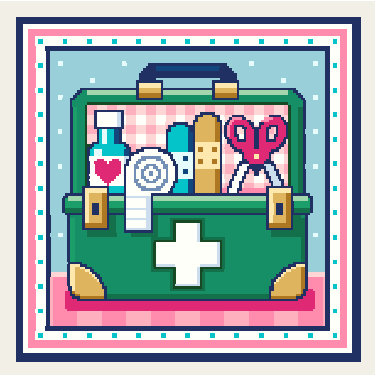
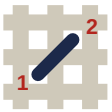
Preppy first aid health pack

Needlepoint pattern | 140 x 140 stitches | 14 x 14 in (35.6 x 35.6 cm) on 10 mesh | 20 colors



How to stitch it



1. Each square is one tent stitch, up at 1, down at 2. Lines in continental, right to left, the canvas upside down for the next row; wide areas in basketweave.
2. Cut 18 in of thread. Start and end it without a knot left behind.
3. Mark the middle of the canvas. It is the outlined square on page 2, column 70, row 70 (DMC 3845): start there. Count threads, not holes.
4. Go on from it: picture first, background last. Gray squares are on two pages: stitch them once.
5. Last, two more rows all round in DMC 823: the seam hides them.

First time? How to needlepoint: flossfield.com/needlepoint/guides/how-to-start/
How to read a chart: flossfield.com/needlepoint/guides/how-to-read-a-chart/

What you need

Canvas: blank mono canvas, 10 mesh (10 threads to the inch), cut 18.5 in square (47 cm).

Needle: blunt tapestry, size 18. Also masking tape for the cut edges, and small scissors.

Thread: pearl cotton size 3, 20 colors, about 42 skeins in all (an estimate). Stitch with 2 lengths together.

Make it a pillow: backing fabric, an insert the size of the stitching or an inch larger, and cord or piping for the edge. How to finish a pillow.

Thread list, DMC

			stitches	skeins
●	**823**	Dark Navy Blue	3,976	8
■	**BLANC**	White	3,792	6
▲	**3766**	Light Peacock Blue	2,448	4
◆	**911**	Medium Emerald Green	2,157	4
▼	**3806**	Light Cyclamen Pink	2,064	4
★	**3804**	Dark Cyclamen Pink	730	2
❖	**909**	Very Dark Emerald Green	630	1
X	**604**	Light Cranberry	623	1
H	**963**	Ultra Very Light Dusty Rose	496	1
+	**3820**	Dark Straw	491	1
=	**3845**	Medium Bright Turquoise	405	1
Z	**912**	Light Emerald Green	306	1
A	**745**	Light Pale Yellow	261	1
V	**890**	Ultra Dark Pistachio Green	257	1
T	**955**	Light Nile Green	248	1
N	**782**	Dark Topaz	219	1
S	**3841**	Pale Baby Blue	153	1
K	**747**	Very Light Sky Blue	144	1
E	**797**	Royal Blue	108	1
C	**799**	Medium Delft Blue	92	1

Skeins are estimates, with the two extra rows: the thread a stitch takes on the front and back of 10 mesh canvas, plus 30 percent, rounded up for each color.

