

## Directions for Making Weighted Blankets

Finished size

Fabric needed

30" X 45"

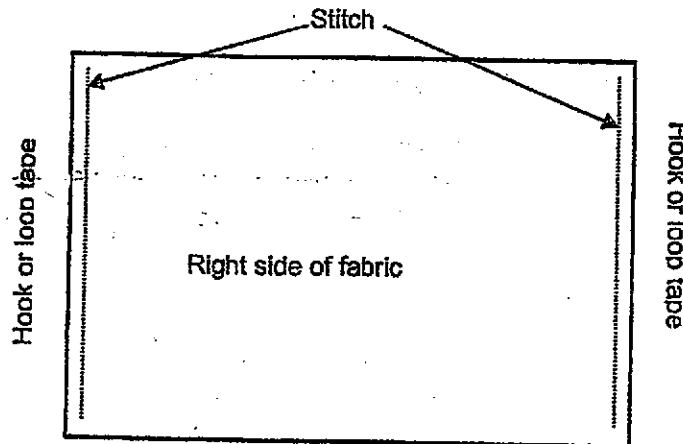
1 2/3 yards of 45" fabric

32" X 60"

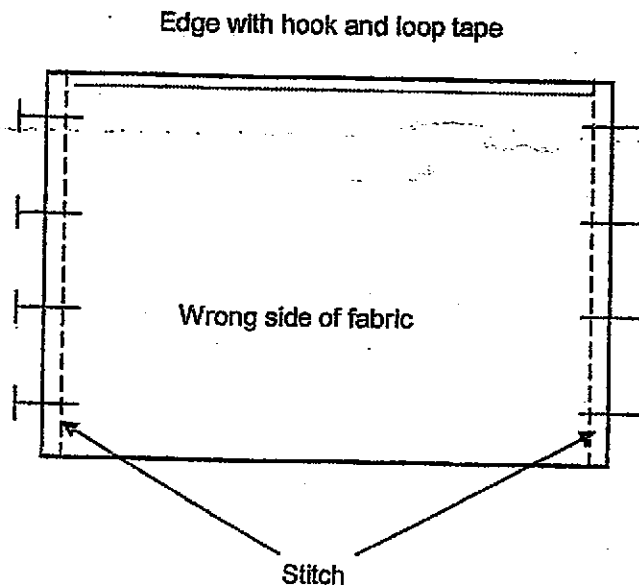
1 3/4 yard of 60" fabric

*Most times, we use the width of the fabric plus 1 1/4 yd. long. Plus we don't double, but use coordinating fabric for front and back. Like for the fabric to be soft, like flannel or fleece.*

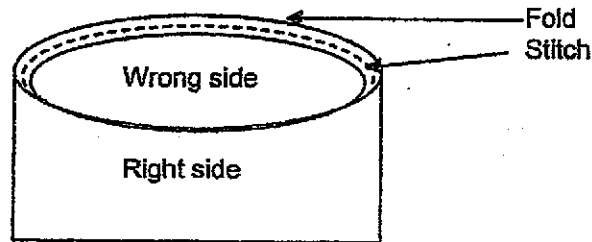
1. Cut hook and loop tape 2" shorter than shorter edges of fabric.
2. Lay wrong side of hook tape along right side of one short edge of fabric, keeping raw edges even. Stitch along inside edge of hook tape. Repeat with loop tape on other short edge of fabric.



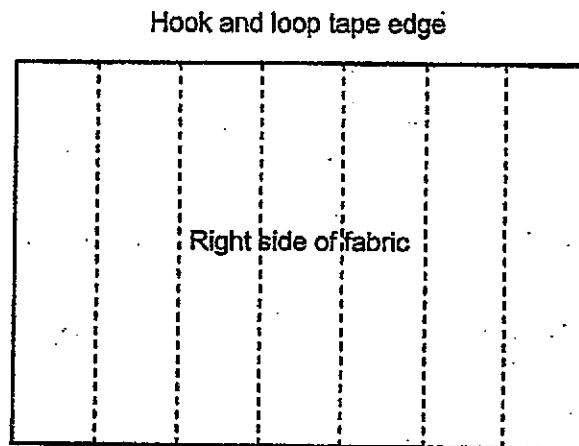
3. Fold fabric right sides together, pressing hook and loop tape together. Keep edges of fabric even.
4. Pin fabric pieces together along the sides that do not have the hook and loop tape on them. Stitch 1/2" seams along pinned sides.



5. Clip corners. Press seams open. Open hook and loop tape and turn blanket right side out.
6. Turn open edge to inside as for a casing, using edge of hook and loop tape as a guide. Pin or tape in place and stitch along inside edge of hook and loop tape.



7. Press hook and loop tape together, keeping edges of fabric even.
8. Measure long edge of blanket. Divide length into equal tubes that are at least 5" wide.
9. Mark stitching lines. Stitch along marked lines.



*We usually make 6 channels instead of 7. We stuff each channel with 1 lb. of fabric.*

10. Stuff blanket with old clothing or linens.

**3/4 inch hook and loop tape can be ordered in bulk from:**

Touch Tape, Inc.  
 1700 Lakeside Ave.  
 St. Augustine, FL 32084-5777  
 Phone: 904-823-1590  
 Fax: 904-823-1592  
 Email: [sales@touchtape.com](mailto:sales@touchtape.com)