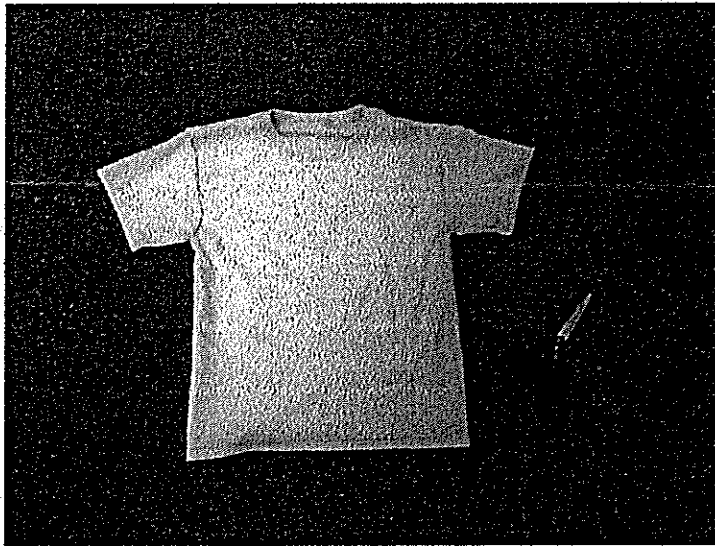
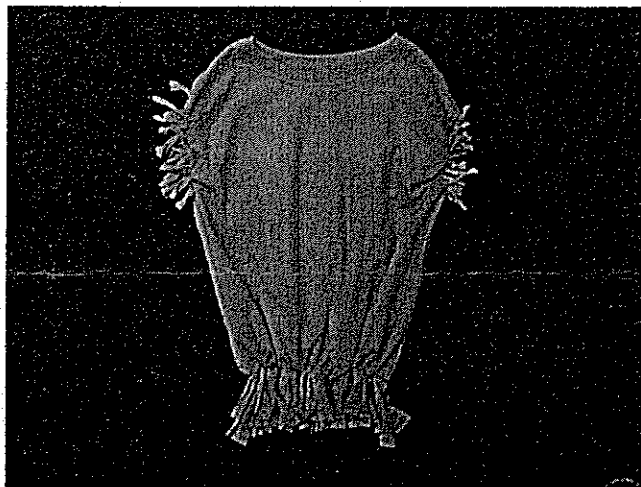
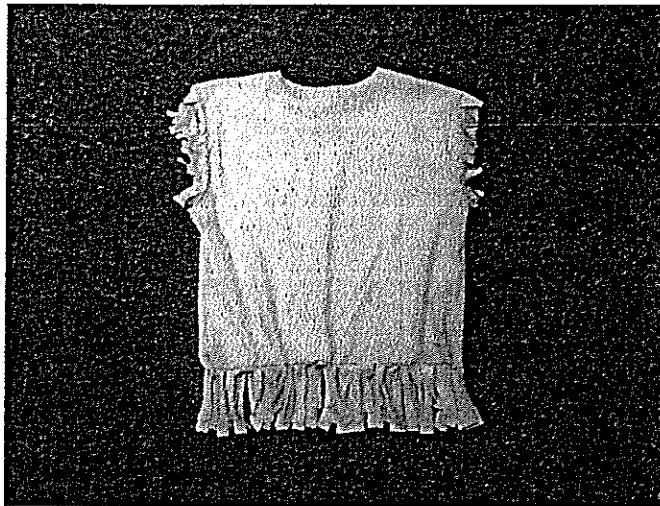


Step 1: Step 1. Turn your shirt inside out and prep the sleeves.



Side 18"



Cut the bottom of the shirt into strips up to the line you created in the previous step. Then tie each pair together with a double knot. Leave the edge pairs on the bottom untied (they will be tied

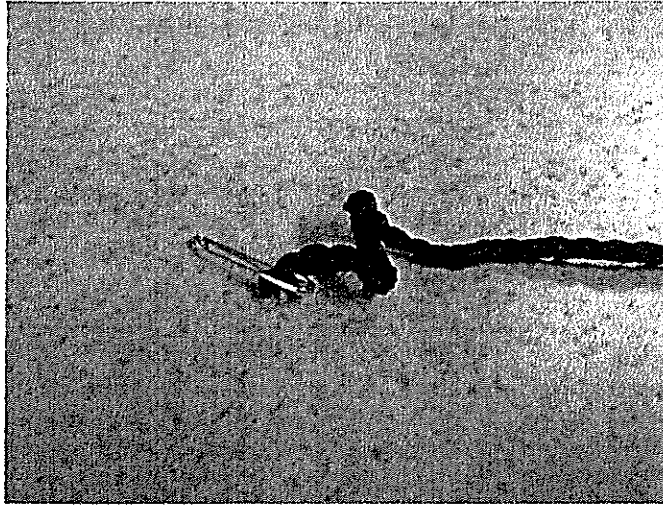
later.) Then cut all of the excess fabric away from the knots. Be careful not to cut it too close to the knot, or it could come undone.

**Step 3: Step 3. Cut slits on both sides of the collar.**

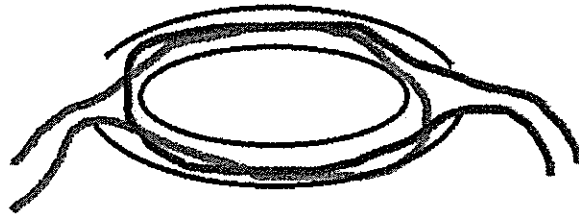


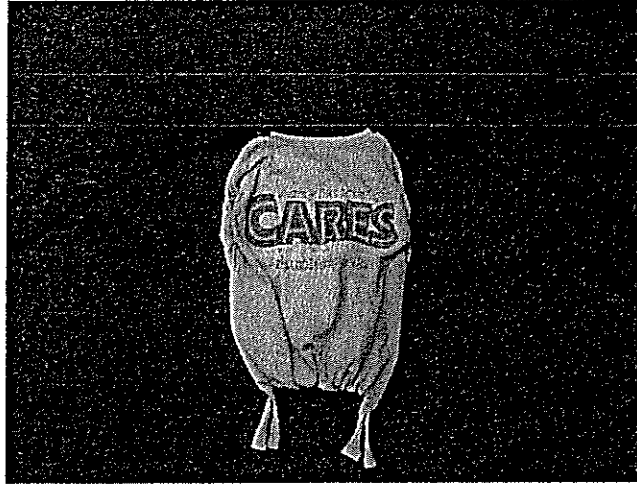
Cut slits into each side of the collar. This is where the drawstring will go.

**Step 4: Step 4. Feed the drawstring all the way through the collar.**



Collar





I used a safety pin as a needle to help pull the drawstring through the shirt. We will use 2 pieces of cord for this. Each piece will come out the SAME side that the cord went in.

**Step 5: Step 5. Tie off your cords.**



64" per side  
128" total

I found the best way to tie the cord without it coming apart is to tie a knot as if both ends are the same end of the cord, tying one knot.

**Step 6: Step 6. Turn the drawstring into straps.**