



FRUIT OF THE LOOM®

PRESENT

DIY Ugly Holiday Sweatshirt Guide



FRUIT OF THE LOOM[®]

PRESENT SWEATSHIRT
SUPPLIES

Estimated cost \$35 or less

- Eversoft[®] Fleece Full Zip Hoodie Sweatshirt (Green)
- Fabric dye
- Bleach*
- Spray bottle
- Rubber bands
- Squeeze bottle
- Laundry detergent
- Baking cooling rack
- Plastic tub
- Fabric
- Bow or ribbon
- Card stock paper
- Scissors
- Twine
- Glue stick
- Hot glue gun & hot glue sticks
- Hook and loop closure fastener
- Hole punch

Optional:

- Plastic gloves
- Protective mask
- Surface protector
- Apron

*Craft Smart! Tees and fleece don't come with warnings, but bleach does. Read and follow manufacturers' safety precautions carefully.



PRESENT SWEATSHIRT
DIRECTIONS

*Estimated time required to create this sweatshirt
30-45 minutes*



1. Prepare area and supplies

Wash sweatshirt before starting for best results

Prepare work area by covering in surface protector

Mix 1 part bleach and 1 part water in spray bottle

Bunch up small sections of the sweatshirt and secure bunched areas with rubber bands



2. Banding the sweatshirt

Once you reach desired bunching in individual areas, bunch the rest of the garment together and secure with rubber bands



Continue to next page for additional directions →

3. Reverse tie dying sweatshirt



PRESENT SWEATSHIRT
DIRECTIONS



Place cooking rack inside plastic tub
*This will prevent extra bleach from soaking into bottom of sweatshirt

Place bound sweatshirt on top of rack

Spray bleach water mixture onto sweatshirt

Flip sweatshirt and spray the other side of the sweatshirt as well

Let bleach set for 10 minutes



Remove rubber bands

Rinse sweatshirt with water to remove excess bleach

Machine wash and dry sweatshirt

Tips for washing:

- Wash garment by itself



Mix dyes (use package directions) in squeeze bottles

Apply dye to bleach areas as desired

Let dry for 48 hours in warm area

Machine wash and dry sweatshirt

Tips for washing:

- Wash garment by itself

- Add an old towel to catch any loose dyes

- Wash on cold setting

- Add color catch detergent

4. Preparing the bow



PRESENT SWEATSHIRT DIRECTIONS



Print hang tag on card stock paper

Cut out hang tag and glue designs back to back

Hole punch the top of your tag

Add twine into punched hole and set aside for later



Cut piece of fabric roughly 27"x9"

Find the middle of the length of fabric and cut 2" in on each side

Prepare hot glue gun

Fold cut areas of fabric over and hot glue them down at an angle that gets progressively wider toward the bottom and top edge of the fabric

Repeat on all 4 cut sections

The final result should be a hourglass shape



Hot glue the top and bottom of the fabric down to get a smooth seam

Hot glue one side of the hook and loop closure fastener to the back of the fabric on the right side and bottom

Lay the fabric in the middle of the sweatshirt and determine placement. The top should be even with the top of the neck hole. There should be extra along the bottom of the sweatshirt that will fold under the edge of the sweatshirt.

Once happy with placement add glue to the back of the fabric on the left side and glue this section down on the sweatshirt

5. Attaching the bow



PRESENT SWEATSHIRT
DIRECTIONS



Align the other side of the hook and loop closure fastener on the left side of the sweatshirt

Once aligned with sections glued to fabric pieces hot glue these pieces down



Flip up bottom of sweatshirt and hot glue 2nd piece of the hook and loop closure fastener for the bottom of the fabric to the inside of the sweatshirt



Add hang tag to bow (bow can be either pre-bought or made at home with ribbon)

Find desired placement on sweatshirt

Hot glue bow onto front of fabric on sweatshirt



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PRESENT SWEATSHIRT
STENCILS

