

Cravats:

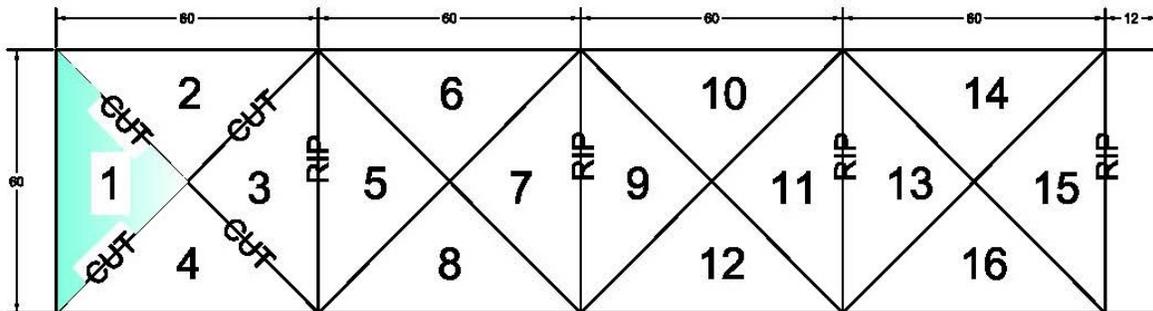
Cravats or triangular bandages are basic first aid supplies for this class. In class or on the hill, you will use cravats almost every day. They are webbing, bandage, sling and swath, padding, handkerchief and heavens knows what else. You will want to make at least four of them. Many people make 8 to 16.

The following section is a write-up and picture for making cravats. I suggest that you get the widest material that you can. Mine are made from 60" material. It is important that the cravats be cut as shown on the write-up. 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 muslin type 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! My cravats are from 60-inch-wide, medium weight muslin. In over 10 years they have required no ironing and are good as new. One of the best investments I have made, but each to their own.

Be creative. Un-bleached muslin is boring!! Besides, make your cravats easy to identify. There will be a style contest! 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 above layout to make 16 cravats from 7 yards of fabric. Fabric should be ripped across the fabric and cut diagonally as this will minimize fraying.

Ironing:

Ironed cravats are the ski patrol standard. If you don't iron them they will:

- 1) be harder to work with
- 2) be harder to store in your pack
- 3) look bad, thereby causing your patient to wonder if you are competent.

We want you to start off on the right foot, so ironed cravats are **required** for this class.

Iron them as follows:

