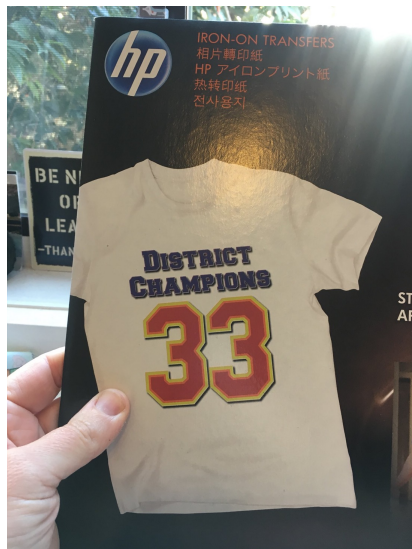
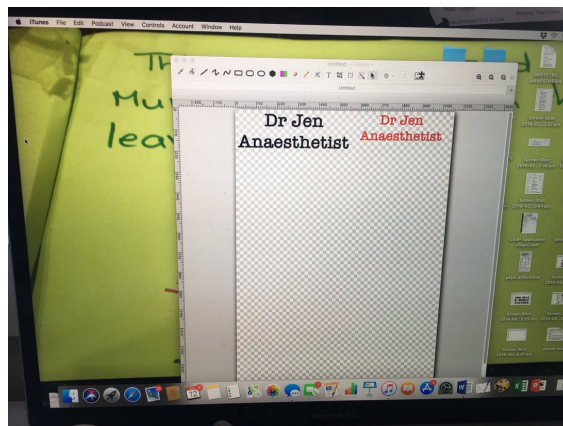


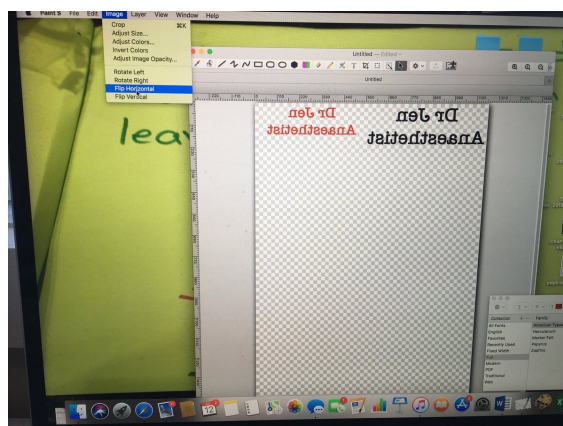
So here's how to put an iron- on transfer onto your theatre cap. #TheatreCapChallenge . Step one, get yourself some transfer paper. I got this at Orifice Works but I noted they sell it at K-maaaart...



2/ step two, get out your trusted graphics program. Mines an app that rated well (shrugs) and works for me. Name and role..



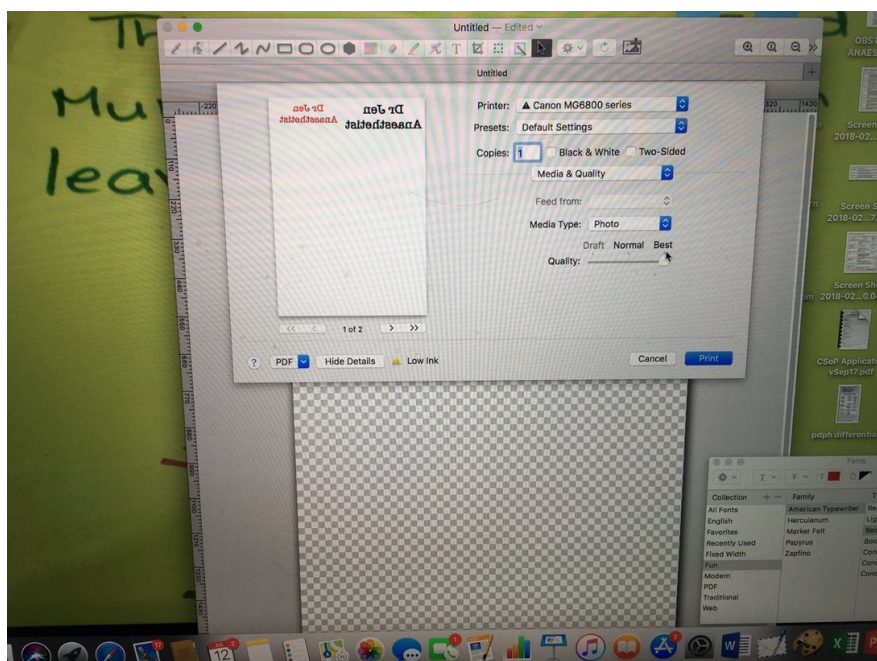
3/ this is important: REVERSE THE IMAGE.



