

**Materials:**

Iron-On Transfer Paper for Ink Jet Printers  
Cotton T-Shirt(s)  
Iron

**Step 1: Print**

Load printable iron-on transfer paper following printer instructions. (Fan paper on all four sides and loosen any paper edges that might be stuck together.) Print **Girls' T-Shirt Transfer Template** or **Boys' T-Shirt Transfer Template** using your ink jet printer following manufacturer's instructions.

**Step 2: Dry**

Let paper dry several minutes before handling.

**Step 3: Cut**

Cut the desired design from the printed transfer sheet, leaving about 1/8 to 1/4 inch of transfer paper around the design.

**Step 4: Iron**

- A. Set iron to high (cotton) setting. (WARNING: Do not use steam.)
- B. Place the image on the desired position on the shirt, printed side down.
- C. Press iron firmly (applying body pressure) over the transfer for 15-20 seconds in each position until the entire transfer has been completely covered.
- D. Reheat the entire surface of transfer by going over it in a circular motion.
- E. Remove the transfer paper once the image is cooled.

**Tips & Tricks:**

- Prewash each shirt before beginning the project.
- To select the proper print settings in Adobe Acrobat click Print; in the print dialogue box select properties; choose the appropriate paper type; and then select the highest print quality.
- We recommend that you run a test print on regular paper to double-check the layout and design. (If problems occur, check your printer manual for additional printing instructions.)
- Transfer image on a hard, smooth, heat resistant surface like an ironing board.

**Laundering tips:**

- Wash in warm or cold water on gentle cycle, inside out.
- Use mild detergent and liquid fabric softener; do not use bleach.
- Remove from washer immediately.
- Tumble dry on regular setting; Remove from dryer immediately.
- Keep the transfer paper in the original package; do not substitute for regular printer paper.

