



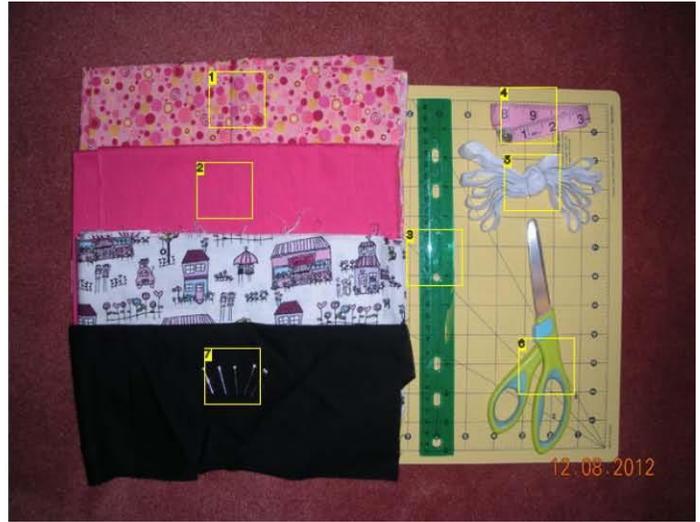
Intro: DIY Surgical/Scrub Hat

Working in the OR, I always see doctors and nurses walking around wearing cute scrub hats. So not wanting to wear those stupid looking blue disposable ones, I looked into purchasing a few. After seeing the outrageous prices some companies were charging, I set out to make my own. Challenge accepted. I couldn't find a decent *free* pattern online so I ended up just creating my own.

Enjoy!

Step 1: Supplies

- Main Fabric of your choosing. (At least 1/3 yd of fabric for the body of the hat)
- Accent Fabric that is at least 8 1/2 by 11 inches (unless you want to make the hat using the same fabric as above. In that case, purchase 1/2 yard)
- 1/2 inch wide Elastic Band
- Ruler and/or Measuring Tape
- Pins
- Scissors
- Sewing Machine and Thread (matching your fabric)



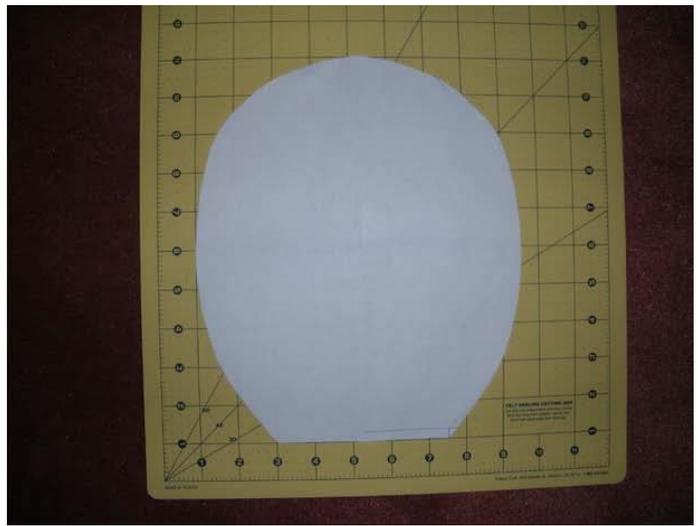
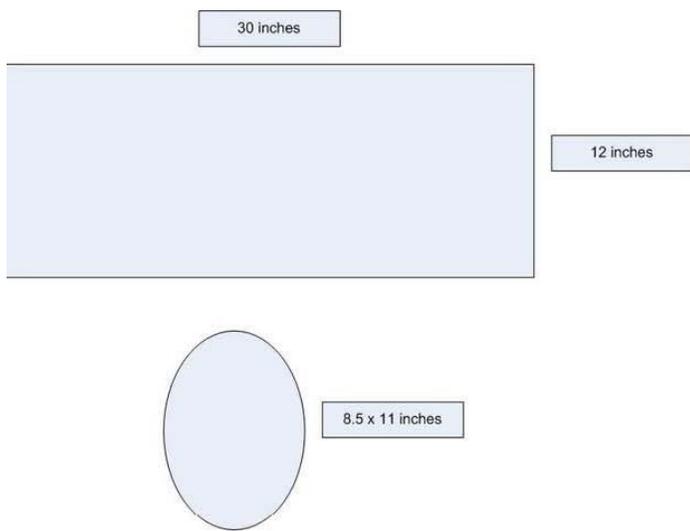
-Iron/Ironing Board

1. Main Fabric
2. Accent Fabric
3. Ruler
4. Measuring Tape
5. Elastic Band
6. Scissors
7. Pins

Step 1: Step 1: Cutting the Fabric You will need to cut out two pieces of fabric. One of for the main body of the hat and one for the top. (Use the iron to help flatten out the kinks and folds in the fabric before cutting.)

