

HOW TO TIE-DYE

1 What you need:



120ml white
wine vinegar



Elastic
bands



squeezy
bottles



Food
colouring
3 - 6
colours



White
clothes

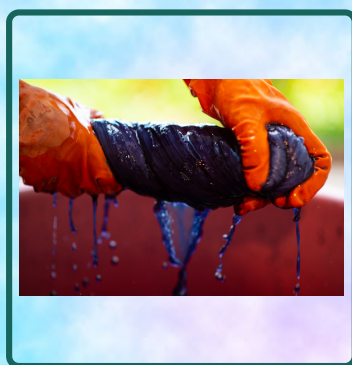


Resealable
plastic
bags

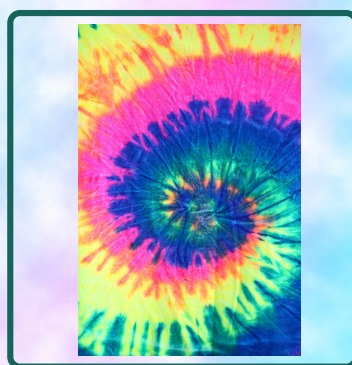
2 You might like to use rubber gloves, an apron and plastic sheets to protect your things! Here's what to do...



Put your T-shirt into a large plastic bowl and pour over the vinegar and $\frac{1}{2}$ cup of warm water—Leave to soak for about 30 minutes.



After 30 minutes, wring it out and roll in a long sausage shape. Tie 4/5 elastic bands spacing them how you like



Pinch and twist in a spiral for a spiral design or fold garment horizontally and elastic band it vertically for stripes!



Fill the squeezy bottle with cold water and eight drops of food colouring



Squirt over your T shirt in your own design



Repeat with other colours



Place in a sealable bag overnight



Rinse until water runs clear and hang in the sun on the line!