



$\frac{1}{4}$ Seam Allowance (typical)

Two pieces of material $8 \frac{1}{2}$ inches square with 'right sides' facing each other. Sew together with $\frac{1}{4}$ inch seam allowance. Turn inside out, poke corners out and iron flat. Then overstretch all around $\frac{1}{8}$ from edge.

Form pleats (see *pleat template*) and sew each end $\frac{1}{4}$ inch from edge.

Now all you need do is attach straps about $\frac{1}{2}$ inch from the top and bottom at each end. Parachord can be directly stitched to the face. If you use elastic then you may wish to enclose the ends of the straps in a bit of cloth to keep the seam from damaging the straps too much (*or you can tuck them between the pleat folds before sewing the pleats down*).