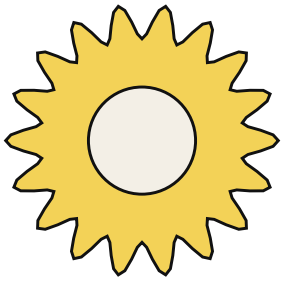
FREE PATTERN · 3 SIZES · BEGINNER

The easy *scrunchie*

One fabric strip, one piece of elastic and three seams. Skinny, classic and oversized, with every seam hidden inside, so it looks shop-bought. About 20 minutes each, and a great way to use up scraps.



Finished: a gathered ring

CUT SIZES (⅜" SEAM ALLOWANCE INCLUDED)

SIZE	FABRIC STRIP	FINISHED TUBE	ELASTIC	CUT ELASTIC
Skinny	18" × 3" (45.5 × 7.5 cm)	1⅛" wide	¼" wide	6" (15 cm)
Classic	22" × 4½" (56 × 11.5 cm)	1⅞" wide	¼" wide	7" (18 cm)
Oversized	28" × 7" (71 × 18 cm)	3⅛" wide	⅜" wide	8" (20.5 cm)

Strip length runs across the fabric, selvage to selvage. The elastic ends overlap by 1", so the elastic ring is 1" shorter than the cut length. Want it tighter or looser? Take ½" off or add ½" to the elastic.

YOU NEED

Fabric: one fat quarter (18 × 22") makes 4 classic or 7 skinny scrunchies. ¼ yd of 44" fabric makes 4 classic or 1 oversized. Light to medium wovens work best: cotton lawn, quilting cotton, linen, satin, silk, velvet or viscose.

Elastic: ¼" braided or knitted elastic (⅜" for oversized). A safety pin or bodkin, thread to match, pins or clips.

HOW TO USE THIS PATTERN

Every piece is a rectangle: measure and cut it straight on the fabric with a ruler, or use the cutting layouts on page 2.

Page 3 has the sewing steps and a full-size elastic gauge. Print it at 100% / "Actual size" and check the test square.

Photo tutorial: sewbytheyard.com/free-scrunchie-pattern/

1 inch
test square

2.5 cm
test square

Measure before you cut. Print at 100% / "Actual size", never "Fit to page". Off by more than 1 mm? Reprint.

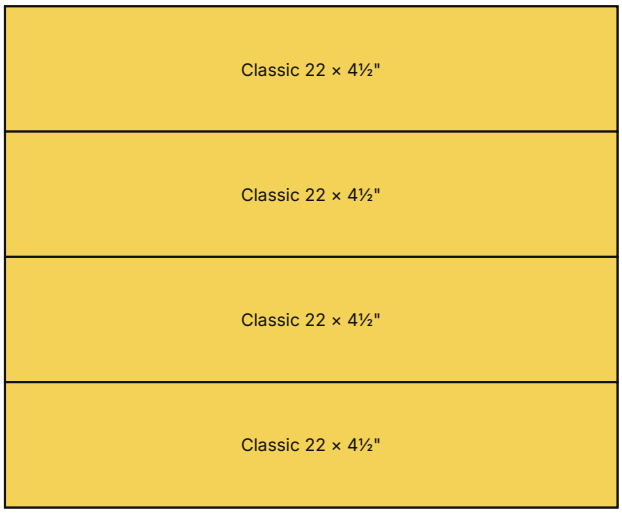
Made by Sew by the Yard, an independent garment-sewing site.

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Cutting layouts

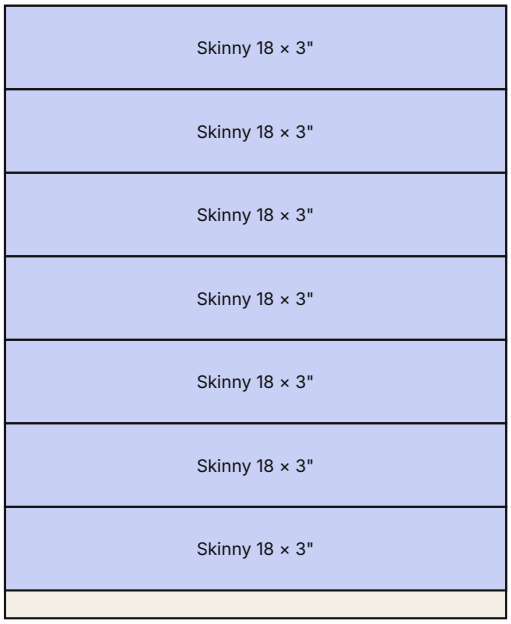
Square up one edge, then cut strips with a ruler and rotary cutter or chalk and scissors. Woven strips can run either way, but keep one-way prints running the same way on every strip.

