



#WIZARDWORKSFROMHOME














This cycling cap is designed to be made at home and to keep you entertained for a few hours with a great end result. You can use any fabrics you have lying around your house, whether its some old curtains or your favourite jacket which you no longer wear. Any medium to heavy weight fabric is great for this cycle cap and the pattern comes with the option of lining your cap as well, so for any of you who want to protect your natural hair this is brilliant for you!

For the brim of your cap you want some stability in between your fabric, so any lightweight plastic is great for this, you should be able to find some spare plastic in your house for this. For example it is a perfect reason to finish off that ice cream tub in your freezer as the tub is a perfect size to cut out the brim from.

Notes

- seam allowance on all fabric pieces is 1cm, this is already calculated into your pattern pieces.

Things you'll need

-  Printer - To print off PFD pattern on A4 Paper
-  Sewing Machine and Thread - Straight stitch with the option of a zig zag stitch
-  Fabric - Medium to heavy weight fabric is great for this!
You could use your favourite old shirt or denim jeans.
-  Optional Fabric Liner - Any light to medium weight fabric
Silk/Satin is great to line your cap if you want to protect them luscious locks of yours!
-  Elastic - 2cm depth, 7cm long
-  Ribbon / Tape - 2-3 cm depth, 60cm long
-  A Sheet of plastic - Can be anything from home, Ice cream tub, Large yogurt container, Plastic File
-  Scissors
-  Pins
-  Tailors chalk / Pencil
-  Iron

Step 1

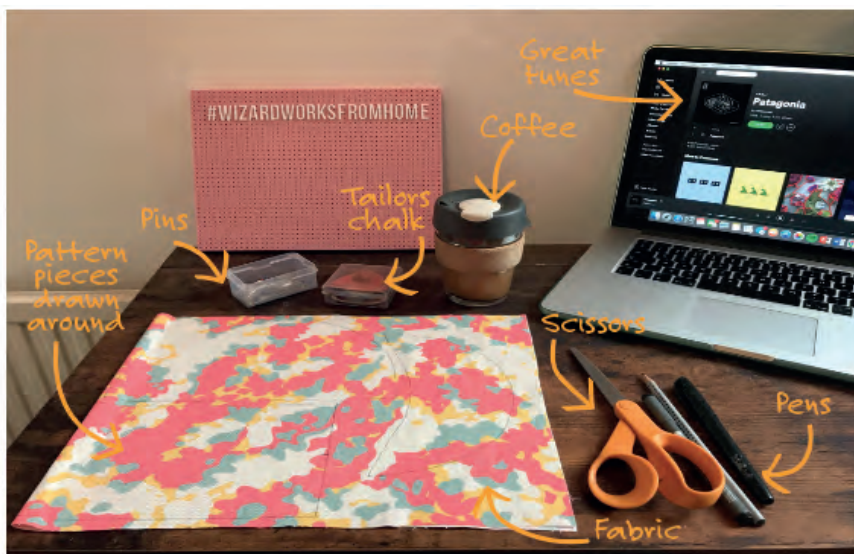
Print out and cut the pattern pieces at the bottom of this PDF document, ensure you are printing off the pattern to scale (100% on A4 paper).

Step 2

Lay your pattern pieces onto the right side of your fabric and draw around them with your tailors chalk or a pen to cut out, ensure you cut out the amount of pieces as advised on the pattern pieces. You should have 2 x brim pieces, 2 x side panels and 1 x top panel.

If you are lining your cap you will need another 1 x top panel piece and 2 x side panels cut out from your lining fabric.

To help you when assembling you can make a small mark on the wrong side of your fabric pieces. You should also mark the centre of your brim and top panel pieces by cutting a little snip into your fabric as indicated on the pattern pieces. Snip to be no longer than 0.5cm.



Step 3

For the Brim insert, lay your pattern piece onto your chosen sheet of plastic and cut out. If your plastic is curved flatten out your plastic by ironing between two pieces of fabric on a low heat, e.g. a yoghurt container. If you would like your brim to be stiffer you can add multiple layers of plastic, however i preferred the lighter option as it means i can roll up my cap and pop it into my Lil Presto Bag!

Step 4

Once all of your pieces are cut out, you will need to either overlock or use a zig zag stitch to sew around all the edges of the pieces. This will help to prevent your fabric from fraying further.

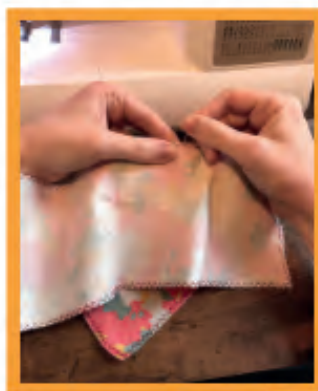


Edges finished with a zig zag stitch

Step 5

It is now time to assemble!

First you can grab one of your side panels and your top panel, placing the right sides together. Start pinning the top outer edge of your side panel to the top panel at the front of the cap and slowly align the edges and pin along until both pieces fit together from the front of the cap to the back. This may need abit of fiddling to get both pieces pinned together.



Once pinned you can sew your pieces together using a straight stitch with a 1cm seam allowance, removing the pins as you go along. Then repeat this step with the other side panel. Once sewn you now have the crown of your cap done and should be able to see the structure of your cap. To flatten out your seams, open up your seam allowance and iron them out flat using the edge of your ironing board.



Seam allowance pressed open along crown

Step 6

If you are not lining your cap you can fast forward to Step 7!