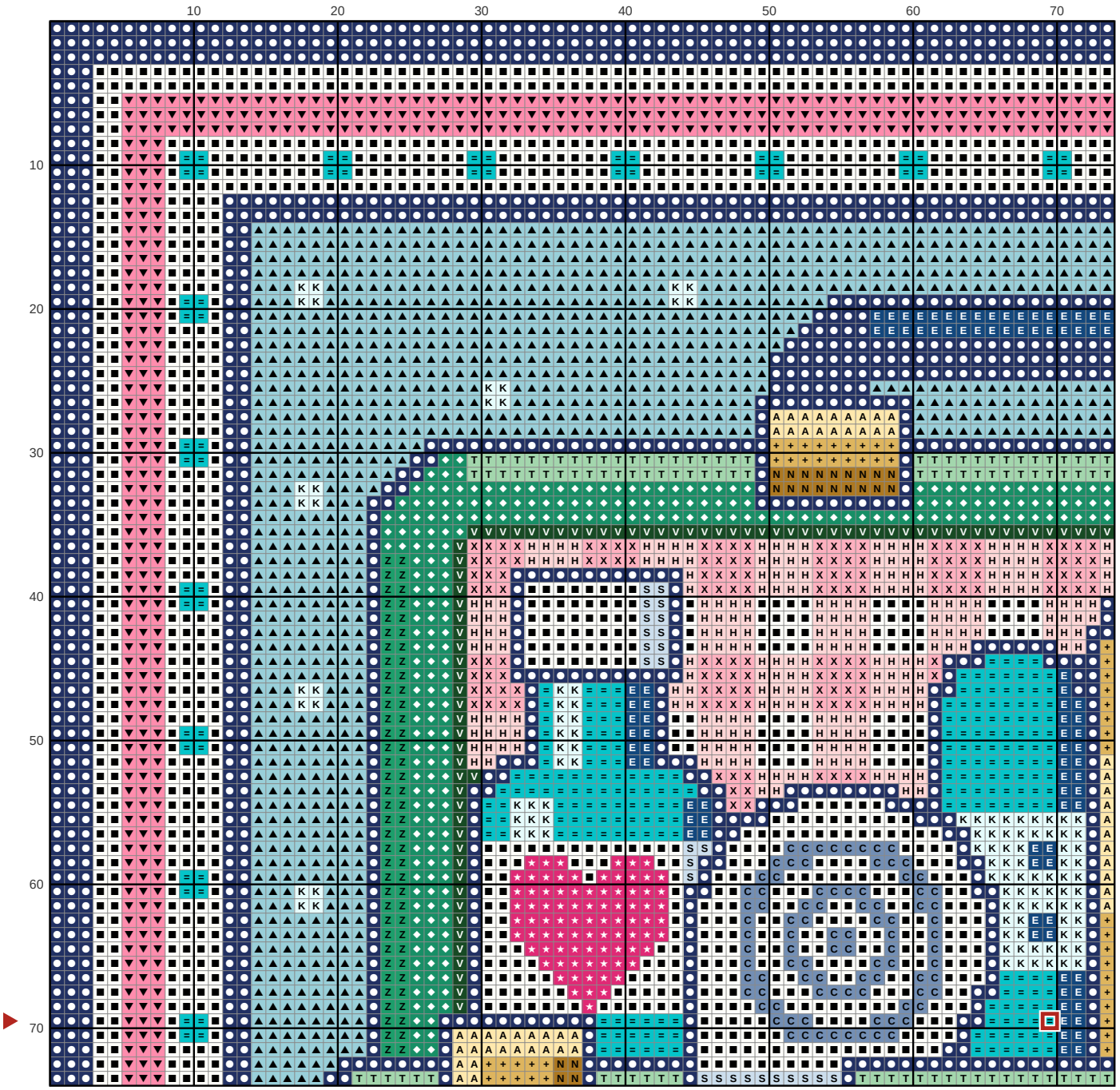
Thread colors are approximate screen matches to DMC numbers. Check against real thread before you buy.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Preppy first aid health pack Needlepoint pattern