FAT QUARTER (18 × 22") · 4 CLASSIC



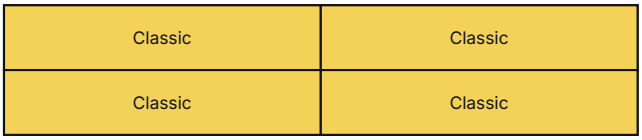
22" side across the strip; four 4½" strips use the full 18".

FAT QUARTER (18 × 22") · 7 SKINNY



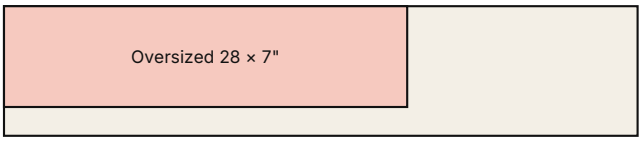
Turn the fat quarter: seven 3" strips from the 22" side, 1" left over.

¼ YD OF 44" FABRIC (9 × 44") · 4 CLASSIC



Two strips per row, two rows.

¼ YD OF 44" FABRIC · 1 OVERSIZED



Save the 16 × 9" offcut: it makes a pieced skinny scrunchie (see below).

Short of a long strip? Cut two strips, each half the length plus ⅜", and sew them end to end first. The seam disappears in the gathers.

SIZE	STRIP	METRIC	FROM A FAT QUARTER	FROM ¼ YD × 44"
Skinny	18 × 3"	46 × 7.5 cm	7	6
Classic	22 × 4½"	56 × 11.5 cm	4	4
Oversized	28 × 7"	71 × 18 cm	—	1

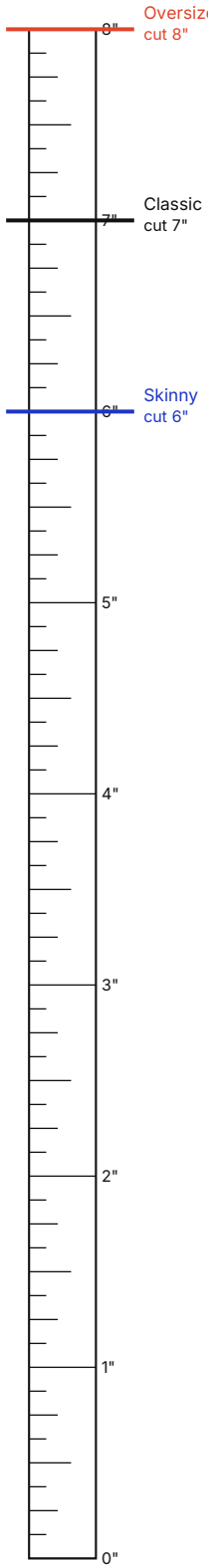
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Sew it

1. Fold and stitch the tube. Fold the strip in half lengthwise, right sides together, long edges level. Stitch the long edge ⅜" from the edge, leaving it open at both short ends. You now have a long, narrow tube.
2. Turn it right side out. Fasten a safety pin to one end, push it inside the tube and work it through to the other end. Roll the seam to the centre of one side and leave it unpressed, or press lightly.
3. Thread the elastic. Cut the elastic to the length in the chart (or on the gauge, right). Pin a safety pin to one end and feed it through the tube, gathering the fabric as you go. Keep hold of the tail so it doesn't vanish inside.
4. Join the elastic. Pull both elastic ends out of the tube, overlap them by 1" and zigzag back and forth across the overlap two or three times. Check it isn't twisted first. Let it spring back inside.
5. Join the tube ends. Fold under ⅜" at one open end and press. Tuck the other raw end inside it by about ⅜". Pin, then edgestitch through all layers close to the fold, gathering the rest of the scrunchie out of the way. Or slip-stitch by hand for an invisible join.
6. Finish. Spread the gathers evenly around the elastic. Done in about 20 minutes.

Tips. Satin and silk slip: use clips, a new 70/10 microtex needle and a shorter stitch (2.0 mm). Velvet: cut the strip so the pile runs the same way, and stitch slowly. Making a batch? Chain-sew all the tubes in step 1, then turn them all at once.

ELASTIC GAUGE · FULL SIZE



Lay the elastic flat, unstretched, from 0" at the bottom.

1 inch
test square

2.5 cm
test square

Measure before you cut. Print at 100% / "Actual size", never "Fit to page". Off by more than 1 mm? Reprint.

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