

# People & the DALES

Diversity Access Learning Environment Sustainability

## Make your own heat pack



A heat pack is great for putting on aches and pains or to warm you up when you're cold and it's easy to make.

### Need

Thick piece of material (at least 60cm x 20 (or 2 pieces 30 x 20cm).  
I use upholstery samples from furniture shops.

Needle and thread.

Rice

Lavender

### How to make.

1. Fold material over (good side inside) to make a sausage shape. Or place two pieces together.
2. Sew the long and bottom edges VERY carefully with small stitches. I do once with a back stitch and again with an overcast stitch. You don't want the rice to fall out.
3. Turn inside out.
4. Half fill with rice and add some dried lavender.
5. Carefully stitch up the open end.

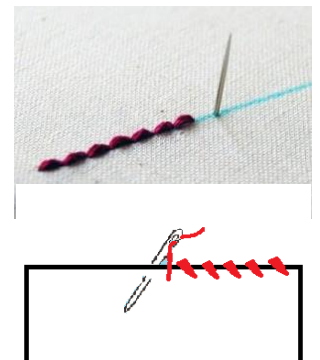
**To use.** Place in microwave for 1 minute with a cup of water. Check how hot it is you can always put it back in for another 30 seconds.

**BE VERY CAFREFUL** they can get very hot and burn.

Don't allow them to get wet as the rice will soak up the water. Store in a dry place.

Take a photo and post it on the People and the DALES Facebook page

<https://www.facebook.com/PeopleandtheDALES>



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