

# Chemo Cap Patterns from the Craft Gym

Caps Developed by Jane Logan  
Instructions by Don McCunn



Circular Crown Cap



Beanie Cap



Child's PomPom Cap

## Introduction

These patterns and instructions have been created for the San Francisco Craft Gym's Chemo Cap program. This program is a free community crafting event where people come in to knit, crochet, and sew Chemo Caps. The caps are then donated to the adult and children's oncology units at UCSF Hospital's Comprehensive Cancer Center.

If you would like to donate the Chemo Caps you make through the Craft Gym program, please send them to:

Craft Gym  
Attn: Chemo Cap Donations  
PO Box 460681  
SF, CA 94146-0681

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## Materials

All caps can be made from a 1/2 yard of Polar Fleece. The patterns indicate the direction of stretch so the caps will fit different head sizes.

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- You may distribute copies of these instructions and patterns to others at no charge.
- You may not sell copies of the instructions and/or patterns to others.
- You may distribute sewn caps made from the patterns without any restriction.

### Craft Gym

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## Sewing Instructions for the Circular Crown Cap



Circular Crown Cap



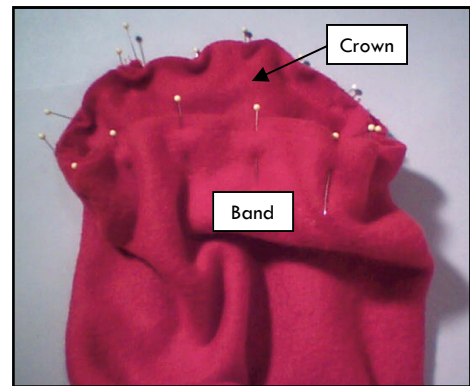
Variation #1



Variation #2

### Circular Crown Cap

1. Cut two crowns using the Circular Crown pattern on page 3.
2. Cut one Band 22" long by 17" high, see page 4.
3. Fold the Band in half, right sides together, matching the two Band Seams.
4. Pin, then sew the Band Seam leaving a 3" opening between points "A" and "B".
5. Pin one Circular Crown to one end of the band, matching mark 0 to the Band Seam, right sides together.
6. Pin marks 1, 2, and 3 on the Circular Crown to the corresponding marks on the Band, right sides together.
7. Continue pinning the Crown to the Band, easing the fabric as necessary.
8. Sew the Crown to the Band.
9. Repeat steps 5 thru 8 for the other Circular Crown.
10. Turn the cap right side out through the A-B opening.
11. Hand stitch the opening closed.
12. Fold the Band up once or twice for a comfortable fit.



Band Pinned to Crown



1/4 Circular Crown

### Circular Crown Cap - Variation #1

One variation for this cap is to make each crown in four pie-shaped segments. Align each seam of the 1/4 Crowns to points 0, 1, 2, and 3 of the Band.

1. Cut eight 1/4 crowns using the 1/4 Circular Crown pattern on page 4.
2. To make a single circular crown, sew 4 of the 1/4 Crowns together.
3. For a second crown, repeat step 2.
4. To complete the cap, proceed to step 2 above.

