

Ironing your name to your top

Having your name on your top is great for encouragement while you're running in an event.

Make sure you're careful when ironing the letters. Be careful not to burn your vest or t-shirt.

Follow these instructions:

- 1.** Optimum temperature for fusing the letters is 165°C.
- 2.** Position the letters on your vest or t-shirt, paper side up, rough side down.
- 3.** Cover the letters with greaseproof paper or tea towel.
- 4.** Hold down with firm pressure for 10 seconds, take care not to run the iron over the letters as they could move out of place.
- 5.** Allow letters to cool before peeling off the backing paper.
- 6.** After care – do not tumble dry or use bleach on your tops after adding the letters.



Thank you for supporting Mind!