

**If You Can Sew, Please Help Keep Our Soldiers Cool!**  
**It is over 100 degrees in Iraq and Soldiers are telling us: "It's so hot...  
it's hard to think."**

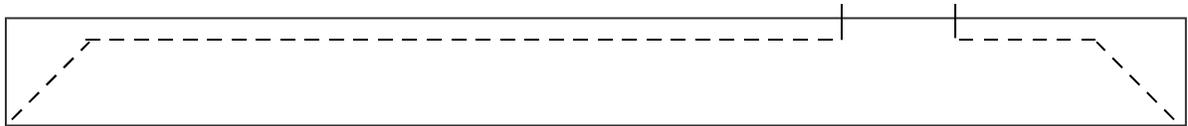
**Cooling Scarf Instructions**

Materials:

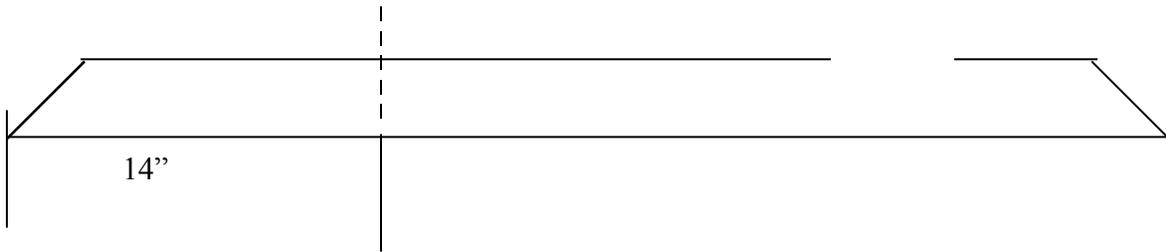
100% cotton broadcloth in tan or camouflage, matching thread, polymer crystals.

Cut cotton into 4" x 44/45" strips. Fold and seam, leaving about a 3" opening towards one end. Trim edges. Turn scarf outside in. (I iron the scarf at this point)

3" opening

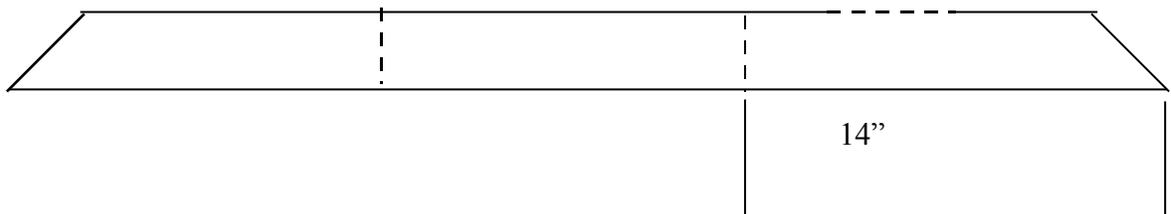


Sew seam across scarf 14" from end opposite the opening.



Pour 1-1/8 tsp of crystals into opening. Push down to the 14" seam. The scarf will not be full, but do not use more crystals. They will expand when wet.

Sew another seam across seam 14" from other end of scarf.



Hand stitch or machine stitch opening closed.

## **Crystals**

Polymer crystals can be found at any nursery or garden center, or at Walmart. A common brand is Moisture Plus by Schultz.

## **Fabric and Colors**

The 100% cotton fabric needs to be tightly woven material such as **broadcloth**. 100% cotton knit will not work as it is too loosely woven and the crystals may seep through.

**Important! The soldiers can only wear sand or tan colors.**

## **What is a "cool scarf"?**

The cooling comes from polymer crystals that hold many times their weight in water. Soaking the scarf in water for 15 minutes "energizes" the crystals and the scarf becomes a portable evaporative cooler that can lower body temperature by several degrees.

## **Cooling Scarves**

Nontoxic polyacrylamide granules, often called crystals, are concealed in the casing of a cotton neck scarf. When the scarf is soaked in water, the granules absorb the water, expand, and turn into a crystalline gel. The cotton fabric absorbs water from the gel, then the water evaporates for a cooling effect. Scarves stay cool and moist for hours due to the polyacrylamide's water-retaining properties.

**Soak the** casing or the entire scarf in cold or ice water for 15 to 30 minutes, or until the crystals turn to gel; avoid over-soaking. Distribute the gel along the casing with your fingers. Lay the scarf on a hand towel to absorb any dripping water, then tie the scarf loosely around your neck. To keep the casing cool while wearing, roll it to redistribute the gel or dip it in cold water for a few minutes.

**Store wet scarves** in an open plastic bag, hang them to dry, or store them in the refrigerator. After several days of drying, the crystals will return to solid form.

**The nontoxic** polyacrylamide granules are slippery when wet, so please discard if scarves are torn or damaged. Polyacrylamide granules are nontoxic, but if you develop any skin reactions, please discontinue use.

NAME  
EMAIL