

Supplies needed

- Silhouette Cameo cutter
- Heat-transfer vinyl
- Plain t-shirt, prewashed and ironed flat
- Iron and ironing board
- Thin cotton fabric to use as pressing cloth

**Directions****For a single-color design:**

1. Create your design in Silhouette Studio
2. Mirror your design by right-clicking on the image and selecting “Flip Horizontally”
3. Click on the “Send” tab
4. Change the Material Type to “Heat Transfer, Smooth”
5. Set the blade depth to 2
6. Use the “Load Media” option on the Silhouette to load the sheet of heat-transfer vinyl into the machine, shiny side down
7. Use the “Send” button in Silhouette Studio to start the cutting
8. When the cutting is complete, peel off everything that is not part of the design – leave the actual design on the clear backing
9. Lay your shirt flat on the ironing board. Turn the iron to maximum heat. Position the design with the clear plastic backing facing up
10. Take a piece of thin 100 percent cotton fabric like a handkerchief and lay it on top of your backing sheet for a pressing cloth. Press down with your iron with a lot of pressure for about 45-60 seconds. Move the iron as necessary to press the whole design. Flip the shirt inside out and press again from the back side for another 20 seconds to draw the vinyl further into the shirt.
11. Remove the iron and pressing cloth. Slowly peel up a small area of the clear backing. If the vinyl does not stay on the shirt, lay everything back down and add more heat and pressure with the iron and pressing cloth. Once set, slowly peel the backing away.
12. Garment care instructions: Wait at least 24 hours before washing. Wash inside out in cold or warm water with a mild detergent. Avoid fabric softeners. Dry on low, or hang dry for best results. Do not iron or dry clean.

For a multicolor design:

1. Create your design in Silhouette Studio
2. In the “Send” window, mark each object “Cut” or “No Cut” for your first color. Cut that, then do the same for your second color. You can move objects around on your second color to avoid wasting large amounts of vinyl
3. Remove vinyl that is not part of the design, cut the pieces for your second color apart if necessary and position them. After ironing on the first color, position the second color pieces and iron again.