

Scrunchie kit instructions



Kit Supply list

- Precut of organic cotton fabric
- Organic cotton elastic
- Safety pins

You provide:

- Thread
- Scissors
- Straight pins
- Iron
- Sewing machine

Steps

**You can also watch a video tutorial by No Trace here: <https://youtu.be/GrX16RZYdoE>

**And read a No Trace blog tutorial here:

<https://notraceshop.com/plastic-free-scrunchie/>

1. Fold over one short edge of the fabric about $\frac{1}{4}$ inch so that the wrong sides are facing each other at the fold. Iron the fold in place.

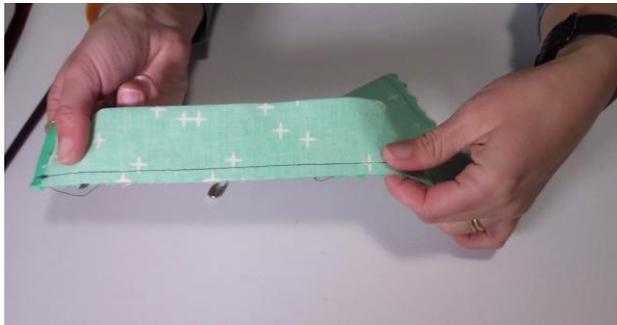


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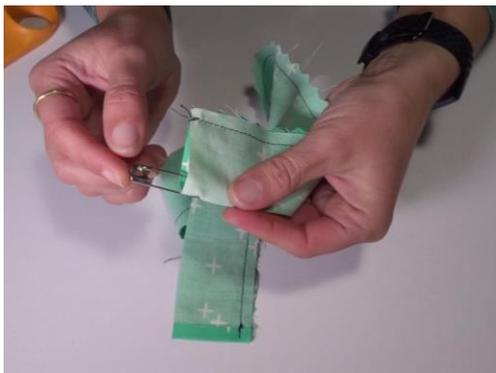
2. Fold the fabric lengthwise so that the right sides are facing & pin in place.



3. Sew straight down the edge using a ¼ inch seam allowance. You're making a tube with the fabric. Make sure to backstitch at the start and stop to lock in the stitches.

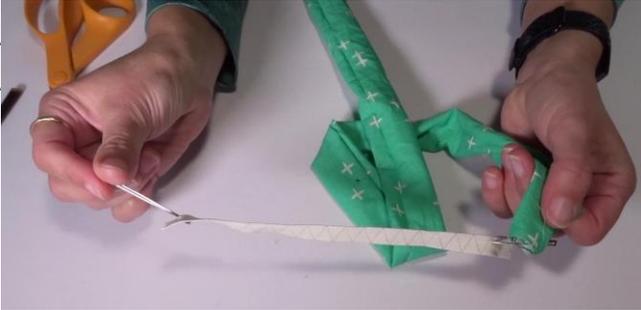


4. Turn your tube right side out. To do this, pin your safety pin onto one side of the tube. Push the safety pin into the tube and towards the other opening. You are basically threading it through the tube by pushing it from the bottom and then feeling it through the fabric. When you feel it inside the tube, grab it and move it forward through the tube. Pull at the bulk of fabric to smooth it out as the safety pin moves through the tube. Repeat until you get the safety pin out the other end of the tube. Remove the safety pin and then iron the tube flat if you like (ironing is optional).



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5. Next you'll insert the elastic. Pin one end of the elastic to one end of the tube. Then clip another safety pin to the other end of the elastic. Push the elastic through the tube using the second safety pin. You're threading the pin through like you did in step 4.



Once the pin is through, hold onto both ends of the elastic for the next step.

6. Carefully remove the safety pins from each end of elastic without letting go of the elastic. Overlap the ends of elastic about $\frac{3}{4}$ inch. Place a straight pin in the overlap to hold it together.

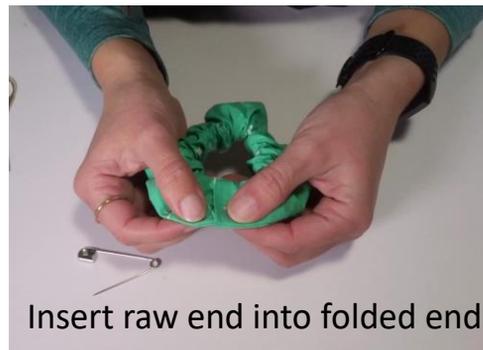


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6. (cont.) With the pin in place, put the overlapped area under your presser foot. Lower your presser foot and then carefully pull the pin out of the elastic, making sure that the elastic ends are still overlapping. Sew the elastic together using a zig zag stitch. Do a couple forward and backward zig zag stitches to really lock the stitches into place. Trim loose threads.



7. Check all around your scrunchie to make sure that there aren't any twists in the fabric. It's okay if there are twists in the elastic, but make sure that the scrunchie fabric isn't twisted. Then insert raw end of tube into the folded edge of the tube.



Pin in place lengthwise.



8. Set your machine back to a straight stitch. Put the pinned area under the presser foot, lower the presser foot, and then carefully pull the pin out before you begin sewing. Stitch straight across. Make sure to do a few backstitches at the start and stop. Trim loose threads. You did it!





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Thank you!