

## KNOTS OF LOVE GUIDELINES FOR MAKING CAPS

- ONLY use yarns from this list.
- Thinner, seamless, non-lumpy caps are good for sleeping and increased comfort.
- Caps should not be see through. Patients prefer not to see their bald heads through the cap.
- Caps should be fragrance, smoke, pet hair and odor free.

### PLEASE USE A YARN FROM THIS LIST WHEN MAKING YOUR KNOTS OF LOVE CAPS

Specialty Yarn Stores	Craft & Hobby, Michaels, Jo-Ann and Online
<ul style="list-style-type: none"> <li>• BERROCO COMFORT</li> <li>• BERROCO PLUSH (Sleep Caps)</li> <li>• BERROCO WEEKEND</li> <li>• BERROCO VINTAGE CHUNKY</li> <li>• BLUE SKY ALPACAS DYED COTTON</li> <li>• CASCADE YARNS PIMA TENCEL</li> <li>• CRYSTAL PALACE BUNNY HOP</li> <li>• KNIT ONE CROCHET TOO BABY BOO</li> <li>• MARBLE CHUNKY (not worsted)</li> <li>• MUENCH MY FAMILY</li> <li>• PETER PAN TNINKERBELL (Sleep Caps)</li> <li>• PLYMOUTH BABY BOUTIQUE</li> <li>• PLYMOUTH COFFEE BEENZ (MEN'S CAPS)</li> <li>• PLYMOUTH JEANNEE</li> <li>• PLYMOUTH OH MY (Sleep Caps)</li> <li>• ROBIN PICASSO</li> <li>• ROWAN ALL SEASONS COTTON</li> <li>• SIRDAR SNUGGLY</li> <li>• TAHKI PALMA ORGANIC COTTON</li> <li>• WENDY VELVET TOUCH (Sleep Caps)</li> </ul>	<ul style="list-style-type: none"> <li>• BABY BEE PITTER PATTTER (Hobby Lobby - craftsetc.com)</li> <li>• BAMBOO BABY by PATONS</li> <li>• BERNAT SATIN or BERNAT SATIN SPORT</li> <li>• BERNAT PIPSQUEAK (Sleep Caps)</li> <li>• BUTTERCUP, RED HEART (Sleep Caps)</li> <li>• CARON SIMPLY SOFT</li> <li>• CARON SIMPLY SOFT SHADOWS (Not Paints)</li> <li>• CAREFREE COTTON BLEND RED HEART (Online)</li> <li>• I LOVE THIS COTTON (Hobby Lobby-www.craftsetc.com)</li> <li>• LION COTTON EASE</li> <li>• LION FUN FUR</li> <li>• LION MICROSPUN</li> <li>• PATONS PURE</li> <li>• SENSATIONS RAINBOW BOUCLE - SINGLE STRAND (Jo-Ann's)</li> <li>• TLC BABY AMORE (Sleep Caps)</li> <li>• TLC COTTON PLUS</li> <li>• MOON &amp; STARS RED HEART (Sleep Caps)</li> <li>• NATURALLY CARON SPA</li> <li>• SWEET BABY by RED HEART (NOT Red Heart Super Saver)</li> </ul>

### Head Size Chart

Please use the following chart to determine what size cap you would like to make.  
The height noted is the total height of the hat including the brim.

SIZE	CIRCUMFERENCE	HEIGHT
Small	18" - 20"	6.5" - 7"
Medium	20" - 22"	7" - 8"
Large	22" - 24.5"	8" - 10"

[www.knots-of-love.org](http://www.knots-of-love.org)

Thank you for reaching out to those in need!

