

Open Palm Mitt Instructions

By Steve Rock

- Size fits a medium-large hand (about size 8 I think).

Materials

- 2-4 mm wet suit neoprene one side nylon. (1/8 inch is 3.4 mm).
- Wet suit contact cement. (Do not use Aquaseal). Follow product directions. Glue contains MEK and toluene. Google the toxicology; judge your ventilation; and buy an organic vapor respirator if you want. Gluing should be done at room temperature, more or less.

Instructions

1. Print the pattern sheets. (Note: There are two sheets for easier printing on letter size paper. Otherwise, to fit the whole pattern, a bigger paper size would be necessary). Verify that the pattern prints full size. The boat shaped cut-out should be two and fifteen sixteenths inches long. Overlap the pages so that the lines correspond and make them into one sheet with tape.
2. Trace the patterns onto neoprene. The little piece can be disassociated from the big piece. Flip both patterns pieces over and trace the other mitt.
3. Cut the pieces including the boat-shaped cutout.
4. Coat all edges to be joined with glue and allow to dry per glue instructions. On the small piece this is the convex perimeter from C to F. Make sure you're gluing the left-hand small piece to the left-hand main piece (and vice-versa).
5. Reapply glue and close the boat shaped gusset in the center of the main piece.
6. Glue closed the thumb tip E-E.
7. Glue closed the gussets between X and D.
8. Fold the main piece lengthwise and glue the seam up the side of the wrist (A-A and B-B).
9. Start gluing the small piece to the main piece. Start at A on the small piece and match it to previously glued A-A.
10. Continue gluing the pieces working from A-A to X-X to Y-Y to Z-Z.
11. Continue gluing the pieces working from Z-Z to D-D to C-C. The small piece is stretched as it is glued.
12. Coming back to point A, continue gluing the small piece to the main piece: F-F. Do not stretch.

Congratulations! You've made one mitt. After you try the mitt you can trim the opening (small piece) if desired.

Pictures of the completed open palm mitt





