

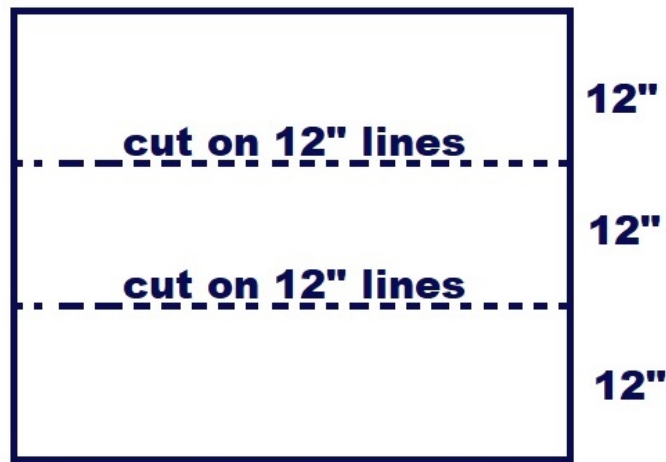
Using 100% cotton flannel work best, as it offers absorbent and comfortable wear in hot weather conditions. These can be used tucked into your undergarments as a rashguard around your torso inside the edge of your bra or panties if recovering from gastric surgery.

1 yard of flannel will provide 3 rashguards. These are 100% wash and wear. You can launder them on **hot** and dry on **hot** to shrink them the first time. Various brands of flannel are *not always pre-shrunk* so you need to be aware if you do not pre-wash – there may some shrinkage.

What you need:

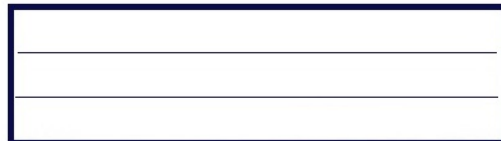
1 yard of Cotton Flannel. Sewing machine, or Serger, Thread, Iron to press flat during construction. Measuring tape or yard stick. Scissors to cut the fabric or Rotary Cutter and Cutting Mat.

Cotton Flannel Rash Guard



42" wide x 36" tall

Now each strip = 42" wide x 12" tall



**Fold lengthwise in thirds
and press flat so now one
long strip 42" wide x 4" tall**



**Zigzag stitch or Serge all
4 edges to finish**