

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 |
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| <ul style="list-style-type: none"> • BERROCO COMFORT • BLUE SKY ALPACAS DYED COTTON • CASCADE YARNS PIMA TENCEL • CRYSTAL PALACE BUNNY HOP • KNIT ONE CROCHET TOO BABY BOO • MUENCH MY FAMILY • PLYMOUTH BABY BOUTIQUE • PLYMOUTH HEAVEN LITE • PLYMOUTH JEANNEE • ROWAN ALL SEASONS COTTON • SIRDAR SNUGLY • TAHKI PALMA ORGANIC COTTON • TRENDSETTER MERINO 8 | <ul style="list-style-type: none"> • BABY BEE PITTER PATTERN (Hobby Lobby - craftsetc.com) • BERNAT SATIN or BERNAT SATIN SPORT • CARON SIMPLY SOFT • CAREFREE COTTON BLEND RED HEART (Online) • I LOVE THIS COTTON (Hobby Lobby - www.craftsetc.com) • LION COTTON EASE • LION FUN FUR • LION MICROSPUN • TLC BABY AMORE • TLC COTTON PLUS • MOON & STARS RED HEART • NATURALLY CARON SPA |

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" |

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