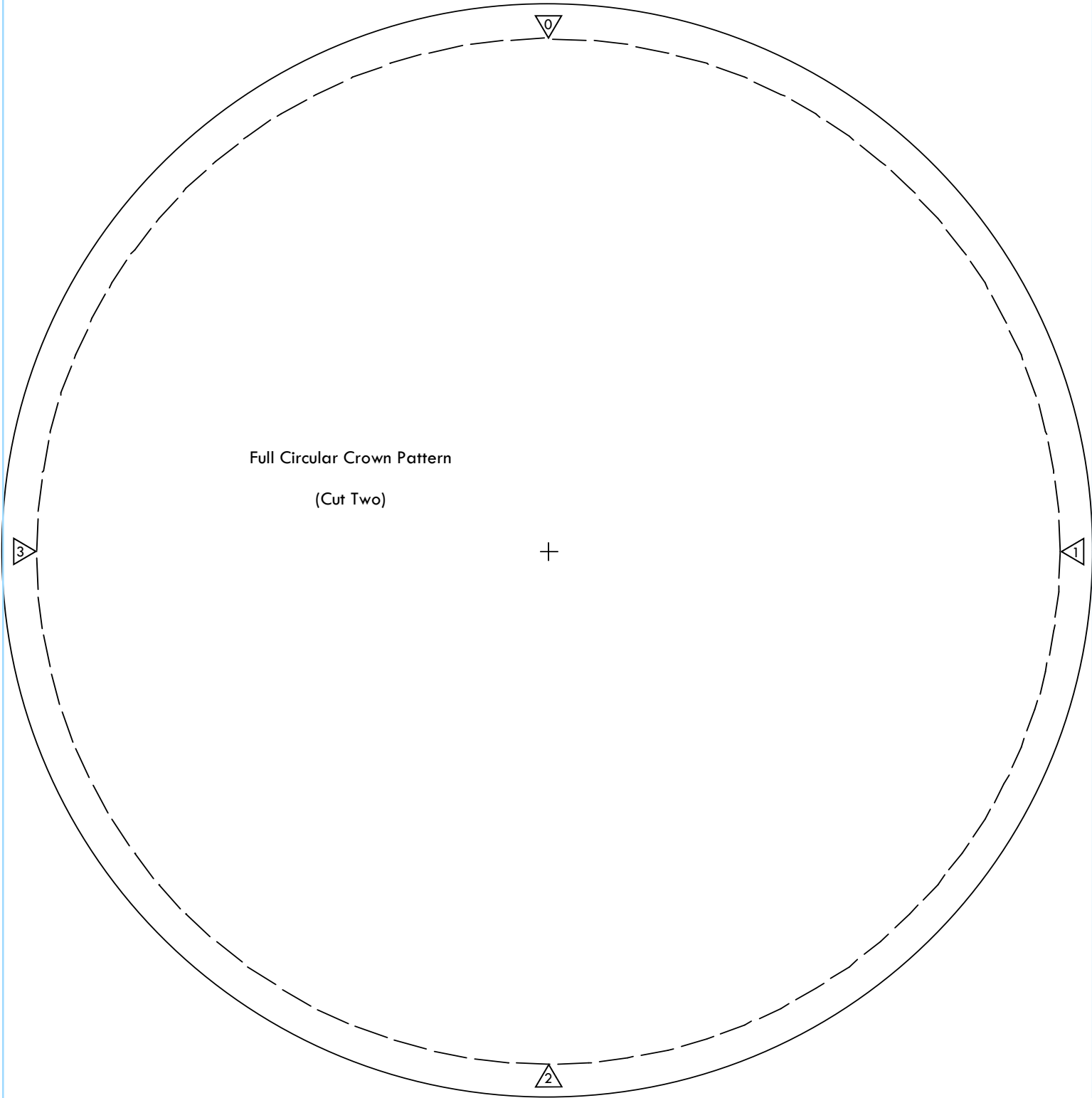
### Circular Crown Cap - Variation #2

Another variation for this type of cap is to make the Band in two contrasting colors. This band can be used with either a Full Circular Crown or the 1/4 Crown variation.

1. Cut two Bands 22" long by 9" high.
2. Pin the two bands together along one 22" side, then sew and press open.
3. To complete the cap, proceed to the instructions above .