Columns 1 to 74, rows 1 to 74. Start at the red outline

This page is the dark part of the chart



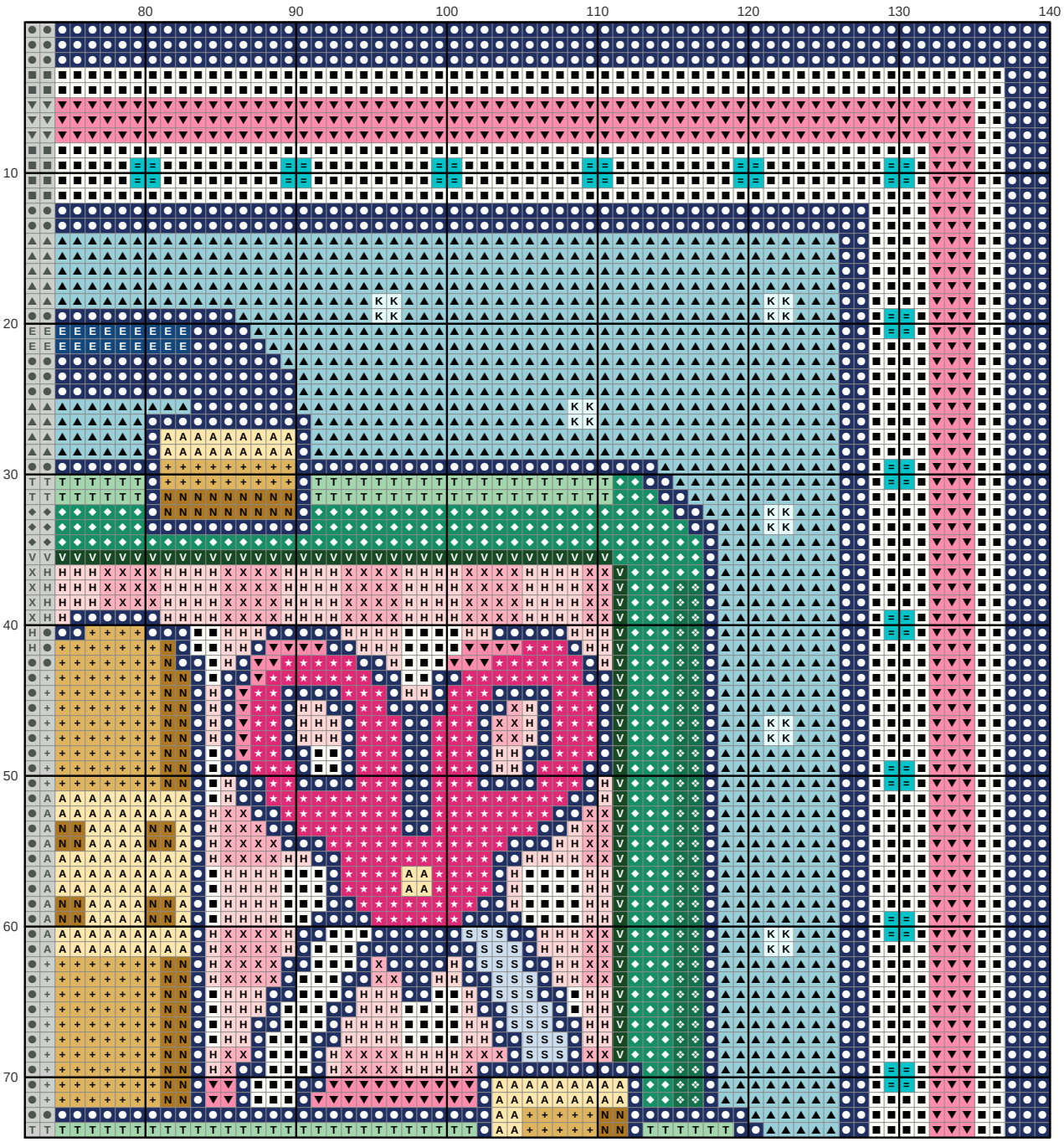
Key

- **DMC 823** Dark Navy Blue
- **DMC BLANC** White
- **DMC 3766** Light Peacock Blue
- **DMC 911** Medium Emerald Green
- **DMC 3806** Light Cyclamen Pink
- **DMC 3804** Dark Cyclamen Pink
- **DMC 604** Light Cranberry
- **DMC 963** Ultra Very Light Dusty Rose
- **DMC 3820** Dark Straw
- **DMC 3845** Medium Bright Turquoise
- **DMC 912** Light Emerald Green
- **DMC 745** Light Pale Yellow
- **DMC 890** Ultra Dark Pistachio Green
- **DMC 955** Light Nile Green
- **DMC 782** Dark Topaz
- **DMC 3841** Pale Baby Blue
- **DMC 747** Very Light Sky Blue
- **DMC 797** Royal Blue
- **DMC 799** Medium Delft Blue

Preppy first aid health pack Needlepoint pattern

Columns 75 to 140, rows 1 to 74. Gray squares: charted already, do not stitch again

