

# How to Make a Dual Pouch Carrier From 3 T-Shirts

Needed Items:



3 T-shirts that are:

Seamless (no seams running down the sides)

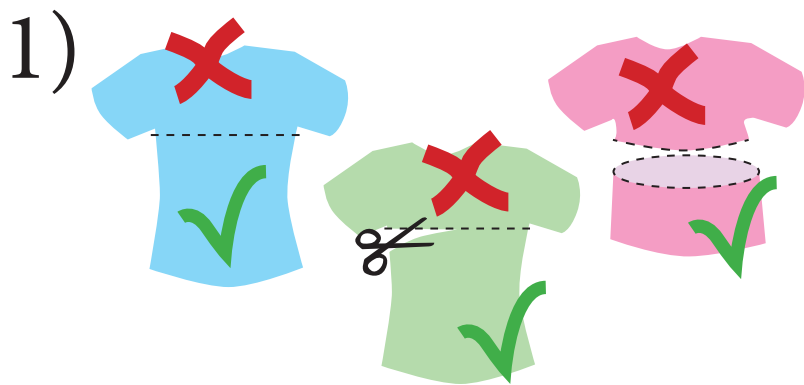
100% cotton

A size SMALLER than you can wear

(If you normally wear a medium, and a small is fitted on you but fits,  
then you want extra smalls!)



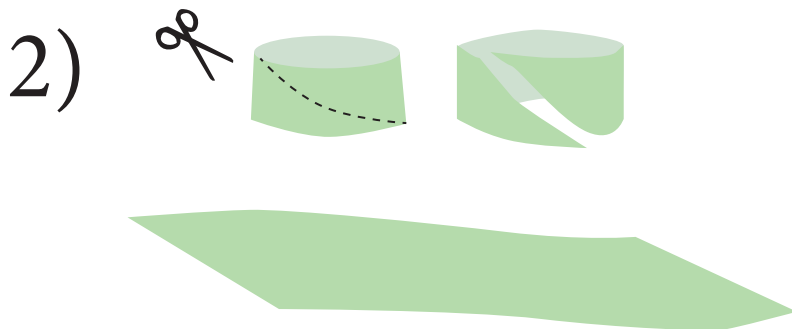
A pair of scissors



Cut all 3 t-shirts horizontally below the sleeves.

This should give you 3 seamless “tubes” of fabric.

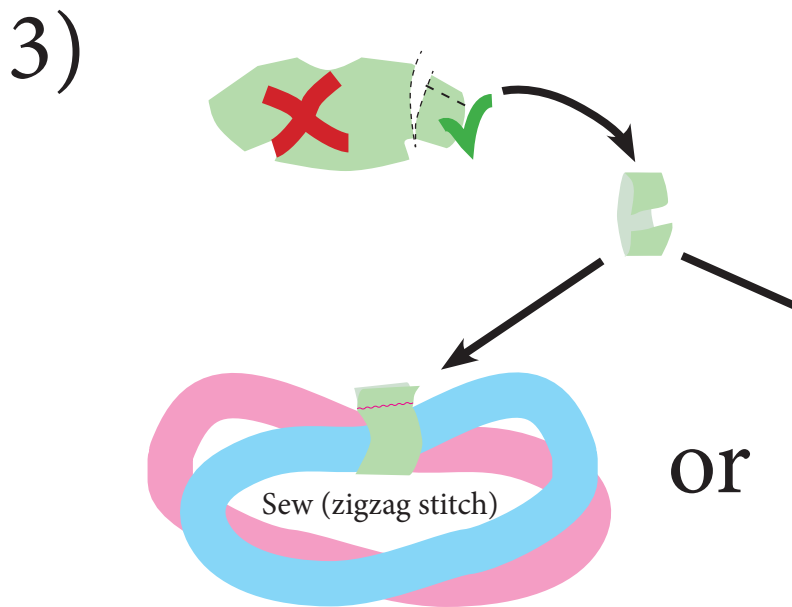
The top parts with the sleeves attached are scrap. You only need the tubes from the waist part of the shirt.



Choose one t-shirt to be your “sash.”

Cut it through ONLY the front layer diagonally from one armpit down to the opposite hip.

The result should be a long, narrow parallelogram.



Optional Step:

Bunch up the two tube pieces and lay them on top of each other.

Using a small scrap from the tops of your t-shirts, sew or tie your two tubes together at one point. This point will be worn in the back.

Sew (zigzag stitch)

or

Tie



Always follow TICKS Rules for safe babywearing. This carrier follows the same safety requirements and wearing instructions as the K’tan brand carrier.

Like all stretchy carriers, this carrier is best suited to full-term babies under 15 lbs, and should only be used for front carries.

Scan the QR code to the left with a smartphone or tablet to bring up a YouTube video showing proper usage.