

# Neck Cooler

## Material Needed

6" Wide 36" Long Cotton Fabric  
1 Teaspoon Polymer

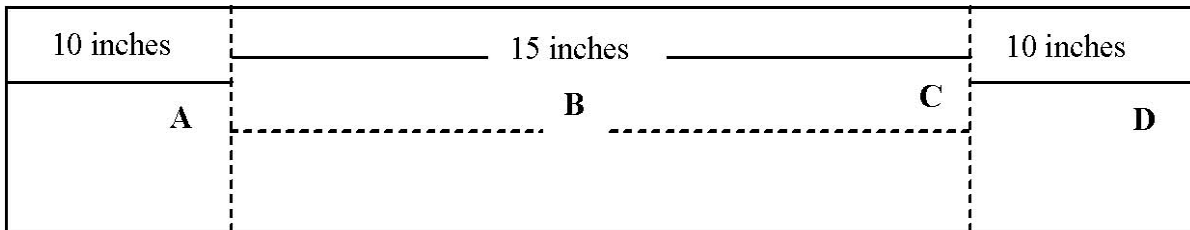
## Instructions

Fold Fabric in half lengthwise.

Sew one end and one side – Turn inside out and make a tube.

Sew one seam 10 inches from end (A)

Sew center seam 15' long (B) making 2 tubes lengthwise.



Put ½ teaspoon of polymer into each tube.

Sew seam 10" from opposite end (C). Sew end D closed

**Polymer** can be purchased in most craft stores, florists or nursery's and soil conservation offices.

## Directions on how to use:

To activate your neck cooler, soak in cool water for 15-20 minutes. Evenly distribute jell in tube; re-soak for another 15-20 minutes. Use towel to dry excess water from outside of tie. Hand wash only and hang dry. Use mild soap and rinse thoroughly. Re-soak as needed. **DO NOT OVER SOAK.** Refrigerate for super cold pack. Do not store in plastic bag. **DO NOT FREEZE.**