Adult Ear Band

A narrow strip is joined into an adult headband. The sample length is a planning example, not a universal fit.

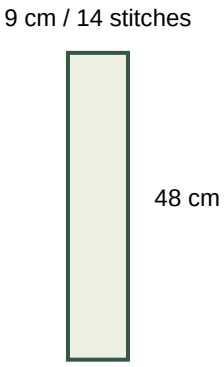
NOT PHYSICALLY SAMPLE-TESTED. Counts are calculated from an assumed gauge. Swatch and check fit before committing yarn. Drawings are construction schematics, not finished photographs.

Flat panel target	9 x 48 cm
Stitches per row	14
Rows	86
Main stitch	Single crochet (sc)
Assumed planning gauge	16 stitches / 18 rows per 10 cm

Before you begin

Use a smooth medium-weight yarn suited to the intended purpose and a 5 mm hook as a starting point. You also need a ruler, tapestry needle, scissors, and removable markers. Yarn quantity is not sample-tested: use a measured swatch and the yarn planner. For covers, have the object available for a fit check.

The panel before assembly



Your step-by-step plan

01 Make a swatch first

Use a smooth medium-weight yarn and a 5 mm hook as a starting point. Work a swatch larger than 10 x 10 cm in single crochet. The calculation example uses 16 stitches and 18 rows per 10 cm. This is an assumed planning gauge, not a measured sample result. Change the counts using your own swatch if it differs.

02 Begin the foundation

Chain 15 loosely. Single crochet in the second chain from the hook, then work one sc in each remaining chain. You should have 14 stitches. The skipped chain and turning chain do not count as stitches.

03 Build the panel

For rows 2-86, chain 1, turn, and work one sc in each stitch across, starting in the first actual stitch. Finish in the last actual stitch, not in the turning chain. Keep 14 stitches in every row. Use a single color unless you deliberately plan and record a variation.

04 Pause and measure

After several rows, lay the fabric down without pulling and check the width. At the assumed gauge, 14 stitches produce about 8.8 cm and 86 rows about 47.8 cm. The nominal 9 x 48 cm dimensions are rounded. Seams and folds will change the final usable size.

05 Finish and assemble

Wrap the relaxed strip around the intended adult head before fastening off. Adjust length until comfortable, then join the two short ends without twisting. Do not force a tight fit.

06 Check before using

Remove if uncomfortable. Not a baby accessory or medical support garment.

Troubleshooting

Yarn recovery varies. Stretch and release the swatch several times before choosing the finished length.

Adapt the size

Use your measured stitch and row gauge to calculate a new flat panel. This plain stitch uses a multiple of one. Add 1 foundation chains to the chosen stitch count. Account for folds, seam allowance, and the thickness of the intended object separately.

Keep a record

Yarn and lot: _____ Hook: _____ Measured gauge: _____
Changes / next step: _____

Online plan: https://yarnluma.com/projects/adult-ear-band/

Tools: https://yarnluma.com/tools/ | Review policy: https://yarnluma.com/editorial/