To line your cap you need to repeat step 5 again with your lining pieces so you have two full crowns once sewn. These then need to be sewn together, place your lining into your outer crown wrong sides together and match your seams together ensuring you have the front and back of your cap aligned. Pin and sew around the edges with a 0.5cm allowance, if one is bigger than the other you may need to ease them together or have a little tuck on the inside on the cap.



Step 7

To assemble the brim, grab your pair of brim fabric pieces and place the right sides together and pin along the curve. Once pinned sew together with a 1cm seam allowance leaving the bottom open. Cut away roughly 0.5cm off your seam allowance only on the curve you have just sewn then turn inside out.



Trim seam allowance to be 0.5cm



Plastic insert to be inserted into the brim

You will now need to press your brim flat with the iron on a high heat. Once your brim is nice and flat you can insert your plastic brim piece in between, this should slide in and be nice and snug. You will need to ensure you have a 1cm seam allowance on your open edge away from the plastic inner to be able to sew together. If you do not you will need to trim away a few mm of the plastic until you do. If the plastic inner fits you can then sew the opening together with a 0.5cm seam allowance, try and sew roughly in the middle of your 1cm seam allowance.



Brim opening closed with a 0.5cm seam allowance



Ta daa!

Step 8

To attach your brim to your cap you can match the centre of your brim as marked to the middle of the front of your cap right sides together. Pin together in your 1cm seam allowance and sew 0.5cm away from the edge. Ensure your plastic inner is pushed away from where you are sewing as you don't want to sew through the plastic. (We don't want any broken needles!)

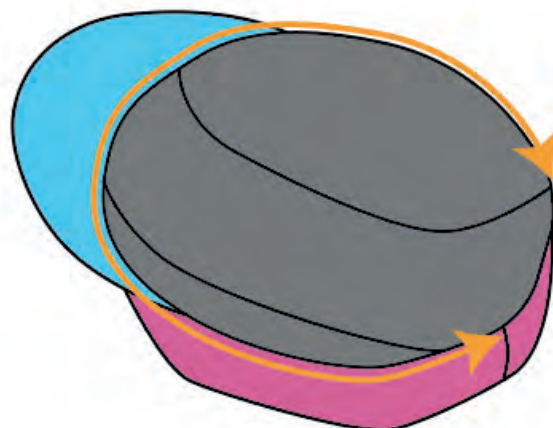


Step 9

You should now see your cap taking shape!

Next we need to add our tape and elastic back. Measure around the edge of your cap with a tape measure from the edge of your top panel piece all the way around the the other side, not including the width of your top panel as the back of the cap. (This is where your elastic will be so your cap is adjustable)

This measurement should be about 52cm long, you then need to add on 1cm seam allowance onto each end so you will need a 54cm length of your tape cut. For the elastic you will need a 7cm piece (5cm plus seam allowance each end).



To stop your tape and elastic from fraying, you can lightly burn both ends with a lighter just to seal them.

Your elastic width should be at least 0.5cm smaller than your tape, so your tape should over hang. Pin both ends of your elastic to the tape with a 1 cm seam allowance ensuring its secure.



Step 9

To attach your tape and elastic to your cap you will need to put right sides together having the seam allowance facing you at the back of the cap. You can begin by matching the seam of your tape to the right hand seam of the back of the cap top edge. Pin your tape all the way around the edge of your cap until you reach the other seam at the back of the cap. The elastic edge should be hanging below the edge of your cap by at least 0.5cm.



Elastic width to be smaller than tape and to hang below edge

Tape pinned to edge of cap

Once pinned sew the tape to your cap, aligning with the top edge of your elastic, your seam allowance should roughly be inbetween 0.5cm - 1cm dependant on your tape width.

Tape is sewn with a 0.5cm seam allowance to align to the edge of my elastic

Step 10

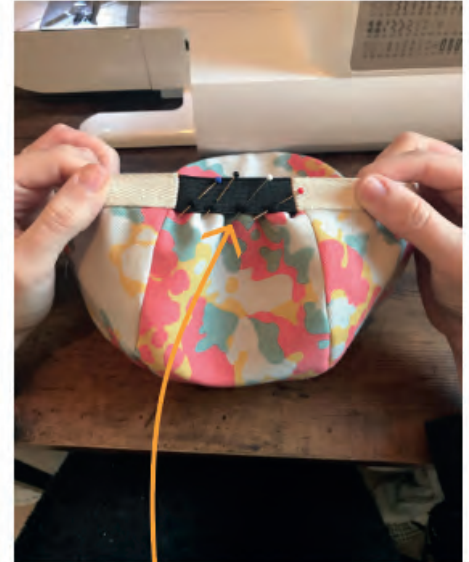
When your tape is attached, flip up your tape and elastic. You will notice you have more fabric than your amount of elastic. Pulling your elastic straight pin your top panel at the back of the cap to the elastic ensuring the fabric is lying flat underneath your elastic. This is slightly tricky so the more pins make it easier!



Elastic is smaller than fabric



Stretch Elastic



Pin, Pin, Pin!

To attach the elastic you will need to do a edge stitch along the inner edge of the elastic to attach it. When sewing you will need to stretch out the elastic as you sew along. To ensure the elastic is secure, stitch along the edge twice.



Elastic stretched when sewn



Double edge stitch

Step 11

Finally turn your tape and elastic band inwards to the inside of your cap and pin all the way around. Starting at the back of your cap sew a 1cm stitch away from the edge. When you reach the elasticated back you will need to stretch the fabric again so it is flat when you are sewing you can then join your stitch to where you started.



Step 12

All that is left to do is try on your new cycle cap made by YOU!



Please show us your funky cycling caps by tagging [#WIZARDWORKSFROMHOME](#)