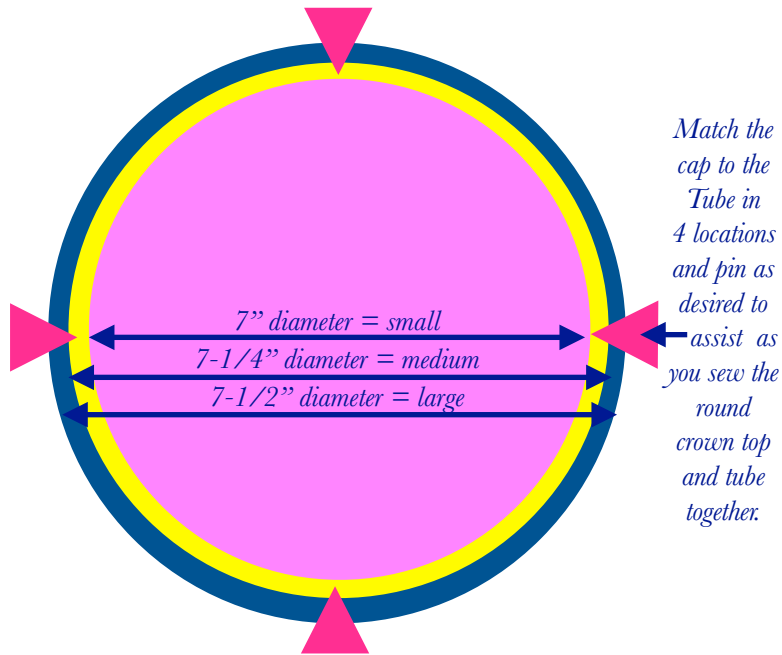


### Cutting crowns for Chemo Caps

Cut each size crown from card stock or light weight cardboard to use as a pattern and cut notches that divide each circle into fourths.



### Sizing Chart for Chemo Caps (from t-shirts)

Because of the fabric "stretch", the best way to "double check" the finished size of the Chemo Cap is to use a ruler or creating a template to determine the final cap size when laid flat along a ruler.

10" T-Shirt Knit SMALL (20-1/2" X 17")

10-5/8" T-Shirt Knit MEDIUM (21-1/2" X 17")

11" T-Shirt Knit LARGE (22-1/2" X 17")



For video instructions on cutting the chemo caps (turbans), visit

[www.bagandboobbabes.com](http://www.bagandboobbabes.com).

*Bag & Boob Babes Corp. is a 501(c)(3) non-profit charity made up of volunteers sewing and knitting love and prayers into comfort products to help patients on their breast cancer recovery journey.*

*Women helping women through difficult times!*



**BAG & BOOB BABES, CORP.**

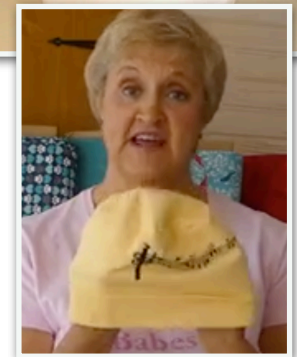
5516 East Covina Road, Mesa, AZ 85205

• Email: [bagandboobbabes@gmail.com](mailto:bagandboobbabes@gmail.com)

Website: [bagandboobbabes.com](http://bagandboobbabes.com)

• Phone: 602-513-1728

## Instructions for Cutting and Sewing Chemo Caps (Turbans)



### Quick and Easy

Choosing an all-cotton knit makes these caps very comfortable on sensitive skin, but other knits also work well.

### Supplies to make Two Adult Caps

Materials for making 2 (Adult caps) – 1/2 Yard of 60" cotton interlock knit and thread  
OR one extra large t-shirt

## Cutting the Fabric

### For a SMALL size, cut:

Two 17" X **20-1/2"** – the 20-1/2" is the stretch of the fabric.  
Four 7" circles (crowns)

### For a MEDIUM size, cut:

Two 17" X **21-1/2"** – the 21-1/2" is the stretch of the fabric.  
Four 7-1/4" circles (crowns)

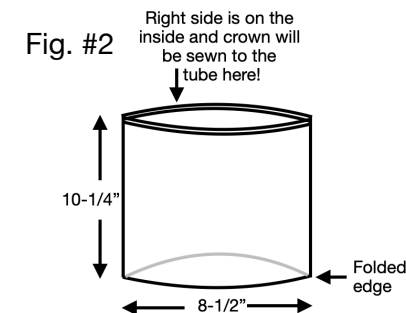
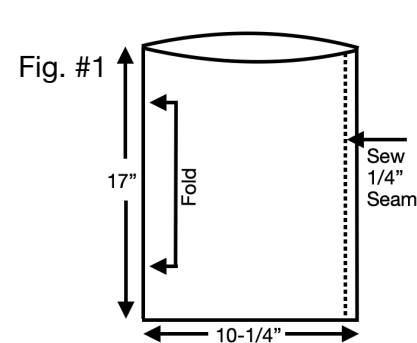
### For a LARGE size, cut:

Two 17" X **22-1/2"** – the 22-1/2" is the stretch of the fabric.  
Four 7-1/2" circles (crowns)



## Directions

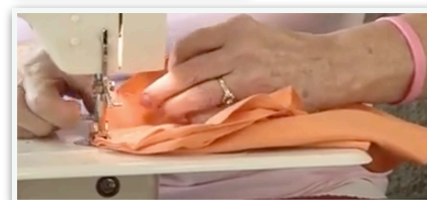
1. Use 1/4" seam allowances. With right sides together, fold each t-shirt piece to measure 10-1/4" X 17". Stitch as shown.
2. With wrong sides together, along the 17" side (Fig. #1), matching seam and raw edges. Quarter and pin mark along the doubled raw edges.
3. Lay two circles wrong sides together for each crown. Quarter and pin mark each. Matching marks, pin a crown to inside of the tube. Stitch, easing as necessary. Turn.
4. NOTE: Serging is optional.
5. To wear: Bottom edge may be folded up once or twice to create a comfortable fit.



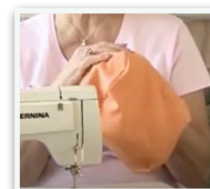
*Chemo Cap Crowns*



*Pin the Crown (matching notches) to the tube with the right side facing inward.*



*Carefully sew the crown to the tube (matching the notches every 1/4 of the way around the crown.*



*Turn the cap right side out*



*If you'd like, you can turn up a couple inches for a brim.*