

Make your own Heat Pack

Make a Heat Pack using FABRIC

You will need:

- Fabric (square or rectangular piece)
- Needle and thread or wool
- Rice or lentils (uncooked)
- Dried herbs or essential oils (optional)

Instructions:

1. Take your piece of material and fold in half, with the right sides facing. Right sides means the side of the fabric you want to see when your heat pack is finished.
2. Using needle and thread (or a sewing machine), sew along the edges, leaving one edge open to fill with rice.
3. Turn material right side out.
4. If using essential oils, place a few drops into a bowl of rice before filling sock.
5. Fill with uncooked rice, and dried herbs if desired.



6. Sew the top opening edge closed.
7. Heat in the microwave for 1-2 minutes.
8. Test on inside of your arm to check temperature to prevent burns before using. It should feel warm, but not hot.

Make a Heat Pack using SOCKS (no-sew option)

You will need:

- Old sock (clean and without holes) – the longer the better, but small socks could be used as hand warmers
- Rice or lentils (uncooked)
- Dried herbs or essential oils (optional)
- Needle and thread OR ribbon

Instructions:

1. Grab your sock and make sure it is turned out the right way.
2. If using essential oils, place a few drops into a bowl of rice before filling sock.
3. Fill the sock with uncooked rice, and dried herbs if desired.
4. Tie or sew the sock shut.
5. Heat in the microwave for 1-2 minutes.
6. Test on inside of your arm to check temperature to prevent burns before using. It should feel warm, but not hot.

