



MISSA 2026: July 25 and 26

Pulling Loops: Beginner Rug Hooking with T shirts

SHEILA STEWART

Student Supply List

The following supplies are provided and include:

- 14" Hoop
- Rug Hook
- Backing for 2 rugs
- T-shirts strips for one rug

These items are yours to keep, so that you can continue to work on your rugs and create new ones too!

Please bring:

- One recycled black T-shirt
- Other recycled coloured T- shirts (at least one)
- Sharp scissors ideally with a 4" blade
- Ruler (12" or 31 cm)

If you have any questions about supplies, please email Sheila at Blueheronstudios@telus.net.