

KNOTS OF LOVE GUIDELINES & YARNS 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 or lacy. Patients prefer not to see their bald heads through the cap.
- Caps should be fragrance, smoke, pet hair and odor free. If you smoke, or have a pet, please wash an thoroughly dry caps before sending)

PLEASE ONLY USE YARNS FROM THIS LIST WHEN MAKING YOUR KNOTS OF LOVE CAPS or NICU Blankets
 ♥ ALL THESE YARNS HAVE BEEN CANCER PATIENT TESTED AND APPROVED BY THEM

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 Vintage Chunky • Blue Sky Alpaca Dyed Cotton • Cascade Avalon • Cascade Cherub Aran • Cascade Pima Tencel • Hayfield Baby Blossom Chunky (Winter Only) • Jil Eaton Cottontail • Knit One Crochet Two BabyBoo • Kramer Tatamy Tweed • Marble Chunky (not worsted) • Peter Pan Cupcake (Sleep Caps) • Plymouth Daisy (Sleep caps) • Plymouth Jeannee • Plymouth OH MY (Sleep Caps) • Rowan All Seasons Cotton • Sirdar Snuggly • Sirdar Snuggly Tutti Frutti • Universal Uptown Worsted and DK • Universal Cotton Supreme • Universal Cotton Supreme Batik 	<ul style="list-style-type: none"> • Baby Bee Hushabye (Hobby Lobby) • Baby Boucle (Hobby Lobby) • Bamboo Baby by Patons • Bernat Softee Baby • Bernat Satin of Bernat Satin Sport • Bernat Pipsqueak (Loomers) • Red Heart Buttercup • Caron Simply Soft Eco • Caron Simply Soft • Caron Simply Soft Shadows or Paints • Carefree Cotton Blend by Red Heart (Online) • Comfy Worsted Cotton Blend (Knit Picks, Online) • Deborah Norville Everyday Soft Worsted • I Love This Cotton (Hobby Lobby) • Lion Fun Fur • Lion Heartland • Loops & Threads Charisma Baby • Loops and Threads Soft & Shiny • Patons Be Mine (Sleep Caps) • Patons Pure • Red Heart Gum Drop • Red Heart SOFT (NOT Red Heart Super Saver) • Red Heart Soft Baby Steps • Red Heart Sweet Baby • Shine Worsted - Cotton blend (Knit Picks - Online) • Naturally Caron Spa • Yarn Bee, Aurora Borealis (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 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"

