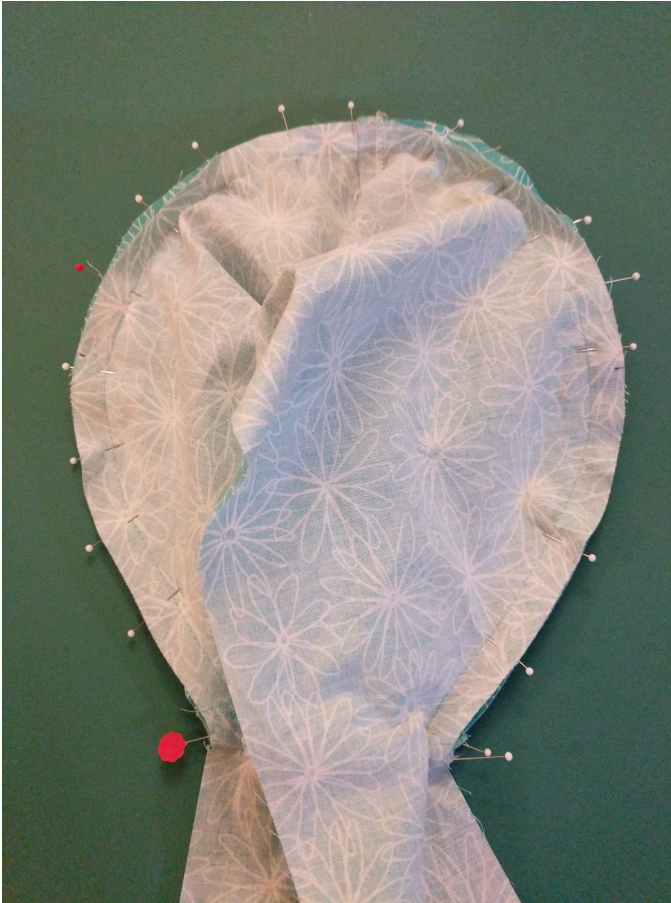


3. **ATTACH TOP TO BAND:** Starting at the dots closest to the narrow end of the BAND, pin the curved edge of the BAND to the TOP, matching the center front marks, side marks, and dots. With BAND on top, stitch around the perimeter of the TOP with a $\frac{1}{2}$ " seam allowance, easing the BAND as you go. Back stitch several times at the beginning and end to reinforce the point where the elastic is. Inspect the seams to make sure there are no puckers or folds. Serge or zig-zag the raw edge of the seam allowance around the perimeter of the TOP to keep it from raveling when washed.

Press the seam allowance towards the BAND. This may be done more easily from the right

side of the cap using the tip of an iron or pressing with your fingers.

NOTE: You really don't need to use so many pins, but it makes aligning the edges easier. Confident sewers may wish to use pins at the dots and notches only.



4. **FINISH BAND:** Fold the narrow end of each tail $\frac{1}{4}$ " from the raw edge and press. Fold the long straight edge of the BAND $\frac{1}{2}$ " from the raw edge and press. Fold the last unfinished edge of the tail $\frac{1}{2}$ " from the raw edge and press.



Fold the tail in half lengthwise, then continue to fold the BAND 1" in from the edge around the remainder of the cap, matching dots at the back end of the TOP near the elastic.





With the inside of the cap facing up, topstitch the band in place, $\frac{1}{8}$ " from the open folded edge.

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5. **ADD BUTTONS:** Sew one button on each side of the cap as marked on the band pattern piece. The buttons should be located above the ears and are a useful for holding the ear loops on a standard N95 mask.
6. **WASH, LABEL, AND PACKAGE:** Your cap is finished. Write the size on the inside, on the band near the elastic. Wash it and press, if needed. Please place caps in a clean bag, along with a card with your name, phone number, and email address. Check syracusemaskproject.org for a local drop off location. THANK YOU!