



# Stretchable Fabric Transfer Instructions



## STOP!

- Please read the complete instructions below
- Visit [Avery.com/transfers](https://www.avery.com/transfers) for more info, including a How-To video
- Questions? Call us at 800-GO-AVERY (800-462-8379)



Scan to link directly to a How-To video for Avery Stretchable Fabric Transfers.

Avery Stretchable Fabric Transfers are designed for white or light-color stretchable synthetic fabrics or synthetic blend fabrics. Visit [avery.com/transfers](https://www.avery.com/transfers) for easy-to-use design inspiration, templates, how-to videos, and a variety of tips and tricks. 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:

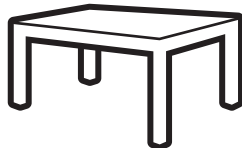
- **Don't** use a laser printer.
- **Don't** use steam in the iron.
- **Don't** use an ironing board, glass, granite, concrete, plastic, or other heat sensitive or heat-retaining surfaces.
- **Do** iron on a heat resistant surface, such as a wooden table.
- **Do** allow the ironing surface to cool completely between transfers or use different areas of your workspace to avoid damage when creating multiple transfers at one time.
- **Do** follow washing instructions before wearing.



## Items Needed:



White or Light-Color fabric  
(stretchable synthetic or synthetic blend)



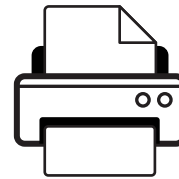
Waist-high smooth  
heat-resistant surface



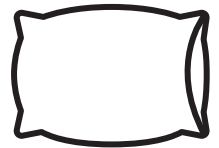
Scissors or  
electric die-cutting  
machine



Household iron  
or heat press

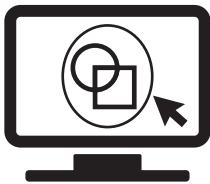


Inkjet printer



Large cotton  
pillowcase

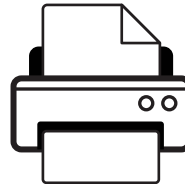
## 1. Design & Print



### Design

- Go to [avery.com/templates](https://www.avery.com/templates) and customize your design, using our free templates and online design tools.
- Design image as you want it to appear.

**Note: Image will be flipped in print preview.**



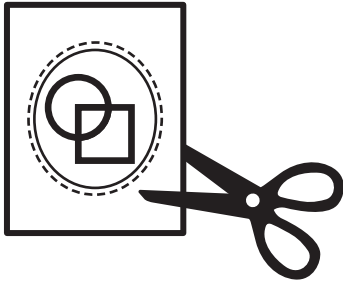
### Print

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



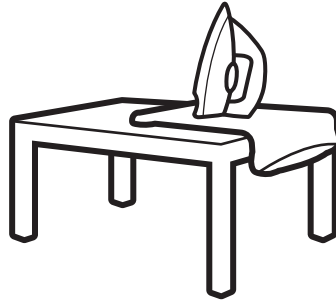
**FOR USE IN INKJET PRINTERS ONLY.**

## 2. Prep & Ironing



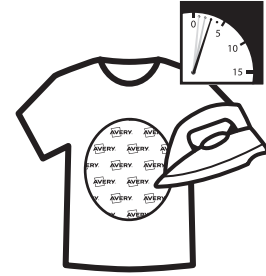
### Trim Material

- Cut out design leaving a narrow margin around image using scissors or electric die-cutting machine.
- Keep edges rounded (if possible) to avoid lifting during ironing and washing.



### Prep workspace

- Place a pillowcase down on a hard, heat-resistant surface. A wooden table is best. (Do not use an ironing board).
- 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 the ironing surface for extended period of time, as it may result in injury or damage to the project or work surface.
- When creating multiple transfers at one time, allow the ironing surface to cool completely between transfers or use different areas of your workspace to avoid damage.



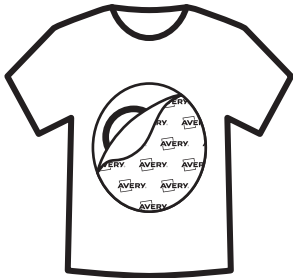
### Ironing

- Place transfer design down on the garment in the desired location.
- Apply firm pressure slowly from left to right, and each corner as you iron.
- Turn off iron when finished.
- You may also use a heat press in place of an iron. Set temperature to 300-315°F, press for 30 seconds.

### Ironing Time:

Image Size	Ironing Time
Full sheet	3 minutes
1/2 sheet	1 ½ minutes
1/4 sheet	1 minute

## 3. Finishing & Care



### Finish transfer

- After ironing, remove your garment from the workplace and allow it to cool for 2-3 minutes.
- Slowly peel backing paper away from top corner to bottom corner.
- If your transfer begins to lift, iron the image again focusing on the lifting areas. Let 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 set machine to cold.
  - Use color-safe detergent and wash separately from other clothes. Do not use bleach.
  - Remove promptly, colors may bleed if left wet too long.
  - Tumble dry on the lowest heat setting.
  - Do not iron directly on transferred image once it has been applied.
  - The transferred image is not intended to withstand stretching other than normal wear and tear.