

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) • KNIT PICKS COMFY WORSTED • 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 SNUGLY • 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 ~ PRINCESS (Hobby Lobby) • YARN BEE ~ SOFT SECRET (Hobby Lobby) • YARN BEE ~ TENDER TOUCH (Hobby Lobby)

Head Size Chart

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

