



## Knots of Love Guidelines for Making Caps, NICU Blankets, PICC Covers and Limb Huggers

- ONLY use yarns from this list.
- Thinner, seamless, non-lumpy caps are good for sleeping and increased comfort.
- Caps should not be see-through or lacy. Patients prefer not to see their bald heads through the cap.
- Caps should be fragrance, smoke, pet hair and odor free. If you smoke, or have a pet, please wash and thoroughly dry caps before sending.

**PLEASE ONLY USE YARNS FROM THIS LIST WHEN MAKING YOUR KNOTS OF LOVE CAPS or NICU Blankets**  
 ♥ ALL THESE YARNS HAVE BEEN CANCER PATIENT TESTED AND APPROVED BY THEM.

Specialty Yarn Stores	Craft & Hobby, Michaels, Jo-Ann's, Hobby Lobby & Online
<ul style="list-style-type: none"> <li>• Babe Soft Cotton Worsted by Euro</li> <li>• Berroco Comfort</li> <li>• Berroco Modern Cotton</li> <li>• Berroco Plush (Sleep Caps)</li> <li>• Blue Sky Alpaca Dyed Cotton</li> <li>• Cascade Avalon</li> <li>• Cascade Cherub Aran</li> <li>• Cascade Pima Tencel</li> <li>• Cascade Sunseeker Shade</li> <li>• Cascade Ultra Pima</li> <li>• Hayfield Baby Blossom Chunky (Winter Only)</li> <li>• HiKoo CoBaSi Plus, Skacel</li> <li>• HiKoo Simpliworsted, Skacel</li> <li>• Jil Eaton Cottontail</li> <li>• Knit One Crochet Two BabyBoo</li> <li>• Kramer Tatamy Tweed</li> <li>• Marble Chunky (not worsted)</li> <li>• NEVE by Juniper Moon Farm (Cotton)</li> <li>• Peter Pan Cupcake (Sleep Caps)</li> <li>• Plymouth Baby Beenz</li> <li>• Plymouth Daisy (Sleep caps)</li> <li>• Plymouth Dream Baby DK</li> <li>• Plymouth Jeannee</li> <li>• Plymouth OH MY (Sleep Caps)</li> <li>• Plymouth ToyBox Collection - Candy</li> <li>• Rowan All Seasons Cotton</li> <li>• Schoeller-Stahl HIT</li> <li>• Sirdar Snuggly</li> <li>• Sirdar Snuggly Tutti Frutti</li> <li>• Sublime Evie Prints</li> <li>• Universal Uptown Worsted and DK</li> <li>• Universal Cotton Supreme</li> <li>• Universal Cotton Supreme Batik</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Bee Hushabye Solid or Ombre (Hobby Lobby)</li> <li>• Baby Boucle (Hobby Lobby)</li> <li>• Bamboo Baby by Patons</li> <li>• Bernat Giggles</li> <li>• Bernat Li'l Tots</li> <li>• Bernat Softee Baby, regular or cotton</li> <li>• Bernat Satin or Bernat Satin Sport</li> <li>• Red Heart Buttercup</li> <li>• Caron Simply Soft</li> <li>• Caron Simply Soft Shadows, Paints, Stripes, Tweed or Ombre</li> <li>• Comfy Worsted Cotton Blend (Knit Picks, Online)</li> <li>• I Love This Cotton (Hobby Lobby)</li> <li>• Lion Feels Like Butta</li> <li>• Lion Fun Fur</li> <li>• Lion Heartland</li> <li>• Lion Heartland Tweed</li> <li>• Lion Jeans</li> <li>• Lion Landscapes</li> <li>• Loops &amp; Threads Charisma Baby</li> <li>• Loops and Threads Soft &amp; Shiny</li> <li>• Patons Be Mine (Sleep Caps)</li> <li>• Premier Deborah Norville Cotton Soft Silk Yarn</li> <li>• Premier Deborah Norville Everyday Baby</li> <li>• Premier Deborah Norville Everyday Soft Worsted</li> <li>• Red Heart Boutique Unforgettable</li> <li>• Red Heart Gum Drop</li> <li>• Red Heart <b>SOFT</b> (NOT Red Heart Super Saver)</li> <li>• Red Heart Soft Baby Steps</li> <li>• Red Heart Sweet Baby</li> <li>• Shine Worsted - Cotton blend (Knit Picks - Online)</li> <li>• Yarn Bee, Aurora Borealis (Hobby Lobby)</li> <li>• Yarn Bee, Denim in Color (Cotton blend) (Hobby Lobby)</li> <li>• Yarn Bee, Fur-Ever Style (Sleep Hats) (Hobby Lobby)</li> <li>• Yarn Bee, Glowing (Hobby Lobby)</li> <li>• Yarn Bee, Hint of Silk (Hobby Lobby)</li> <li>• Yarn Bee, Soft Secret (Hobby Lobby)</li> <li>• Yarn Bee, Soft &amp; Sleek (Hobby Lobby)</li> <li>• Yarn Bee, Tender Touch (Hobby Lobby)</li> </ul>

Many of the above yarns can be used when making Neonatal Intensive Care blankets (18"x 24").  
 However, here are a few that are highly recommended as soft, lightweight and appropriate for tiny blankets.

<ul style="list-style-type: none"> <li>• Berroco Comfort</li> <li>• Bernat Softee Baby</li> <li>• Baby Bee Sweet Delights</li> <li>• Bernat Baby Blanket Tiny</li> <li>• Caron Simply Soft</li> <li>• Cascade Avalon</li> <li>• Cascade Cherub Aran</li> <li>• Cascade Sunseeker Shade</li> <li>• Cascade Sarasota</li> </ul>	<ul style="list-style-type: none"> <li>• Knit One Crochet Two BabyBoo</li> <li>• Lion Baby Soft</li> <li>• Loops &amp; Threads Snuggly Wuggly</li> <li>• Plymouth Dream Baby DK</li> <li>• Plymouth ToyBox Collection - Candy</li> <li>• Premier Deborah Norville Everyday Baby</li> <li>• Premier Deborah Norville Serenity Baby</li> <li>• Sirdar Snuggly</li> </ul>
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