

NECK GAITER FACE MASK

PRINTABLE PDF SEWING PATTERN



EVERYTHING YOU NEED TO KNOW

1

PATTERN INCLUDES:

Professionally drafted, graded, and color-coded sewing pattern.

Step-by-step detailed photos and written instructions are also included.

[View the VIDEO tutorial HERE.](#)

2

TERMS OF USE:

This is a personal use only pattern and it may not be shared or resold. You are welcome to sell masks made from this pattern from home production only.

All content of this pattern; including the video, photos, and wording, are protected under copyright.

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SKILL LEVEL: CONFIDENT BEGINNER

This pattern is great for beginners all the way to advanced sewists.

New to sewing with knit fabrics? You'll love my video tutorial where I walk you through every single step of this project in detail.

4

THE FIT:

The best part about this mask is it's made from knit fabric which is extra soft and makes for a comfortable, stretchy mask.

This sewing pattern comes in five different sizes including child, preteen, teen, adult and large adult to fit any sized face.

CHOOSING THE RIGHT FABRIC

Medium Weight 4-Way Stretch Knit Fabric

I recommend using a light to medium weight knit fabric with a content of 95% Cotton, 5% Lycra/Spandex or 95% Rayon, 5% Spandex. Having at least 5% Lycra or Spandex allows the fabric to have elasticity and bounce back to its original shape without getting stretched out over time.

It's important to use a 4-way stretch fabric for this project. It's essential to use a fabric with at least 50% stretch. Not sure what that means? A 4" piece of fabric should stretch to at least 6". Fabric must have stretch both horizontally and vertically. Look for fabrics labeled as a 4-way stretch knit fabric.

Make sure to prewash and dry your knit fabric before cutting and sewing it! This will prevent your fabric from shrinking after you've sewn it.



Construction

First, begin by selecting the size of neck gaiter you would like to make. For reference, I made the adult size for myself. If you have a smaller sized face you may want to downsize to the teen size.

Use the stretch stitch on your sewing machine; this looks like a lightning bolt and allows seams to have more give so the stitches don't pop when stretched out. If you don't have this option, use a zigzag stitch.

You'll also want to use a jersey or ballpoint needle if you have one. This will help the needle to pass in between the fibers instead of piercing them.

Choose which style of mask you would like to make. First, choose 1 layer or 2 layers. Second, choose whether or not you would like a filter pocket for a filter and a metal nosepiece.

SUPPLY LIST

- SEWING MACHINE
- 4-WAY STRETCH FABRIC 1/2 YARD
- JERSEY NEEDLE
- SCISSORS OR ROTARY CUTTER
- THREAD
- IRON & IRONING BOARD
- FABRIC-TAC
- NOSE BRIDGE ALUMINUM



6 DIFFERENT WAYS TO WEAR



FACE MASK



SCARF



PONYTAIL



BEANIE

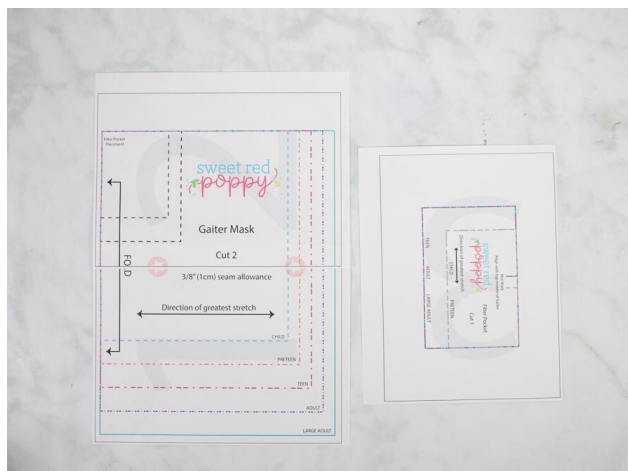


HEADBAND



BRACELET

LET'S GET STARTED!

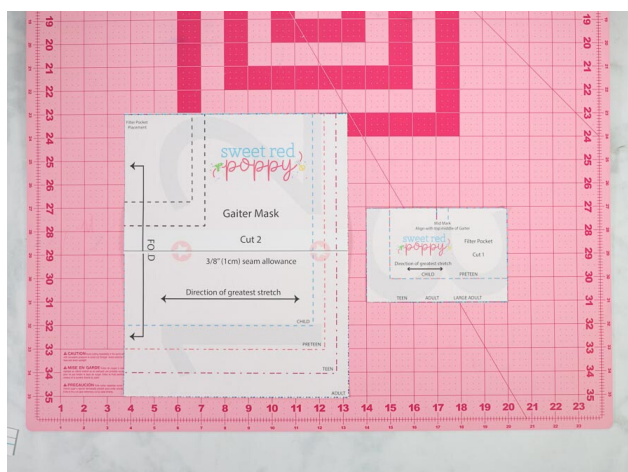


PRINT THE PATTERN

Download the pattern to your computer and print the pattern at 100% with no scaling.

Immediately check the 1" x 1" square to ensure the pattern has printed correctly.

