

Bandages Making Guide

Cotton thread bandages (blue stripe - far right in the photo or pink in the middle) are better than wool or synthetic wool ones (yellow bandage in pic).

They are easier to wash and are not so hot to wear in the tropical PNG conditions.

They are also not as bulky as the woollen/synthetic ones (like the yellow bandage), to fit inside shoes and sandals.

They should be between 1-1.5 metres long with a long and folded over crochet thread hooked through one end of the completed bandage to help to tie them up around a foot or leg (see far right photo).

They can be 2-3 inches wide (or about 5-7cms).

