

Continuing Education and Professional Development

UPCYCLE YOUR CLOTHES (CEFA-015)

All items in blue can be purchased at the AUArts Bookstore.

- Scissors
- Polyester Sewing thread (colour up to you! black, white, and blue are good starting points)
- Sewing needles
- Pins
- Tailors tape (measuring tape)
- Seam ripper
- Thimble (optional)
- A garment that doesn't fit well (this could be sitting in the back of your closet, or you can purchase something to play around with)
- Embroidery hoop
- Any notions you may want to add to a garment (ribbons, buttons, lace, beads, etc.)
- Garment, blanket, tea towel, or anything else with a hole in it
- Rit dye (colour up to you!)
- Salt
- AUArts apron

<u>OR</u>

Apron from home or clothes you don't mind getting dirty

• Nitrile gloves

Estimated Total Cost of Supplies: \$60.00 - \$90.00