[View the video tutorial HERE!](#)



HOW TO ASSEMBLE THIS PATTERN

The pattern is numbered 1-3. Align the circles and black lines together as you are piecing the pattern together.

Feel free to trim off the excess from each piece of the pattern or hold the pieces up to the light and align them together without trimming.



LAY OUT FABRIC

Lay the fabric out in front of you and fold it in half. Align the cut on the fold marking with the fold of the fabric and pin the pattern in place.

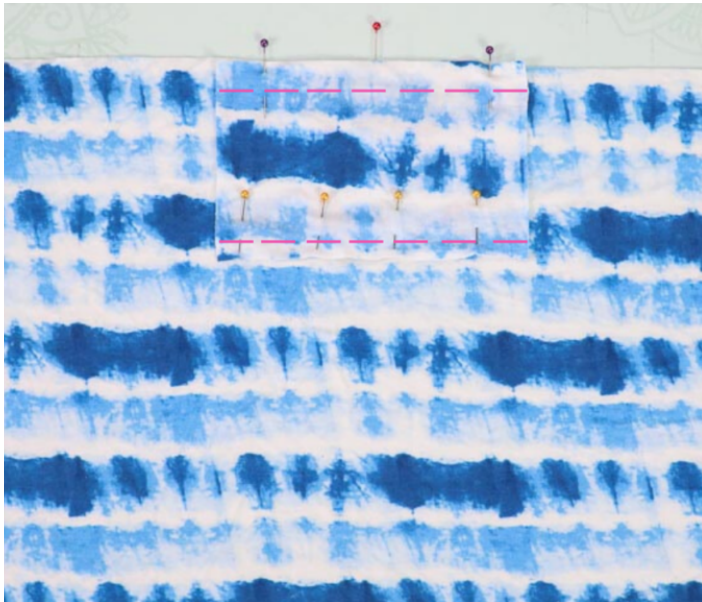
The fabric should be folded in half with the greatest direction of stretch running across the width of the pattern.

TWO LAYER (LINED) MASK

CUT OUT THE MASK

Cut out your knit fabric using the provided pattern.

Cut out two pieces of fabric to create a lined mask. Cut out a filter pocket as well.

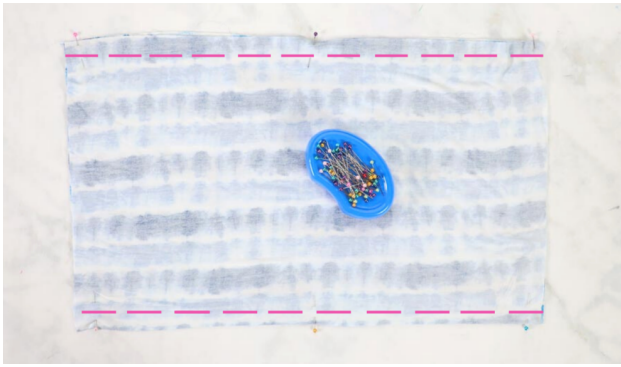


CREATE FILTER POCKET

Place one mask with the right side of the fabric facing upwards on a flat surface. Find the center of the mask and mark it.

Align the filter pocket on top of the mask making sure it's centered. The raw edges of the fabric along the top of the mask should be aligned.

Pin the filter pocket in place. With a stretch stitch, sew along the bottom of the filter pocket 1/2" from the edge of the fabric. Sew along the top of the filter pocket 1" from the raw edge of the fabric.



SEW TOP & BOTTOM

Place the masks right sides together and sew across the top and bottom of the mask with a 3/8" seam allowance.



SEW MASKS TOGETHER

Turn the fabric inside of the tube so the right sides are facing each other and align the seams. Pin everything into place and sew along the raw edge of the fabrics with a stretch stitch leaving a 2-3" opening for turning. Pull the fabric through the hole to turn it right side out.



PRESSING & CLOSE OPENING

Hand stitch or use fabric glue to close the opening.

Press all of the seams on the mask with plenty of steam and a hot iron. This will help the fabric to shrink back to its original size as it can get stretched out during sewing.



FILTER POCKET

Slide a filter into the filter pocket and a nose piece into the top pocket. Now you're ready to wear your face mask!

UNLINED MASK (1 LAYER)



CUT THE FABRIC

Cut out your knit fabric using the provided pattern.

Cut out 1 piece of fabric for the main mask on the fold. Cut out 1 filter pocket as well.

CENTER FILTER POCKET

Place the mask with the right side of the fabric facing upwards on a flat surface. Find the center of the mask and mark it. Align the filter pocket on top of the mask making sure it's centered. The filter pocket should be placed 1/2" down from the raw edge of the fabric.



