

KNOTS OF LOVE GUIDELINES FOR MAKING CAPS

- ONLY use yarns from this list.
- Thinner, seamless, non-lumpy caps are good for sleeping and increased comfort.
- Caps should not be see through. Patients prefer not to see their bald heads through the cap.
- Caps should be fragrance, smoke, pet hair and odor free.

PLEASE ONLY USE YARNS FROM THIS LIST WHEN MAKING YOUR KNOTS OF LOVE CAPS

Specialty Yarn Stores	Craft & Hobby, Michaels, Jo-Ann's, Hobby Lobby & Online
<ul style="list-style-type: none"> • BERROCO COMFORT • BERROCO PLUSH (Sleep Caps) • BERROCO PURE PIMA (100% Pima Cotton) • BERROCO WEEKEND • BERROCO VINTAGE CHUNKY • BLUE SKY ALPACAS DYED COTTON • CASCADE YARNS PLUSCIOUS • CASCADE YARNS PIMA TENCEL • CRYSTAL PALACE BUNNY HOP • ECO BUTTERFLY ANDEAN MIST • JIL EATON COTTONTAIL • KNIT ONE CROCHET TOO BABY BOO • KERTZER DREAM (sleep caps) • KRAMER TATAMY TWEED • MARBLE CHUNKY (not worsted) • MUENCH MY FAMILY • PETER PAN TNINKERBELL (Sleep Caps) • PERIA SOFT BABY (Sleep Caps) • PLYMOUTH BABY BOUTIQUE • PLYMOUTH COFFEE BEENZ (MEN'S CAPS) • PLYMOUTH DAISY (Sleep caps) • PLYMOUTH JEANNEE • PLYMOUTH OH MY (Sleep Caps) • ROBIN PICASSO • ROWAN ALL SEASONS COTTON • SIRDAR SNUGGLY • TAHKI PALMA ORGANIC COTTON • UNIVERSAL UPTOWN WORSTED & DK • UNIVERSAL COTTON SUPREME • UNIVERSAL COTTON SUPREME BATIK • WENDY VELVET TOUCH (Sleep Caps) 	<ul style="list-style-type: none"> • BABY BEE HUSHABYE (Hobby Lobby) • BABY PITTER PATTER (SLEEP CAPS) (Hobby Lobby) • BAMBOO BABY by PATONS • BERNAT SOFTEE BABY - NEW • BERNAT SATIN or BERNAT SATIN SPORT • BERNAT PIPSQUEAK (Sleep Caps) • BUTTERCUP, RED HEART (Sleep Caps) • CARON SIMPLY SOFT ECO • CARON SIMPLY SOFT • CARON SIMPLY SOFT SHADOWS or PAINTS • CAREFREE COTTON BLEND RED HEART (Online) • DEBORAH NORVILL EVERYDAY SOFT WORSTED (Winter Only) • I LOVE THIS COTTON (Hobby Lobby) • I LOVE THIS YARN (Hobby Lobby) NEW • LION COTTON BAMBOO • LION COTTON EASE • LION FUN FUR • LION HEARTLAND • LION MICROSPUN • LION NATURE'S CHOICE ORGANIC COTTON • LION QUICK & COZY (Loomed caps ONLY using the RED Loom) • LOOPS & THREADS CHARISMA BABY (Michaels) NEW • LOOPS & THREADS SOFT & SHINY (Michaels) • PATONS BE MINE (Sleep Caps) • PATONS PURE • RED HEART GUM DROP • RED HEART SOFT (NOT Red Heart Super Saver) (WINTER) • RED HEART SOFT BABY STEPS NEW • RED HEART SWEET BABY (NOT Red Heart Super Saver) • SENSATIONS RAINBOW BOUCLE - SINGLE STRAND (Jo-Ann's) • SENSATIONS BOARDWALK COTTON (Jo-Ann's) • SHINE WORSTED (Knit Picks) • TLC AMORE (Sleep Caps) • TLC COTTON PLUS • MOON & STARS RED HEART (Sleep Caps) • NATURALLY CARON SPA • YARN BEE, AURORA BOREALIS (Use in Winter mos) (Hobby Lobby) • YARN BEE, PRINCESS (Hobby Lobby) • YARN BEE, SOFT SECRET (Hobby Lobby) • YARN BEE, TENDER TOUCH (Hobby Lobby)

Head Size Chart

Please use the following chart to determine what size cap you would like to make.
The height noted is the total height of the hat including the brim.

SIZE	CIRCUMFERENCE	HEIGHT
Small	18" - 20"	6.5" - 7"
Medium	20" - 22"	7" - 8"
Large	22" - 24.5"	8" - 10"