This page is the dark part of the chart



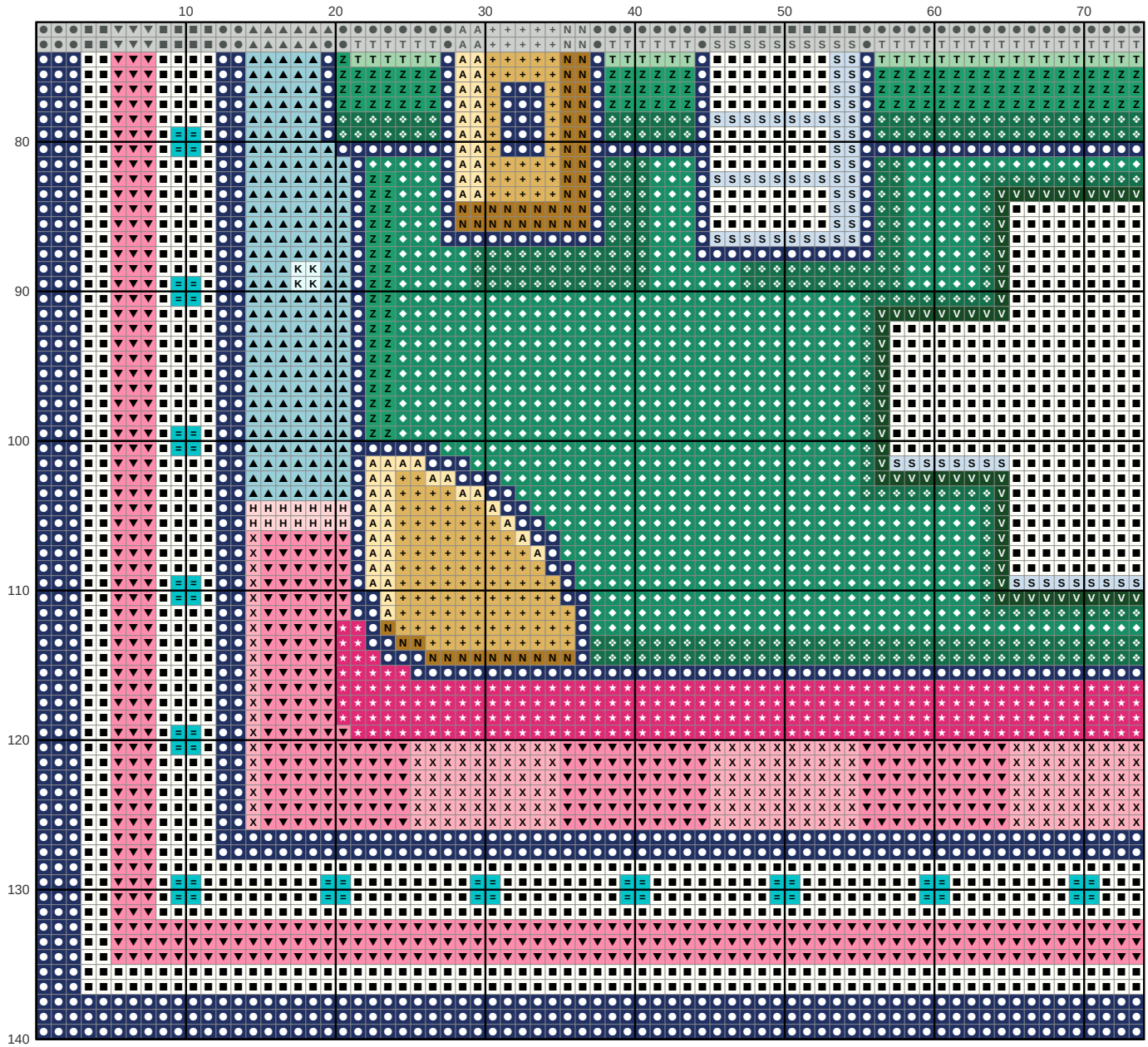
Key

- **DMC 823** Dark Navy Blue
- **DMC BLANC** White
- **DMC 3766** Light Peacock Blue
- **DMC 911** Medium Emerald Green
- **DMC 3806** Light Cyclamen Pink
- **DMC 3804** Dark Cyclamen Pink
- **DMC 909** Very Dark Emerald Green
- **DMC 604** Light Cranberry
- **DMC 963** Ultra Very Light Dusty Rose
- **DMC 3820** Dark Straw
- **DMC 3845** Medium Bright Turquoise
- **DMC 745** Light Pale Yellow
- **DMC 890** Ultra Dark Pistachio Green
- **DMC 955** Light Nile Green
- **DMC 782** Dark Topaz
- **DMC 3841** Pale Baby Blue
- **DMC 747** Very Light Sky Blue
- **DMC 797** Royal Blue

Preppy first aid health pack Needlepoint pattern

Columns 1 to 74, rows 75 to 140. Gray squares: charted already, do not stitch again