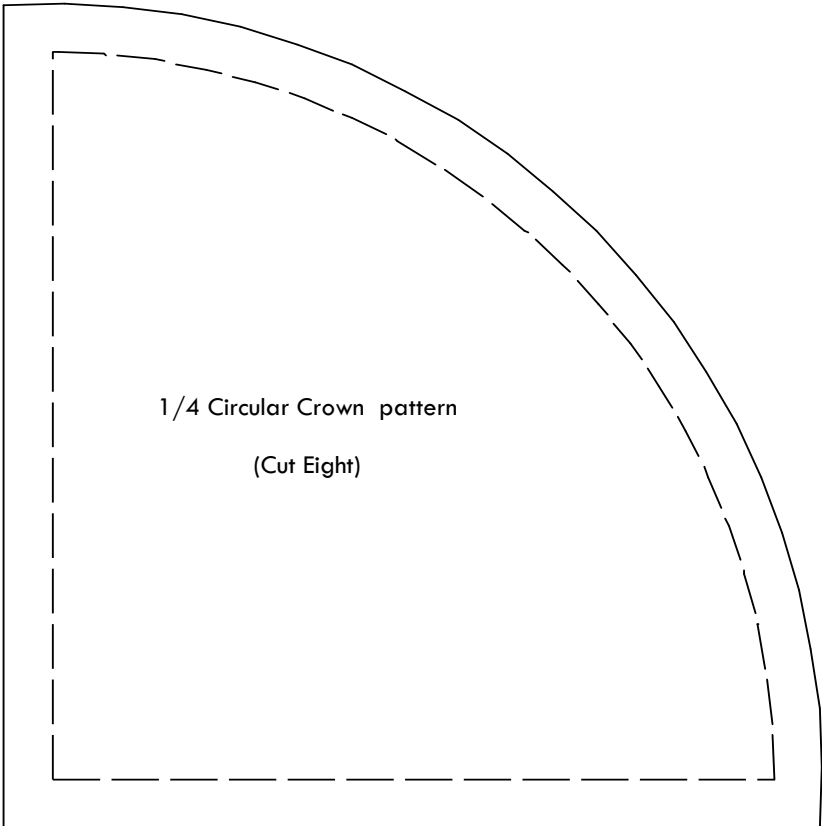
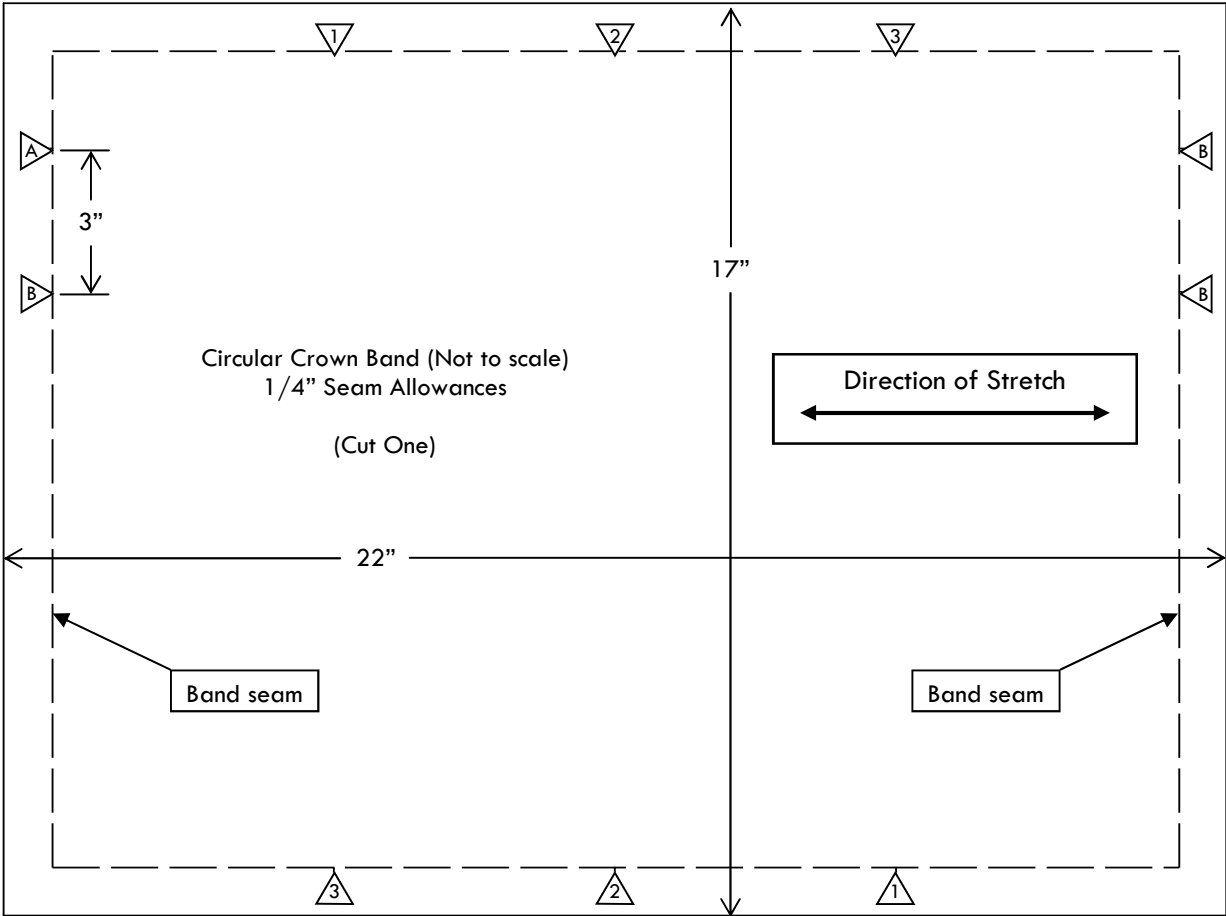


