

Hints:

- Remember to keep your hat free of pet hair, smoke and perfume and other scents.
- If you want to specifically make chemo caps for patients who have experienced hair loss, avoid heavily textured stitches and fuzzy/furry yarns. A smaller size will fit the person's head better, especially if the cap will be used while sleeping. Not all of the people who will use these hats will be undergoing chemotherapy, however.
- The Knots of Love 'Approved Yarns' list is useful if you are not sure what a soft yarn should feel like. However, many of the yarns on it have been discontinued, and other soft yarns are not included. Since the organization that we are supporting (Crochet for Cancer/Sow Many Blessings) does not have an approved or recommended yarn list and only asks that the yarns be soft (synthetic/non-animal fiber) as acrylic, polyester or nylon blends in the cool weather and natural or synthetic plant-based (cotton, silk, viscose, tencel, bamboo) in warm weather. Feel free to experiment with other yarns that feel soft. The only yarn I would not recommend for these hats is Red Heart Super Saver, which is readily available but is rough for a synthetic yarn.
- Yarn softness is one factor to keep in mind in the creation of a soft hat: you may need to experiment with larger hook or knitting needle sizes and different stitches as well.
- If you would like yarn recommendations, I have used the following yarns and find them to be easy to work with: (J) Joann Fabrics (M) Michaels
Worsted weight (#4): Red Heart With Love (J); Lion Brand Heartland (J,M); Lion Brand Vanna's Choice (online). **Lighter worsted weight** (#4): Red Heart Soft (J, M); Lion Brand Basic Stitch Anti-pilling (J); Big Twist Soft (J). I often use Caron Simply Soft (J, M) but it splits easily. **Bulky yarn** (#5 or 6): Bernat Softee Chunky (J, M); Loops and Threads Charisma (M). **Cotton** (#4): Loops and Threads Crème Cotton (M); Village Yarn Craft Cotton (online at Herrschners; this company stocks many of the yarns above and those on the Knots of Love approved yarn list). I like Lion Brand 24/7 for knitting patterns that call for a lightweight yarn (#3)—at Joann's and online.