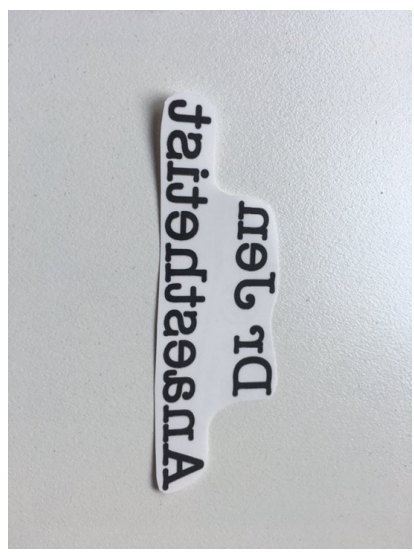
4/ ... because you don't want this to happen 😬 - hat made from my spoonflower fabric and a cap that is 20 years old and the last remnant of my surgical registrar years... (pull card to show you I'm not just reversing the photo)



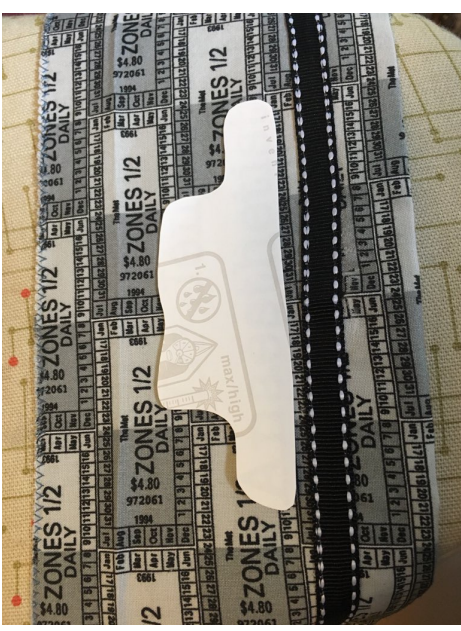
5/ select the best setting for your printer- the package suggests “photo” and “best quality” and print.



6/cut out the image. A wise paediatric surgeon taught me that things without sharp corners tend to lift less (and small children pick at the corners less). She was a smart cookie, that one ...

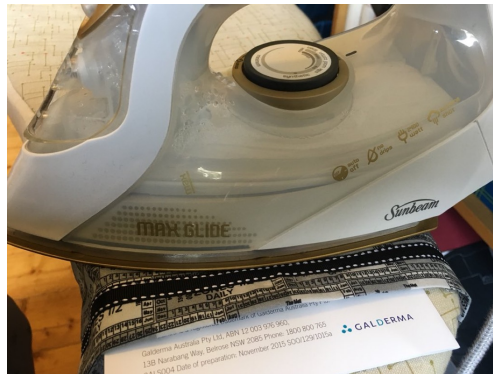


7/place the image face down on your cap band. Mine isn't yet attached to my hat because I haven't quite finished it yet, but it can be done. Put a piece of cardboard on your ironing board or use another non-yielding surface. Murtagh's General Practice (1994 edition) works well...





Iron on cotton setting and NO STEAM (very important) for about 30 seconds, or your iron beeps... (I'm not using Murtagh's here, but a patient info card for ivermectin, because I probably have an overgrowth of Demodex mites according to my dermatologist: CLASSY)



9/ oh dammit I forgot to put a number on 8. Ennyhoo...

Let it cool for 3 minutes at least and then peel off gently. If the image starts to peel off you either haven't ironed it long enough or it's not yet cool.



10 enjoy being a safer member of the theatre team!

