



## NECK COOLERS

Neck coolers, which help keep our troops cool in the hot desert conditions, are easy to make. They provide relief in the extreme heat that is found in locations where our troops are deployed.

### ***DIRECTIONS FOR SEWING NECK COOLERS***

**PLEASE NOTE: Please use desert camouflage colors.**

- Polymer granules (used for mixing with potting soil, can be found in any garden center or home improvement centers, often called Magic Crystals, Moisture Plus, Soil Moist, etc.)
- Fabric (pre-washed, woven cotton; five neck coolers can be made from 1 yard of 45" fabric)
- Cut or tear a strip 5" wide by the fabric width (selvedge to selvedge).
- Fold in half sides together on the long edge (selvedge to selvedge).
- Sew or serge the long seam and turn right side out, leaving you with a tube of 2" wide by 45" long.
- Iron, centering the seam.
- Mark the center of the tube and stitch across it. Drop in a scant 1/2 teaspoon of crystals on each side. Let the crystals drop towards the center. Mark 12" from the center and cross stitch on each side and stitch across on the 12" line, leaving you with two pockets.
- Finish off the ends.

**Please provide this information along with every neck cooler.**

### **DIRECTIONS FOR USE:**

- The neck coolers need to soak in water till the pockets expand. This takes about 30 minutes. After the granules have expanded, pat the neck cooler gently with a towel to absorb excess water. Tie around neck or head for *cool relief*.
- The neck cooler can be re-used and should last about two months. Should a rip develop in neck cooler, discontinue as the polymer crystals are very slippery.

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