

Military Cool Down Neck Wrap



Supplies Needed:

- 100% Cotton Desert Camo, Sand colored fabric (*must be camo sand-colored fabric*)
- Tube Turner, if you have one
- Water Absorbing Polymer Crystals
- Sewing Machine and sewing supplies

Cut fabric strips into 4-1/2" by WOF (width-of-fabric). Most fabric is 42-44" wide on the bolt, so just use the full width from selvage to selvage.

Step #1 – Fold the fabric in half lengthwise, with right-sides-together. Stitch a 1/4" seam the length of the strip. Use a tube turner, if you have it, to turn the neck wrap right side out.

Step #2 – Mark the center of the strip and securely stitch through the center of the strip. Measure and mark 6" on each side from the center stitch line (this will be the stitch line after crystals are added).

Step #3 – Make sure you leave each end open for adding crystals.

Step #4 – Working from each end, add crystals, then securely stitch across the wrap at the 6" mark taking care to keep the crystals inside the wrap. Repeat the step on the other end of the wrap.

Step #5 – Securely stitch the openings closed on each end of the wrap.

