



Basics of Quilting by Hand

Instructor: Lauren Kingsland

Supplies List

Basic hand sewing kit including -

- Small scissors for threads
- Shears for fabric
- Paper scissors
- Needles - Quilters between size 5-10. John James brand is a favorite
- Seam ripper
- Thimble
- Straight pins - long, thin
- Needle threader
- Rotary cutter, cutting mat, & acrylic ruler 4 x 18 or larger
- Iron & ironing board
- Pressing cloth - 1/4 yard muslin
- Water spray bottle
- **Mary Ellen's Best Press spray - optional

Planning and drafting tools -

- Notebook
- .5mm pencil
- Ruler
- Graph paper
- Template plastic OR manila folders
- Glue stick (optional)

Fabrics -

- Assortment of pre-washed cotton quilting fabrics values (light, medium, dark)
 - Start with 6 fat quarters and plan to add as your project develops.
- Threads - good quality long staple cotton (Guterman, Presencia) in medium gray
- Quilters Dream batting, cotton request craft or crib size
- ****OPTIONAL A few repurposed woven fabrics, clean, shirt weight.

Rules of thumb about how much fabric to buy for a project-

- Cotton quilting fabric is 40-44" wide on the bolt, folded in half. It is sold in yards. A yard of fabric is 36 x 40"=1440 sq in.

CONT. PG 2

- IN GENERAL - Get enough fabric for 2.5 to 3 times the finished area (Height x width) of your quilt because of seam allowances, backing, bindings, etc.
- A baby quilt (36 x 36") needs 2.5 to 3 yards total fabric. This is 1 yard for the back, 5 fat quarters (total of 1 1/4 yards) for the front including borders and another 1/4 yard full width (40") for the binding.
- A lap quilt (60 x 60") needs about 3 yards for the back and another 3-4 for the front and binding.
- Quilts that are longarm quilted need backs that are 10" longer and 10" wider than the fronts to attach them to the quilting machines. So a 70 x 80 twin quilt needs a back that is 80 x 90 or two lengths of 2 1/2 yds (90") sewn together with a long seam down the center. Piecing backs with several fabrics is a pretty option.