

BALACLAVAS & BAKLAVA

DIY

Patterns &
Instructions



EAR COVER



NECK GAITER



BALACLAVA

Bike 
Arlington

Walk 
Arlington


ARLINGTON
VIRGINIA

Step 1: Preparing your pattern

- Decide which item you'd like to make:
 - **balaclava** (full head cover),
 - **neck gaiter** (covers mouth and neck)
 - **ear warmer** (covers ears and forehead)
- Open the respective pattern and either print, or free-hand trace the pattern on newspaper, scrap paper, or cardboard.
Make sure your dimensions stay the same—this may require printing on two sheets of paper.
 - Note: The balaclava pattern tends to run a bit snugly, so we recommend sizing up.

Step 2: Tracing your pattern

- Fold fabric to make cutting easier and eliminate a seam. This is marked on your pattern.
 - The fleece fabric should have more stretch in one direction than the other. Orient your fleece so that your finished piece will stretch in a horizontal/side-to-side direction (i.e., stretch to fit over your head). The stretch should be perpendicular to the fold.
- Only fold to the width you need, so that you maximize fabric.
- Trace the pattern onto your fabric with a marker or pencil. Don't worry about the lines, they won't be visible.

Step 3: Cut fabric

- Cut along the lines you have traced. The patterns have seam allowances included!
- Do not cut the edge that you folded.

Step 4: Pin fabric together

- Fold your fabric the other way so that it is "inside out."
- Place pins about an inch and a half apart, about an inch from the edge.
- Face the heads on the inside (if you can—this helps run it through the machine). This step is just to help your folded piece stay together while you sew.

Step 5: Sew it together

- All patterns only have one seam.
- Sew a line about ¼ to ½ inch from the fabric's edge. For balaclavas, leave the straight edge on the bottom open—that's the opening for your neck!
- Re-enforce your start and end points by changing direction on your sewing machine.

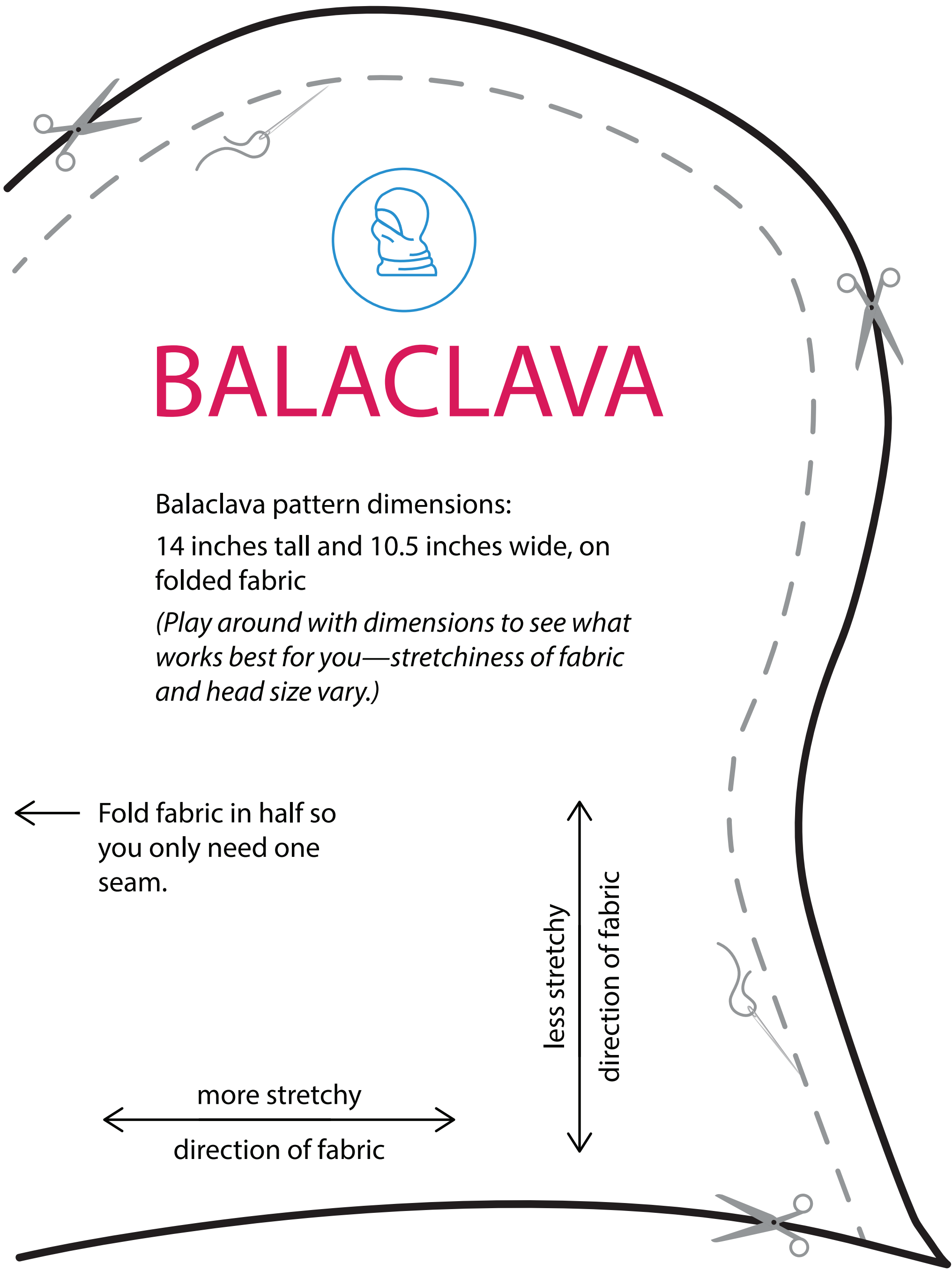
Step 5a (Balaclavas only): Eye Holes

- Turn your balaclava right-side-out and put it on over your head. The seam should run in the front, down your nose. With a marker, mark where your eyes are (helps to have a friend do this for you).
- Remove the balaclava and cut either two small eye holes or one eye slit. Cut small! It's better to cut a very small hole first and you can widen later.

Step 6: Admire your work

- You look like an awesome winter bike and walk warrior!

To Print: Use 11x17 in.
(Ledger/Tabloid size) paper.



BALACLAVA

Balaclava pattern dimensions:

14 inches tall and 10.5 inches wide, on
folded fabric

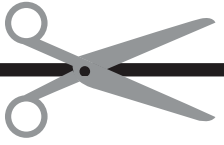
*(Play around with dimensions to see what
works best for you—stretchiness of fabric
and head size vary.)*

← Fold fabric in half so
you only need one
seam.

more stretchy
← direction of fabric →

↑ less stretchy
direction of fabric ↓

To Print: Use 11x17 in. (Ledger/Tabloid size) paper. *The Ear Cover and Neck Gaiter patterns CAN be printed on regular paper as their max dimension is around 11 in.*



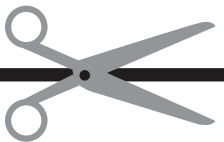
EAR COVER

Ear cover pattern dimensions:

4 - 8 inches tall and 8 - 11.5 inches wide, on folded fabric
(Play around with dimensions to see what works best for you—stretchiness of fabric and size of models vary.)

← Fold fabric in half so you only need one seam.

← direction of stretch →



NECK GAITER

Neck gaiter pattern dimensions:

8 - 10 inches tall and 10 - 12 inches wide, on folded fabric
(Play around with dimensions to see what works best for you—stretchiness of fabric and size of models vary.)

← Fold fabric in half so you only need one seam.

← direction of stretch →

