
-T-Shirt Quilt-

Action Plan

Goal: Have project completed by _____

Notes:

*****YOU CAN DO IT!*****

No, really, you can.

Overview:

1. Gather supplies.
2. Choose layout
3. Cut shirts.
4. Stabilize and trim shirts.
5. Assemble quilt top.
6. Square and baste.
7. Quilt or tie.
8. Bind.

- Detailed Checklist -

Gather supplies.

- Choose a method for stabilizing (see [this blog post](#) for more info).
- Purchase/gather necessary materials.
 - T-shirts
 - Stabilizer

- Thread
- Ballpoint needle (if needed)
- Walking foot (if needed)
- Backing and binding material*
- Batting*

*May be purchased later if you're unsure of the final quilt size.

Choose a layout and cut shirts.

- Arrange shirts on tabletop or ground to decide on a layout.
- Cut off sleeves, across shoulder seams, and up the sides of the shirts, removing excess fabric.

Stabilize and trim shirts.

- Stabilize your shirts with chosen method.
- Layout t-shirt quilt blocks to verify sizing.
- Trim blocks down to required size.

Assemble quilt top.

- Sew blocks into rows (or columns depending on layout).
- Press seams.
- Sew rows together.
- Press seams.
- Take a deep breath and pause to admire your work!

Square and measure top.

- Square quilt top.
- Measure top to determine backing size.
 - If you're doing a traditional quilt sandwich and binding, add about 8" inches for the backing size.
 - If you're doing the sew and flip with no binding, you want your quilt backing to be the exact same size as your top.

- ❑ If you're binding with your backing, you want your backing to be about 8" wider and longer than the top.
- ❑ Iron and trim backing down to desired size.
- ❑ Decide on your batting.
 - ❑ Lay your quilt top and backing together.
 - ❑ If it's just right, don't add batting. If it's a little flimsy feeling or too light, choose flannel, fleece or traditional quilt batting. If using flannel, wash and dry it on hot a couple times to get the shrinking out of it!
- ❑ Trim batting.
 - ❑ If you're doing a traditional quilt sandwich and binding, add 4ish inches to the batting size. If you're doing the "sew and turn" with no binding or using your backing as binding, you want your quilt batting to be the exact same size as your top and back fabrics.
- ❑ Do a little dance. You're almost done!

Make a quilt sandwich (the traditional method).

- ❑ Lay your backing fabric right side down on a large, flat surface and tape or clamp in place.
- ❑ Place your batting on top of the backing.
 - ❑ Affix with a spray adhesive if you're spray basting.
- ❑ Place your quilt top right side up on top of the batting.
 - ❑ Affix with a spray adhesive if you're spray basting.
 - ❑ If pin basting, use pins to pin through all three layers.

If you are TYING your quilt.

- ❑ Grab a needle and worsted weight yarn or embroidery thread. I like a chenille needle size 20 like [these](#). A sharp tapestry needle would also work.

- ❑ Decide where you want the ties to be. Some people like them in the center of each block, some like them in the corner seams. If you're using batting, you need to tie as close together as the batting handles (it will tell you on the packaging!). If you're using no batting or fleece/flannel, 6-12 inches apart is fine.
- ❑ Don't overthink it, just stick the needle through all the layers, then back up again ¼" or less away. Tie with a double knot and trim. You might have to use a pliers to pull the needle all the way through.
- ❑ If you don't need to bind, YOU'RE ALL DONE!

If you are QUILTING your quilt.

- ❑ Roll quilt to fit under the machine arm.
- ❑ Anchor in place by sewing lines across the center both horizontally and vertically.
- ❑ Quilt as desired.

Finally, sew your binding.

- ❑ Trim quilt sandwich.
- ❑ Cut binding fabric and sew together as needed to make strips long enough for the perimeter of your quilt.
- ❑ Press binding fabric in half lengthwise.
- ❑ Sew on to the front (or back if you'd like) of quilt.
- ❑ Bring around to the opposite side and sew in place.
- ❑ Trim all loose threads.
- ❑ YOU DID IT!