

## Basic Chemo Cap Pattern

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This is a simple hat, intended to serve the needs of knitters looking for a “standard” when making hats for those who have hair loss due to medical treatment. As these are intended to be worn to cover a head with hair loss, they differ from typical winter/snow hats in several keys ways:

- ♥ Fibers need to be soft to the touch as they are in contact with skin which may be extra sensitive.
- ♥ Length is shorter, to cover the natural hairline.
- ♥ Lighter-weight yarns – nothing bigger than worsted (#4) are best.
- ♥ Be conscious of color – it should flatter the skin. Also, men typically do not wear these caps as it is more common for a man to be hairless on his head for a variety of reasons – often by choice.
- ♥ Medium size = 6.75” from top to bottom. Consider 80-88 stitches depending on gauge.
- ♥ Large size = 7.25” from top to bottom. Consider 88-96 stitches depending on gauge.

Top-down hats are preferred because you can more accurately end at a particular length. You can vary the size by changing your gauge, or casting on additional stitches in multiples of 8, with end shaping modified accordingly.

### Materials/tools:

1. 45-50 g of worsted weight wool, or preferred fiber, soft enough to be next to the skin.
2. 1 16-20” circular needle in size to get gauge, plus matching size of double points for starting shaping (generally 7-8, but use what gets you gauge)
3. 4-7 stitch markers plus one unique (consider one being the clip-on type)
4. Large eye needle for finishing

### Abbreviations:

Kfb = Knit front and back in the same stitch. This uses a stitch to make the increase.

Dpn = double pointed needle

### Sizing:

Gauge of 18 stitches over 4” (4.5 per inch) will result in a hat 21.5” around.

Gauge of 20 stitches over 4” (5 per inch) will result in a hat 20” around.

### Directions:

1. Cast 4 stitches onto one dp needle. (I use long-tail cast-on.) Leave 6” of tail to mark start-point. (Optional – cast on 4 stitches and made I-cord for 2+”, then proceed as below.)
2. Increase in each stitch by knitting in front and back of each stitch (8 stitches), two stitches on each of 4 dpns, place the one unique marker for the end of the round. Initially clip on. (Once you are using the circular needle, slip the marker at the end of each round.)
3. \*K1, kfb\* round (16 stitches)
4. \*K2, kfb\* round (32 stitches)
5. \*K3, kfb\* round (40 stitches)

6. \*K4, kfb\* round (48 stitches) – by now you may want to add your markers with two groups of stitches on each dpn, so the count between each marker is 6 stitches. Slip markers as you go.)
7. \*K5, kfb\* round (56 stitches). (Optional – if you did the I-cord start, coil and sew down neatly for a little “button” type look.)
8. Knit even all around.
9. \*K6, kfb\* round (64 stitches)
10. Knit even all around.
11. \*K7, kfb\* round (72 stitches).
12. Knit even all around.
13. \*K8, kfb\* round (80 stitches).
14. Knit even all around.
15. \*K9, kfb\* round (88 stitches). Perhaps at this point you will want to change to your circular needle. If so, you may want to use the additional stitch markers in place of the dpn change, and can put the unique marker at the beginning of the round.
16. Knit even all around.
17. \*K10, kfb\* round (96 stitches), removing all but your one unique stitch marker showing the end of the round.
18. Knit in the round until 1” shy of your desired size, adding stripes or a pattern if desired.
19. \*K8, knit 2 together\* round (decreases by 10%).
20. K2P2 rib around (may need to adjust by one). Slip stitch marker at end of each round.
21. When desired length is reached – 6.75” or 7.25” is good - cast off as stitches lie (knit the knits, purl the purls)
22. Finish off top and bottom neatly, and if you like give it a shot of steam on the shaping area (NOT the ribbing).
23. Label your hat, including cleaning instructions.

### **Optional stripes:**

Some easy ways to make your hat more decorative are to add stripes, which also allow you to use up smaller pieces of yarn. To do a jog-less join – begin knitting with new color. At end of row, lift the first stitch of the new color up to the left needle, then knit together with the next stitch. Move your stitch marker over one, and continue.

Begin at second row after final increase:

- Knit 3 rows of contracting color
- Knit 2 rows of main
- Knit 3 rows of contrasting color
- Knit 2 rows of main
- Knit 3 rows of contrasting color
- Return to main for rest of the hat, following #18.

### **Optional Garter ridges:**

After all increase rounds, make 3 garter ridges, then continue knitting to .75” shy of desired length, decrease 10% (see #19 above), and repeat 3 garter ridges. Cast off.

### **Optional Color and Garter ridges:**

Change color at Garter ridges, knitting one round of new color, then purling for the ridges.