

# How to Iron on a Direct to Film Transfer Using a Household Iron onto Cotton Fabric

## Introduction

Applying a direct to film (DTF) transfer onto cotton fabric using a household iron is a straightforward process that can yield professional results. This method is ideal for personalizing garments, tote bags, and other cotton or 50/50 cotton polyester items. Below are the detailed steps to achieve a perfect transfer.

## Materials Needed

- Direct to Film (DTF) transfer
- Cotton fabric
- Household iron
- Parchment paper or Teflon sheet
- Hard, flat surface (such as an ironing board)
- Lint roller or adhesive tape (optional)

## Preparation

### Step 1: Wash and Dry the Fabric

Ensure the cotton fabric is clean and free from any residues or chemicals that might interfere with the transfer process. Wash and dry the fabric if necessary.

### Step 2: Preheat the Iron

Set your household iron to the heat setting, which is generally "Poly" or "Silk/Cotton." Make sure to turn off any steam functions as steam can affect the transfer process negatively. Irons can have erratic heating surfaces so if you are in doubt regarding your iron's temperature; use an Infrared Heat Thermometer to check the iron's surface temperature. It should be between 320 and 330 degrees Fahrenheit. If you set the iron to the highest temperature setting, you may end up melting the DTF!

### Step 3: Prepare the Workspace

Place the cotton fabric on a hard, flat surface. Ensure the surface is stable and heat-resistant. An ironing board is generally ideal for this purpose. You can also use wool mats on a table.

### Step 4: Remove Lint

Use a lint roller or adhesive tape to remove any lint or dust from the fabric. This ensures a smooth and clean surface for the transfer.

# Applying the DTF Transfer

## Step 5: Position the Transfer

Place the DTF transfer onto the fabric, ensuring that it is correctly aligned. Make sure the printed side is facing down onto the fabric. Transfers are not mirrored so you will want to create the transfer as it will be set onto the fabric.

## Step 6: Cover the Transfer

Cover the DTF transfer with parchment paper or a Teflon sheet. This protects the transfer and the fabric from direct heat and ensures even distribution.

## Step 7: Iron the Transfer

Begin ironing the transfer with firm, even pressure. Move the iron slowly over the parchment paper or Teflon sheet, making sure to cover the entire area of the transfer. Spend about 10-15 seconds on each section, ensuring that the heat is evenly distributed and consistent pressure is applied.

## Step 8: Check the Transfer

Carefully lift a corner of the parchment paper or Teflon sheet to check if the transfer has adhered to the fabric. If it hasn't adhered properly, reposition the parchment paper or Teflon sheet and apply additional heat and pressure.

## Step 9: Cool Down

Allow the transfer to cool down completely before removing the parchment paper or Teflon sheet. This helps set the transfer and ensures better adhesion.

## Step 10: Remove the Film

Once completely cooled, slowly and carefully peel off the film backing from the transfer. Start from one corner and gently peel back to ensure the design remains on the fabric. If the ink does not appear to be adhered to the fabric, repeat steps 6-9 again.

# Finishing Touches

## Step 11: Final Press

For added durability, place the parchment paper or Teflon sheet back over the transfer and give it a final press with the iron for about 5-10 seconds.

## Step 12: Let it Set

Allow the fabric to cool completely before touching or washing. This helps the transfer set firmly onto the cotton fabric. Wash using cold/cool water and dry on cool. If dtf is applied to garment, turn garment inside out to protect DTF.

For further information, you can check out my YouTube channel for more DTF Transfer information at:

<https://www.youtube.com/@medinadomesticartsstudio>

Playlist: DTF Transfer Designs and Information