2 Color Band

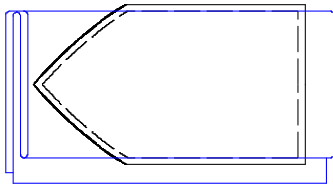


Full Circular Crown Pattern  
(Cut Two)

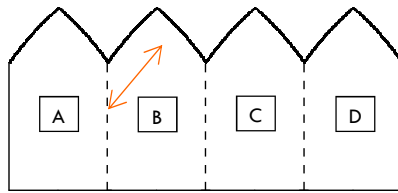




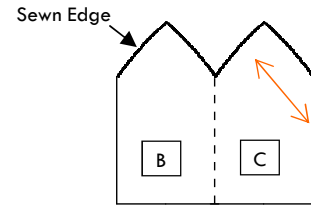
## Sewing Instructions for the Beanie Crown Cap



1. Fold the fabric for the Beanie Crown in fourths so the top layer is the width of the Beanie Crown pattern on page 6.
2. Pin the pattern to the fabric and cut out the Beanie Crown.
3. To cut a second crown, repeat steps 1 and 2.



4. Unfold a crown completely, as shown above. The labels A, B, C, & D are for reference purposes.
5. Fold section A under B, right sides together, then stitch along the top edge of the crown as shown by the red arrow above.



6. Fold D under C, right sides together, then stitch along the top edge of the crown, as shown by the red arrow above.
7. Fold the crown in half between B and C, right sides together, then sew the top edge of the crown between B and C.
8. To complete the crown, pin, then sew the outside edges of A and D from the top to the bottom.
9. For the second crown, repeat steps 4 through 8.



Sewn Band



Band Pinned Inside Crown



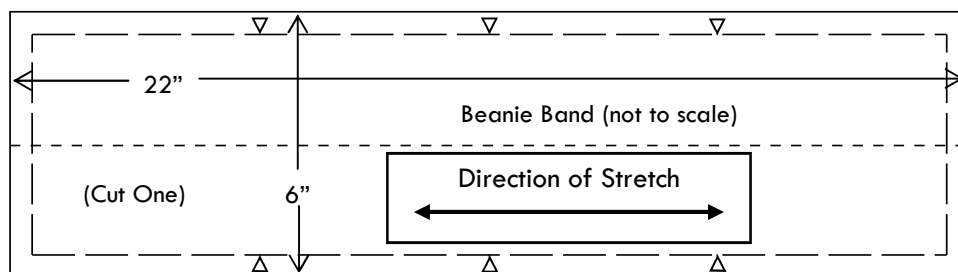
10. Cut one Beanie Band 22" long by 6" high.
11. Fold the Beanie Band in half matching the two short ends, right sides together, pin, then sew.
12. Fold the Beanie Band in half, as shown by the dotted line in the illustration below, wrong sides together.

