



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

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"> • Berroco Comfort • Bernat Softee Baby • Baby Bee Sweet Delights • Bernat Baby Blanket Tiny • Caron Simply Soft • Cascade Avalon • Cascade Cherub Aran • Cascade Sunseeker Shade • Cascade Sarasota • Knit One Crochet Two Baby Boo 	<ul style="list-style-type: none"> • Lion Baby Soft • Loops & Threads Snuggly Wuggly • Main Street Yarns Shiny + Soft • MaryMaxum Starlette • Plymouth Dream Baby DK • Plymouth ToyBox Collection - Candy • Premier Anti-Pilling Everyday Baby • Premier Sweet Roll • Sirdar Snuggly
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