

# How to make a cooling neck wrap

• Strip = approx. 4" x 44" • Pictures not to scale. • Finished wraps = A couple of inches wide, about 40" long, depending on your seams. Exact width & length aren't critical but don't overfill; 1 teaspoon per wrap is enough.

- 1 Fold strip in half the long way with right sides together and edges lined up evenly. Leaving *both ends open*, stitch seam about 1/4" from the edge (as shown in blue). For more strength, stitch a second row closer to the edge or zigzag the long raw edge.

- 2 Turn the tube right side out. A big safety pin hooked to one end of the tube can make turning easier. Press the tube flat with the seam in the center (shown in white). Stitch across center of tube (as shown in blue).

\*On these cross seams, always backstitch a bit on either side so seams don't come undone.

- 3 Pick up the open ends of the tube and put 1/4 measured teaspoon of dry crystals into each end. **TIP:** The crystals are rough and will want to stick to the inside of the tube, so use a long spoon or scoop straw to slip them inside the tube right next to the center line of stitching. Then stitch two more lines across the tube, this time about 4 inches from each side of the center line. These two cross seams are shown in blue. Remember to backstitch both seams.

- 4 The two center pockets now have beads trapped inside. Pick up the tube by the open ends again and again slip 1/4 teaspoon of crystals into each end of the tube. Like before, put the crystals deep into the tube next to the stitching. Then stitch (and backstitch) across the tube again twice, about 4 inches from the last two lines of stitching. You now have four quarter-teaspoons of beads trapped in four little pockets of the tube (1 teaspoon total). The only sewing left is finishing the ends of the tube.

- 5 Tuck in the raw edges of the tube an inch or so on each end, then sew across the outside of the tube close to the ends (stitching is shown in blue above). **TIP:** Making square ends is easiest. You can cut the ends at an *angle* if you prefer, but it's a little trickier to tuck in the ends and sew across the ends with an angled cut.

- 6 Soak in cool water and you're ready to go! (If you are making these for the YWCA fundraiser, it's fine to bring them in dry.)

*The crystals aren't toxic, but we still wouldn't recommend letting kids or pets use these without supervision.*