Cooling Wrap

Tutorial

Prepared for Sewing for Charity Australia by Katrina Bailey from Madkat Designs (thanks Kat!)

This pattern has been designed for use by Sewing for Charity Australia Volunteers.

You are welcome to use and share amongst other charity sewing groups, however you may not profit from the sale of this tutorial or items made using this tutorial.

We would love to see photos of your finished products! Share on our volunteer Facebook group Sewing for Charity Australia Volunteers or on Instagram using the #sfca

Materials

- 8” (20 cms) x 45 “ (115cm) strip of 100% cotton fabric, such as quilting cotton, twill, drill
- 1 tsp water storage crystals (can be found at Bunnings or other similar hardware store in the gardening section, brands include Hortico or Eden)
- Sewing machine & sewing supplies

Before you Start

- Read the complete tutorial
- WOF means Width of Fabric
- All seams are 3/8” or 1cm unless otherwise stated

Note: Pattern pieces are provided or you can cut your fabric with a 45 degree angle on the ends as pictured below (as your quilting friends to show you how - they are the masters of angles and straight lines!)
Instructions

1. Join page 1 and page 2 of the pieces together (if using measurements only you can skip this step)

2. Fold your fabric in half selvedge to selvedge and place the straight edge of the pattern piece where it says fold on the fold.

3. Cut around the pattern piece being sure not to cut the folded edge.

4. Once cut fold the fabric in half lengthways, right sides together and press.

5. On the shorter of the two long sides, measure in 27cm from one end and mark. Sew from this mark to the end of the point.
6. Now place a second mark approximately 10 cm or 3" from the first mark away from the end that you have just measured from and then sew from your second mark to the other point on the other short side. Making sure to leave the gap unsewn.

7. Clip the corners (this reduced bulk), being careful not to clip your stitching. Then turn your cool wrap out the right way and press.

8. Measure and mark 25cms from each end on your shorter of the 2 long sides. One of these marks should work out to be approximately where you have left your gap.
9. Now sew across your cool wrap when you have made these marks. Then using a pin, place the pin across your cool wrap where your gap finishes.

10. Next we are going to sew a channel up the centre of the cool wrap, from the line furthest from the pin to the pin.

11. Now is time to place the water crystals into our cooling wrap. Place ½ a tsp into each side of the channel that we have just sewn.

DON’T BE TEMPTED TO PUT MORE - THEY SWELL UP TO 400 TIMES THEIR SIZE! The seams may burst, or filling may ooze out of fabric if over full.

12. Lastly sew both gaps closed.

Your Cooling Wrap is now complete!

If you are packing to send out please put into a snap lock bag along with a printout of instructions for use.
This Cooling Wrap has been handmade with love by Sewing for Charity Australia Volunteers. It is a small gift from us to you to say THANK YOU for all you do for us in responding to disasters and emergencies around Australia.

Instructions for use:

- Soak your wrap in water for 10-15 minutes or until middle section of wrap is swollen
- Pat dry and ensure crystals are distributed evenly through the middle section
- Ensure you do NOT squeeze wrap tightly or contents may ooze out through fabric
- Re-soak as needed and dry completely before storing
- Hand wash with mild detergent