



# JOURNEY 5 TRIP 2

## MAKE A TIE-DYE T-SHIRT

To tie-dye a shirt, pre-wash a 100% cotton garment, twist or fold it into a pattern (like a spiral), and secure it with rubber bands. Apply fabric dye to the damp fabric using squeeze bottles, covering both sides. Let the shirt sit in a plastic bag for 6-24 hours, then rinse, wash, and dry it.

### WHAT YOU WILL NEED

- **Shirt:** 100% cotton
- **Dye:** Fabric dye (powder or liquid)
- **Elastic (rubber) Bands:** Strong, thick bands
- **Supplies:** Squeeze bottles, Rubber gloves, plastic bags (or plastic wrap), garbage bags/tarp to cover surfaces, and a wire rack (optional)

### STEP-BY-STEP INSTRUCTIONS

1. **Prep the Fabric:** Pre-wash the shirt without fabric softener to remove oils and residues. Keep it damp for dying.
2. **Decide on a pattern and wrap the shirt.**  
Lay the T-shirt on a flat surface.
  1. **SPIRAL**  
Pinch the centre (or near the chest) and twist clockwise until the whole shirt is a flat, spiral disc. Use rubber bands to hold the spiral shape in place, creating wedge-like sections for the dye.
  2. **CRUMPLE**  
Simply scrunch the fabric into a tight, wrinkled pile. Secure with rubber bands.
  3. **BULLSEYE**  
Grasp the centre of the shirt (front and back) through both layers and wrap the first rubber band tightly about 2 inches from centre. Wrap another rubber band 2 inches further away.
3. **Apply Dye:** Wear gloves! Fill the squeeze bottles with the dyes you have chosen. Apply different dye colours to each section of the shirt, making sure to push the nozzle into the folds.  
**Flip and Repeat:** Turn the shirt over and apply the same colors to the back to ensure the design goes through.
4. **Let it Set (Process):** Place the dyed shirt in a plastic bag to keep it damp. Let it sit for at least 6-8 hours, or up to 24 hours for maximum colour, in a warm spot.
5. **Rinse and Wash:** While wearing gloves, rinse the shirt under cold water while still in the rubber bands until the water runs mostly clear. Remove the bands, rinse thoroughly again, then wash in a washing machine with hot water and soap.