**MISSA 2025: July 12 and 13**

Pulling Loops: Beginner Rug Hooking with T shirts

SHEILA STEWART

Student Supply List

MAIN SUPPLIES:

- Sharp sewing scissors with at least a 4” blade

- 12” ruler

- A good quality 14” hoop that will hold the fabric taut (can be purchased from instructor $55)

- A recycled black t-shirt

- Several recycled t-shirts in various colors to be incorporated into the rug

TOOLS/EQUIPMENT:

OPTIONAL items to bring:

ANY SPECIAL COMMENTS:

Students, please contact your instructor directly if you have any questions about the supplies listed. Instructor Name: Sheila Stewart Email: [Blueheronstudio@elus.net](mailto:Blueheronstudio@elus.net) or

For all other inquiries, please contact the MISSA Office, [missa@missa.ca](mailto:missa@missa.ca)