



## *Instructions for Sewing Reusable Foot Wraps*

Foot wraps are applied to pelagic birds and other species with sensitive feet to help prevent or mitigate pressure lesions while being housed out of water. They can be made with many types of materials. In an attempt to be more environmentally friendly we like to use a foot wrap that can be made out of washable cotton stockinette material. These foot wraps can be reused and are cheaper to make. Below are step by step instructions for making reusable feet wraps.



### **Materials Needed:**

1 box of 2-inch wide cotton orthopedic \*stockinette  
Black, white, light blue and pink spools of cotton thread  
Sewing machine that sews a zigzag stitch.

\*Stockinette supplier: Victor Medical Company [www.victormedical.com](http://www.victormedical.com)

- 1) Remove the stockinette from the box and wash in a washing machine and dry in a dryer to pre-shrink the material. Do not iron the material.
- 2) Cut out four cardboard guides (3 inches wide): 8 inches long; 6 inches long; 4 ½ inches long; 3 ½ inches long.
- 3) Roll out the dried stockinette on a table and use the guides to trace lines with a pen or soft lead pencil across the material for the lengths of the booties you are making.
- 4) Sew along the lines, using a zigzag stitch. Start at one end of the line, sew the length of the line, then pivot and reverse directions and sew along the line a second time. When you reach the edge where you started, it's a good idea to do a few back stitches and a few forward stitches to secure the ends. Trim the threads.
- 5) After you have finished sewing, cut along the sewing lines, about 1/8 inch away. Do not cut the booties before you sew them, as the knit material can easily get caught in your sewing machine.

### ***Foot Wrap Sizes***

Caring for a variety of species demands a variety of foot wrap sizes. Below are guidelines of foot wrap sizes for birds.

8 inches: Loons

6 inches: Large grebes, large ducks

4 ½ inches: Common murrelets, small grebes

3 ½ inches: Small ducks



### ***Recommended Thread Color for Specific Size***

Correlating a specific color of thread for a specific size foot wrap is recommended for easy identification.

Black thread: 8 inch booties

White thread: 6 inch booties

Light blue thread: 4 ½ inches

Pink thread: 3 ½ inches

### ***Care Instructions***

- Foot wraps made out of stockinette material can be washed like normal laundry.
- It is recommended that they be washed inside a delicate laundry bag so that they don't get lost inside other laundry items.
- As your foot wraps age make sure to cut or mend any loose threads. Loose thread can cut off circulation if it becomes tangled on body parts.



The above foot wrap sewing instructions and recommendations were shared by Jean Shirley. Jean began volunteering during the Cosco Busan oil spill in 2007. During this time she volunteered to improve the foot wraps by sewing the ends. This replaced wasteful paper tape and removed a step from the process. She was the official foot wrap sewer and has worked out the kinks in the process. We offer her many thanks for graciously agreeing to share her sewing instructions, and for all of her donated time.