SEW FILTER POCKET

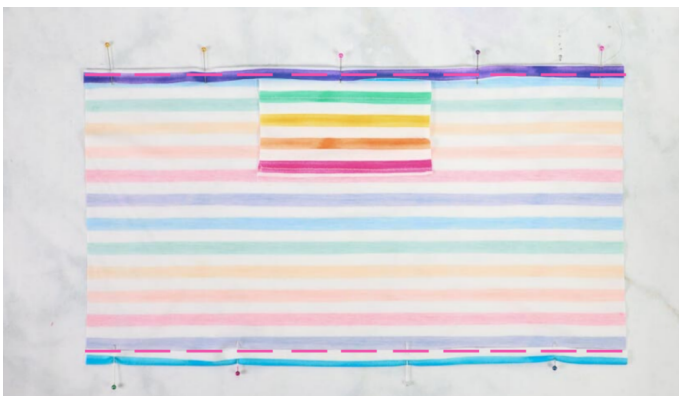
Pin the filter pocket in place. With a stretch stitch, sew along the bottom of the filter pocket 3/8" from the edge of the fabric.

Sew along the top of the filter pocket 1.5" from the raw edge of the main mask fabric.



SECURE THE HEM

Fold the top and bottom of the mask inwards 1/2" with wrong sides facing to create a hem and press. I like to spray my material with a heavy starch to give me more control of the fabric. Sew along the folded edge of the fabric, securing the hem in place using a stretch stitch.





SEW TOGETHER

Fold the mask in half with right sides facing together and sew along the raw edge with a 3/8" seam allowance.

Don't forget to backstitch at the beginning and ending. Turn the mask right side out.



PRESS THE MASK

Press all of the seams on the mask with plenty of steam and a hot iron. This will help the fabric to shrink back to its original size as it can get stretched out during sewing.



INSERT FILTER AND NOSE PIECE

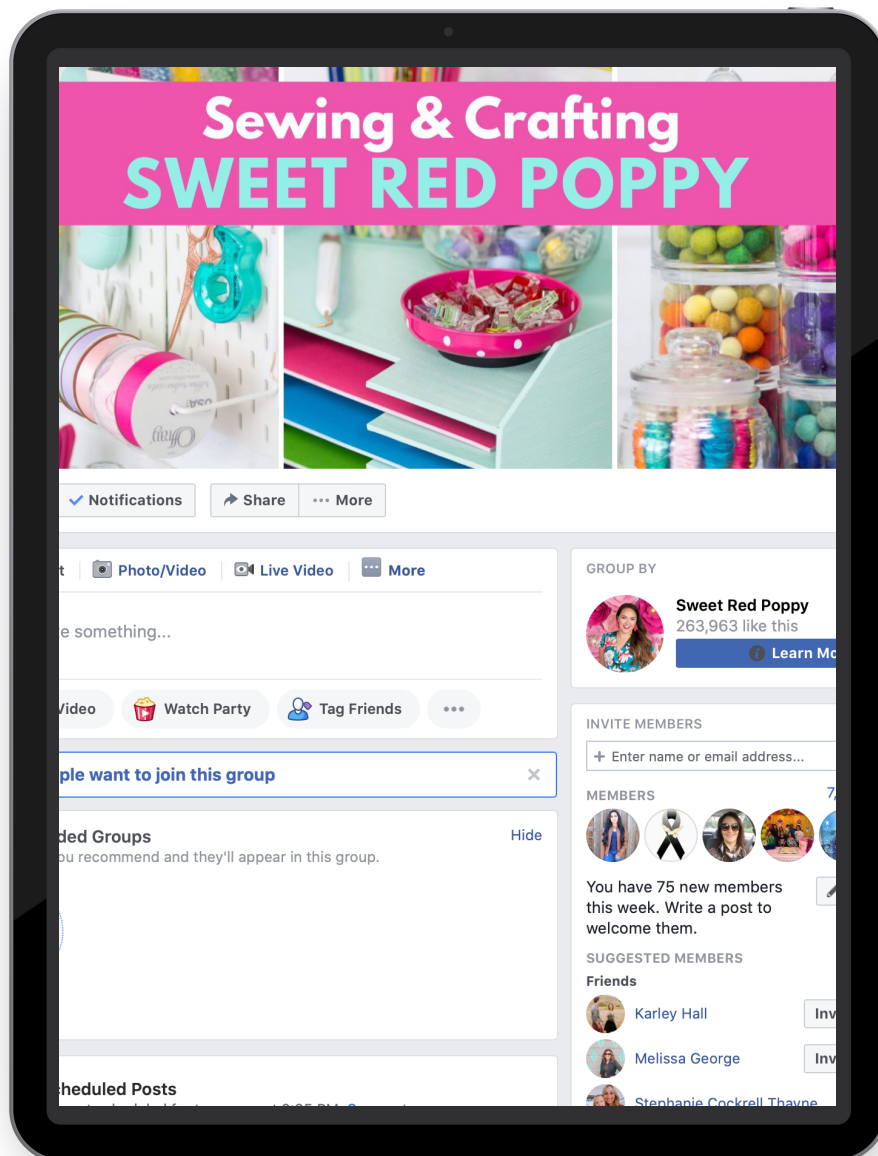
Slide a filter into the filter pocket and a nose piece into the top pocket. Now you're ready to wear your face mask!



DO YOU LOVE YOUR FACE MASK?

SHARE YOUR FINISHED MASKS WITH US IN THE
SWEET RED POPPY CRAFTING & SEWING GROUP!

JOIN HERE!



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