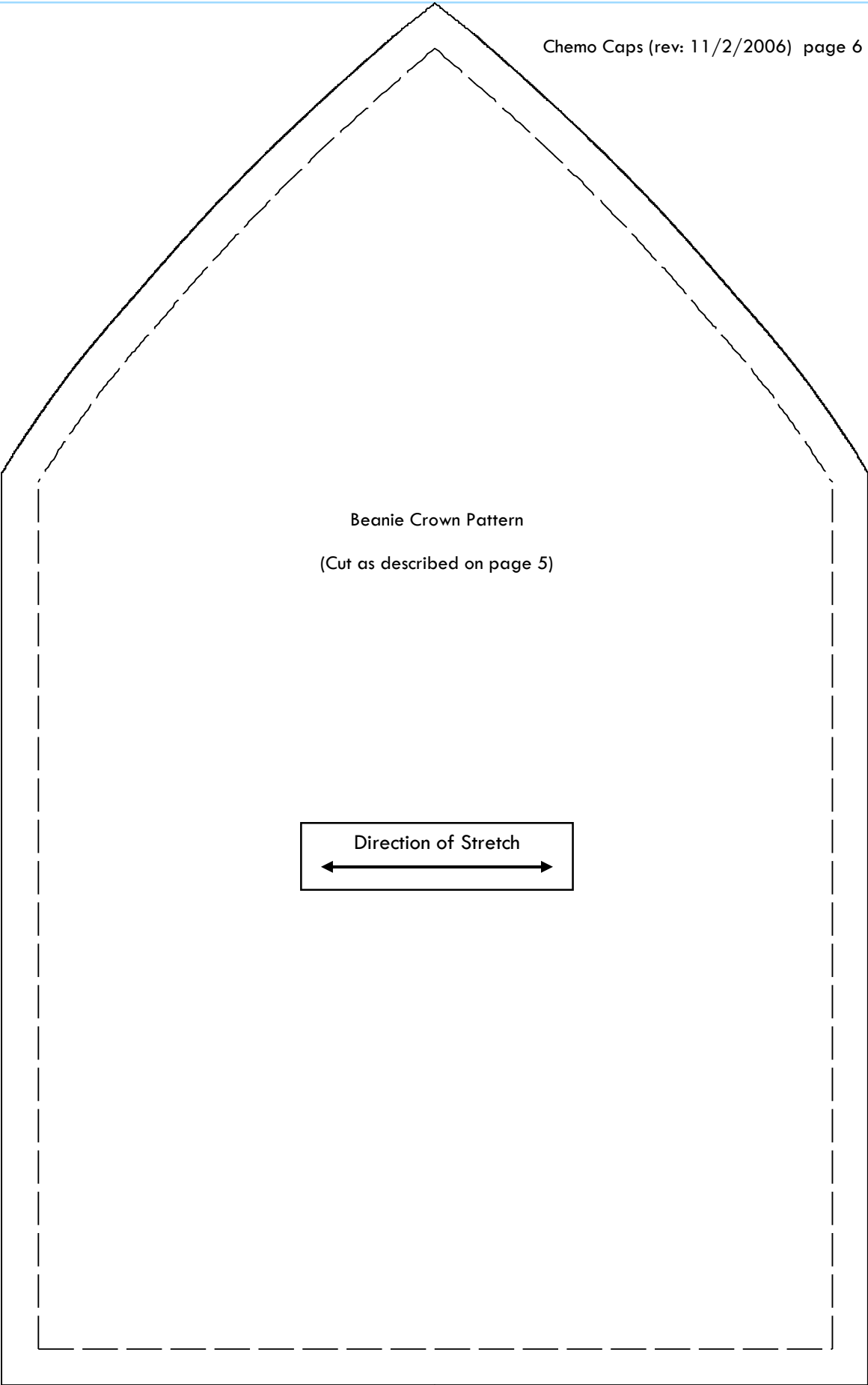
13. Turn one Beanie Crown right side out and leave one Beanie Crown wrong side out.
14. Put the two Beanie Crowns wrong sides together.
15. Place the Beanie Band inside the Beanie Crowns and pin.
16. Sew the Beanie Band to the Beanie Crown.
17. Turn the Beanie Band out to cover the sewn edge.

### Beanie Cap Variation

Cut the Beanie Crown out of eight separate pieces using the pattern on page 6. You will need 4 pieces for the two crowns. Then follow the instructions starting from Step #5.

(You will be sewing each section of crown from the top to the bottom.)

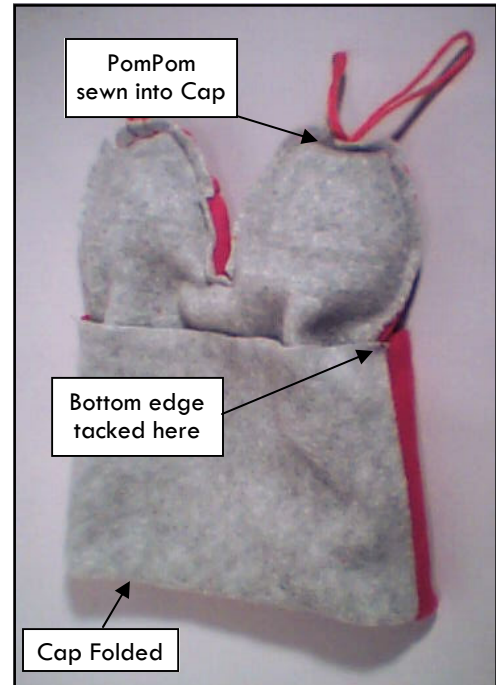




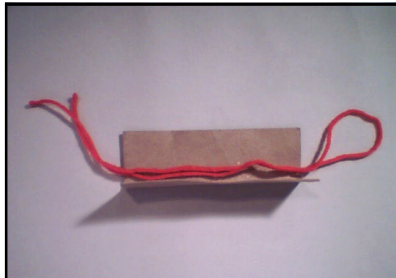
## Sewing Instructions for the Child's PomPom Cap