For the main body of the hat, cut a rectangular piece of fabric with the dimensions 12 x 30 inches.

For the top of the hat, I created a pattern using one 8 1/2 x 11 sheet of paper. Just make sure that one end of the fabric is flat. A sample of what it should look like is included.



Step 2: Sewing

Main body fabric = MainF Top fabric = TopF **Sew all edges with 1/4 inch seam**

- Take MainF and fold it hot dog style with the wrong sides touching. Using the iron, flatten the fold along the bottom. Flipping the fabric inside out, sew along the two ends of the fabric, leaving the top open. After sewing the ends closed, flip the fabric right side out again. Iron the ends flat.
- Take the closed end of MainF and create an 1 1/2 inch flap. Iron the fold.
- Create an overlap with the two ends of about 2 1/2 inches. Sew both ends down.
- With the fold facing the outside, fold MainF in half with the thick end on the left. Fold TopF in half with the flat portion facing towards you. Line up the two fabrics right sides together. Pin together along the edge of the entire hat, leaving the flat portion of TopF unpinned.
- This is the trickiest part. When you get to the flat portion of the fabric, pin the middle of TopF to the middle of thick portion of MainF. Flag the extra fabric and sew this extra portion down. If confused, please refer to the pictures. I tried to provide as much help as possible.
- Sew MainF and TopF together leaving an 1/4 seam along the edge.

Image Notes



1. Sew edges together with 1/4 inch seam

Image Notes

- Flip the closed end up to form an 1 1/2 inches flap.

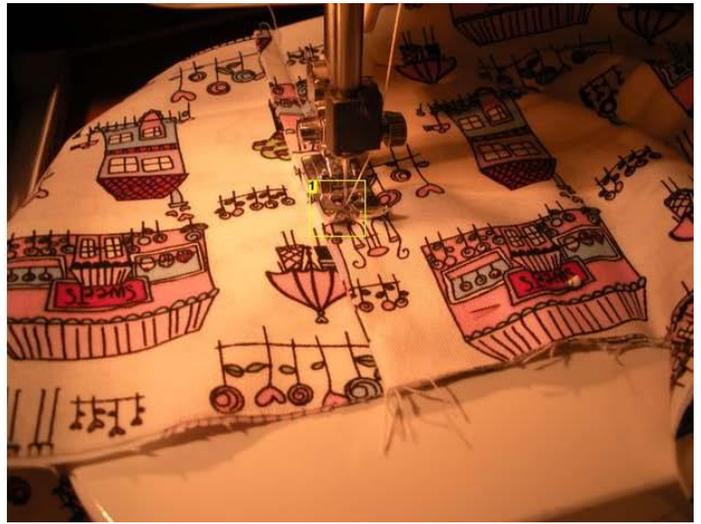
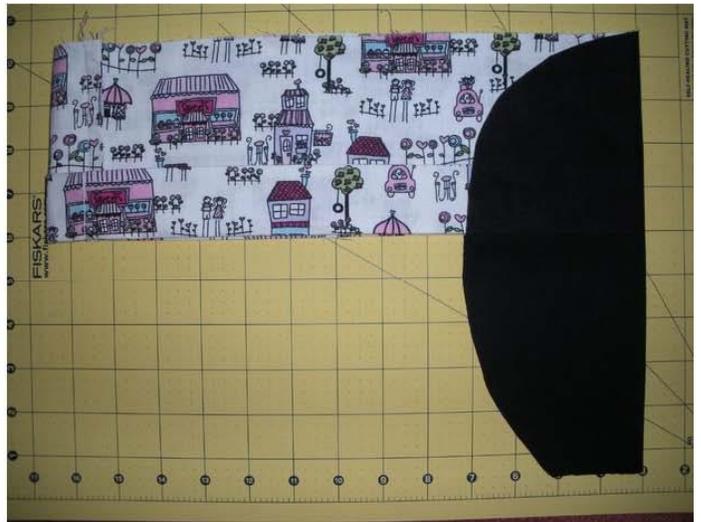


Image Notes Image Notes



1. Overlap the ends by 2 1/2 inches. 1. Sew both sides down to form a circular tube.



Step 3: Adding the Elastic Band

After sewing the two portions together, flip the hat. The folded flap should be on the outside now.

Cut about a 6 inch long piece of elastic band. Start with either the left or right side of the thick portion of the hat. About 4 inches from the edge, sew the elastic down on the inside of the flap. Sew down the flap to the fold and along the edge to the other side. Close up the gap by sewing down the other end of elastic 4 inches from the



other side. After releasing the hat, it should scrunch together.

Image Notes



1. Stitch along the edge all the way down to the other side and secure other end of elastic band.

Step 4: Step 4: Reaping the Compliments

Final outcome: One Awesome looking surgical/scrub cap modeled by my good friend Totoro! Good luck! I would love to know how your scrub hats turn out :D

