

Cravats or triangular bandages are basic first aid supplies for this class. In class or on the hill, you will use cravats almost every day. They are made of material that will be used for sling and swath. You will want to make four of them.

The long edge of the triangle needs to run along the width or length of the fabric NOT on the diagonal.

For the fabric, medium weight fabric is best. The long edge of the triangle should run on the warp or weft of the fabric, not on the bias because fabric stretches on the bias but not on the warp or weft.

You need your cravats to be ironed for ease of use. Really! They should be about 62 inches wide and 36 inches from base to apex.

Be creative. Un-bleached muslin is boring! Besides, make your cravats easy to identify. Use a magic marker to mark the corners of each cravat uniquely with dots, stars, numbers or whatever. Use the same symbol on each corner of a single cravat. Use different symbols for each cravat. The reason for this will become clear during class.

Use the picture below as reference for the design. Ignore the "3 feet" reference in the picture. Again, about 62 inches on the base and about 36 inches from base to apex.