This page is the dark part of the chart



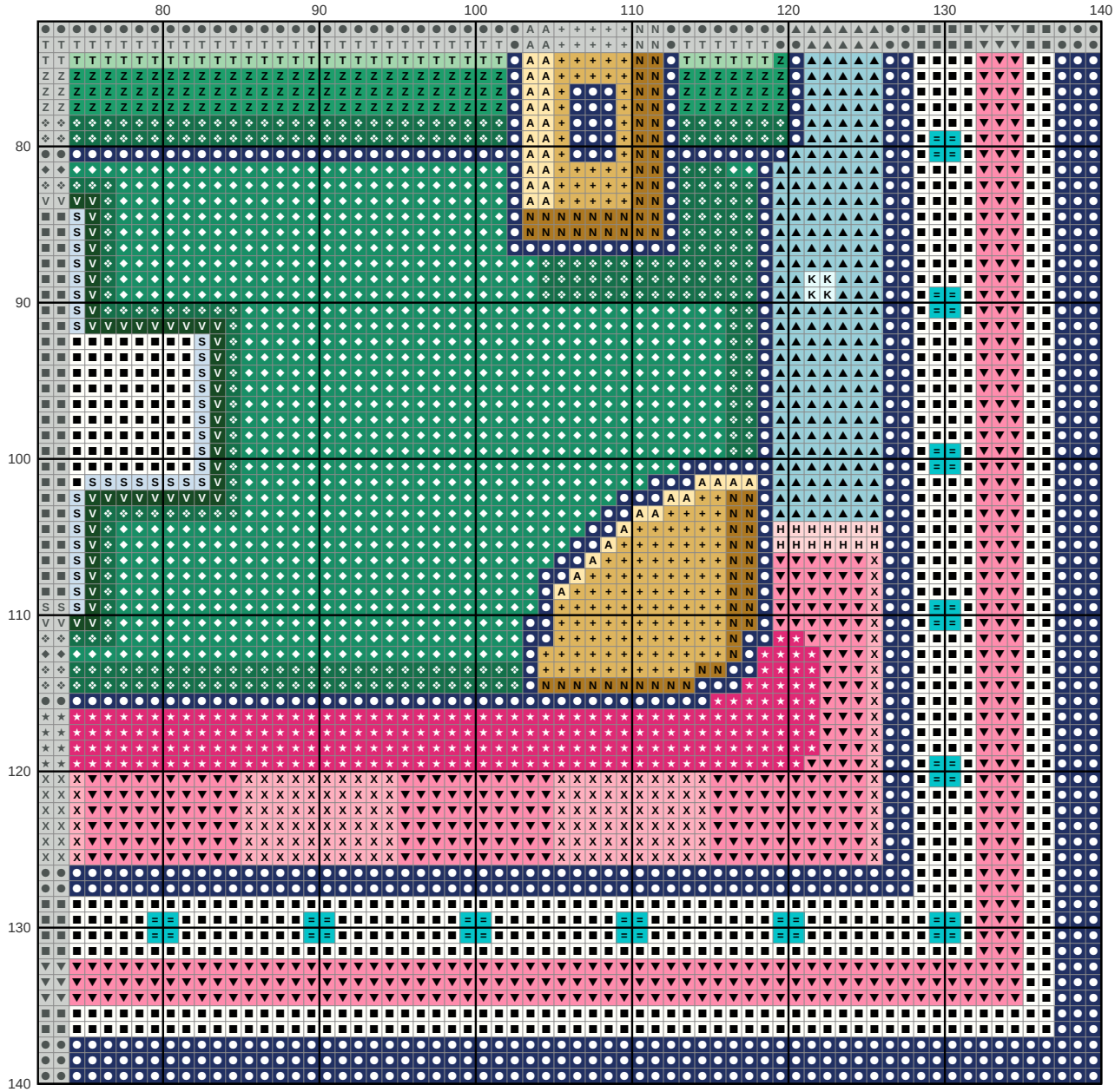
Key

- **DMC 823** Dark Navy Blue
- **DMC BLANC** White
- **DMC 3766** Light Peacock Blue
- **DMC 911** Medium Emerald Green
- **DMC 3806** Light Cyclamen Pink
- **DMC 3804** Dark Cyclamen Pink
- **DMC 909** Very Dark Emerald Green
- **DMC 604** Light Cranberry
- **DMC 963** Ultra Very Light Dusty Rose
- **DMC 3820** Dark Straw
- **DMC 3845** Medium Bright Turquoise
- **DMC 912** Light Emerald Green
- **DMC 745** Light Pale Yellow
- **DMC 890** Ultra Dark Pistachio Green
- **DMC 955** Light Nile Green
- **DMC 782** Dark Topaz
- **DMC 3841** Pale Baby Blue
- **DMC 747** Very Light Sky Blue

Preppy first aid health pack Needlepoint pattern

Columns 75 to 140, rows 75 to 140. Gray squares: charted already, do not stitch again

This page is the dark part of the chart



Key

- **DMC 823** Dark Navy Blue
- **DMC BLANC** White
- **DMC 3766** Light Peacock Blue
- **DMC 911** Medium Emerald Green
- **DMC 3806** Light Cyclamen Pink
- **DMC 3804** Dark Cyclamen Pink
- **DMC 909** Very Dark Emerald Green
- **DMC 604** Light Cranberry
- **DMC 963** Ultra Very Light Dusty Rose
- **DMC 3820** Dark Straw
- **DMC 3845** Medium Bright Turquoise
- **DMC 912** Light Emerald Green
- **DMC 745** Light Pale Yellow
- **DMC 890** Ultra Dark Pistachio Green
- **DMC 955** Light Nile Green
- **DMC 782** Dark Topaz
- **DMC 3841** Pale Baby Blue
- **DMC 747** Very Light Sky Blue