### Child's PomPom Cap

1. Cut out the patterns from pages 8 and 9.
2. Tape the top half of the pattern to the bottom half of the pattern.
3. Place the pattern on the fold of the fabric and cut the PomPom Cap. (Two pieces are required.)
4. Place the two Cap pieces, right side together.
5. Sew around the outer edges leaving a bottom opening and 1/2" openings at the top as indicated on the pattern.
6. Trim and press the seams open.
7. With the wrong side out, put a PomPom inside the top of one half of the cap.
8. Pull the tail of the PomPom through the opening and tie a knot.
9. Sew the opening closed.
10. Repeat steps 7 thru 9 for the second PomPom.
11. Fold the cap in half at the dotted line, wrong sides together, then tack in place.
12. Turn the cap right side out, then turn the brim up to fit.



### To Make a PomPom



1. Cut a piece of stiff paper 3" by 5", then fold in half.\*
2. Cut a length of yarn 24" long and place it inside the board.



3. Cut 12 lengths of yarn 6' long. You can mix and match colors.
4. Wrap the yarn around the folded board.



5. Use the yarn from step 2 to tie a knot securely around all the yarn.



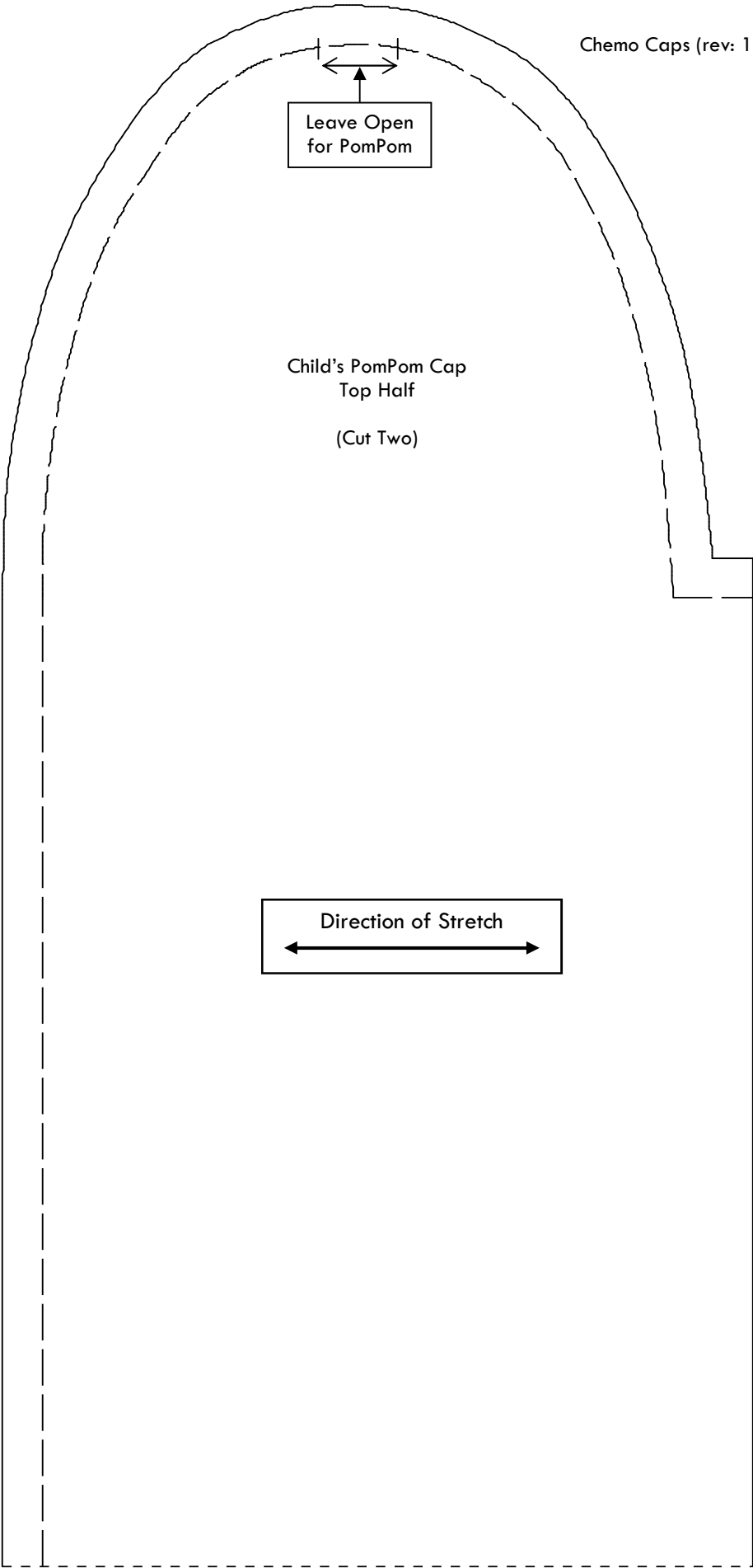
6. On the side of the board that is opposite the knot, cut all the yarn.



