Avery Stretchable Fabric Transfers are perfect for white or light-color stretchable synthetic fabrics or synthetic blend fabrics. Visit avery.com/transfers for easy-to-use design tools, templates, how-to videos, and other tips on the complete transfer line of products. Follow the steps below to ensure great-looking results. Note that your results may vary based on a variety of factors, including fabric type, ironing equipment, temperatures, and wash methods.

**Dos & Don'ts of Fabric Transfers:**
- **Don't** use a laser printer.
- **Don't** use steam in the iron.
- **Don't** use an ironing board, glass, granite, concrete or other heat sensitive or heat-retaining surfaces.
- **Do** iron on a heat resistant surface, such as a wooden table.
- **Do** follow washing instructions before wearing.

**Items Needed:**
- White or Light-Color fabric (stretchable synthetic or synthetic blend).
- Waist-high smooth heat-resistant surface
- Household iron
- Inkjet printer
- Large cotton pillowcase

**1. Design & Print**

**Design**
- Go to avery.com/print and customize your design, using our free templates and online design tools.
- Design image normally as you want it to appear.
  Note: Image will be flipped in print preview.

**Print**
- Test print your design on plain paper to ensure the design looks accurate.
- Feed one fabric sheet at a time.

FOR USE IN INKJET PRINTERS ONLY.
2. Prep & Ironing

Trim Material
- Cut out design with a narrow margin around image.
- Keep edges rounded (if possible) to avoid lifting during ironing and washing.

Prep workspace
- Place a pillowcase down on a hard, heat-resistant surface, not an ironing board. A wooden table is best.
- Be sure iron does not have water in it and steam setting is off.
- Set iron to cotton setting and preheat for 5 minutes.
- Iron the pillowcase and garment to remove wrinkles.
- Use extreme caution when ironing. Avoid leaving iron face-down on ironing surface for extended period of time as it may result in injury or damage to the project or ironing surface.

Ironing
- Place transfer design down on the garment in the desired location.
- Iron transfer, applying firm pressure slowly from left to right and then from top to bottom.
- Be sure to iron over the edges.
- Turn off iron when finished.

Ironing Time:

<table>
<thead>
<tr>
<th>Image Size</th>
<th>Ironing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full sheet</td>
<td>3 minutes</td>
</tr>
<tr>
<td>1/2 sheet</td>
<td>1 1/2 minutes</td>
</tr>
<tr>
<td>1/4 sheet</td>
<td>1 minute</td>
</tr>
</tbody>
</table>

3. Finishing & Care

Finish transfer
- After ironing, remove your garment from the heating area and allow to cool for 2 minutes.
- Smoothly and slowly peel backing paper away from top corner to bottom corner.
- If image begins to lift, re-iron image focusing on lifting areas. Allow to cool once more before attempting to peel again.

Care and Maintenance
- Wait 24 hours before washing garment.
- Wash garment before wearing:
  - Turn garment inside out and machine wash cold separately from other clothes.
  - Use color-safe detergent and remove promptly from the washer.
  - Colors may bleed if left wet too long. Do not use bleach.
  - Tumble dry low with garment turned inside out.
  - Do not iron directly on transferred image after it has been applied to the garment.
  - The transferred image is not intended to withstand stretching other than normal wear and tear.