



Step-by-step instructions for DIY Inclusion Now Rally Shirts

Items needed:

- Fabric transfer sheet*
- Iron (set to 'Cotton' with NO Water or Steam settings turned on)
- Inkjet Colour printer
- Iron-safe surface or towel
- White Cotton (or your choice) of T- Shirt/s

* Fabric transfer sheets can be purchased from Officeworks: Avery Brand INKJET A4 Iron on-Sew on Blank Printable Fabric Sheets \$30 (5 in a pkt) OR HP A4 Iron on Fabric Transfers for Inkjet \$44.75 (12 in a Pkt). You may also find them at places like Kmart or Spotlight.

Instructions:

- Download and Save the Front and Back T-Shirt designs from the QCIE website: <https://www.qcie.org/inclusion-now-rally.html> (only use the white t-shirt version)
- Do a test run to ensure it fits the A4 size (It should!) and also to work out which side of the paper your printer prints on when drawn from the paper source (mark it with a pencil)
- Load your printer with the Fabric Transfer Paper (we suggest doing it one by one) The fabric side is to be printed on, and the shiny side is the adhesive side.
- If your printer has the option to select 'thick paper or the like, select this in your print window
- Print
- Lay flat and allow to dry for roughly an hour (or until dry)
- Trim any excess white 'space' off the design- remembering you will see the edges still once ironed on
- Position the T-Shirt on your Ironing board/ Surface and place the transfer's shiny surface where you want the logo to be on the shirt **Check you have the right Logo for the right side of the shirt!!**
- Iron over the transfer and keep the iron moving for around a minute. Once COOL- Check the adhesion
- Re-Iron if necessary
- Allow to cool and repeat for the other side

We also recommend checking the instructions for the fabric transfer sheets that you purchase.

Show us your shirt design by sharing it in the '[QCIE - Peer Support Network](#)' Facebook Group or include the hashtag #InclusionNowRally on your social media post!