7. Fluff and trim the yarn to finish the pom-pom.

#### \* Paper for making a PomPom

The stiff paper you use to create a PomPom can be cut from chipboard (the back of a pad of paper), a manila folder, 3x5 index cards, or a toilet paper roll.



Leave Open  
for PomPom

Child's PomPom Cap  
Top Half  
(Cut Two)

Direction of Stretch





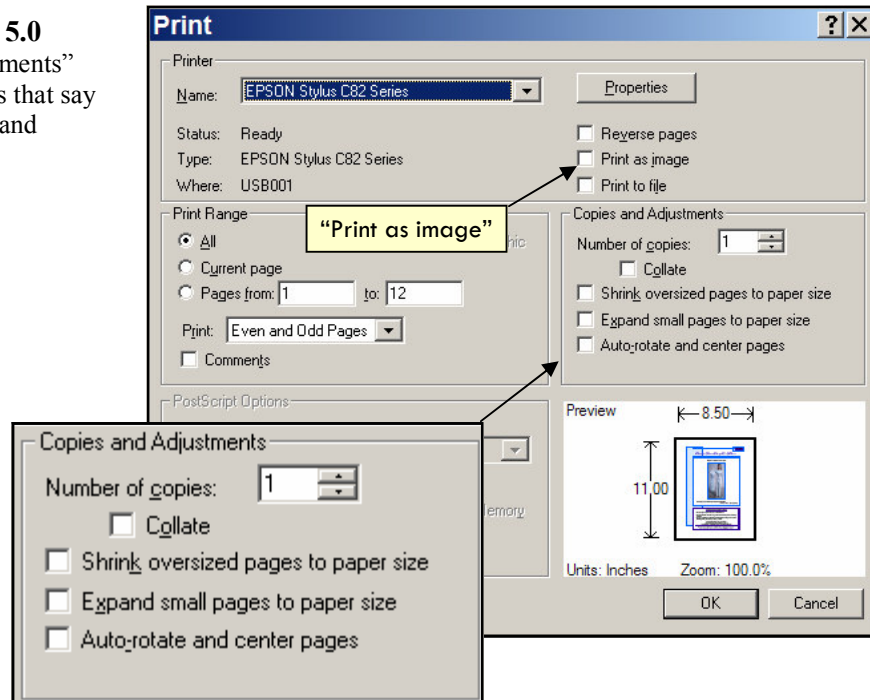
# Printing PDF Files

The Adobe Acrobat print function can be set to shrink or expand pages. This will cause the patterns to be printed incorrectly. The phrasing of this function depends on the version of Acrobat that you are using. Two versions are shown below.

To verify the patterns are the correct size, measure the blue 8" x 10" (20.3cm x 25.4cm) boxes that appear around the edges of the pattern pages.

Another problem you may encounter is that the text in the sewing instructions prints additional characters. These characters do not appear when the pages are displayed. When this happens, select the "Print as image" function.

**Acrobat Reader 5.0**  
In the "Copies and Adjustments" section, uncheck the boxes that say "Shrink oversized pages" and "Expand small pages."



**Acrobat Reader 6.0 & 7.0**  
In the "Page Handling" section, set "Page Scaling" to "None."

To access the "Print as image" checkbox, click the "Advanced" button.

