



Lindy's Knits and Laces

Knitted Turban Style Chemo Hat in Worsted Weight Yarn



Note from Lindy: After searching through a number of patterns for a turban style hat suitable for a chemo hat and finding several that were knitted flat rather than in the round, I decided to make a pattern of my own using my favorite sport weight cotton yarn. As a breast cancer survivor, I know that having a soft, stylish hat means a great deal when you've lost your hair during chemotherapy. Please feel free to knit this hat for any loved one going through this experience with my blessings.

This chemo hat has a knit band that gathers the front up to make it a turban. I have provided instructions for a knitted-in band (shown above) and an alternative for a sewn in band.



Worsted Weight Yarn (Model done with Premiere Everyday Yarn), 203 yds/113 gram

[For appropriate yarn alternatives, see the reference at the end of this pattern]

Gauge 5.0 spi (20st/4 inches)

Needles: U.S. size 7 (3.75 mm) circular, 16 inch length. (I use 2 for the crown rather than DPNs)

Abbreviations: K = Knit, K2Tog = Knit 2 together

Cast on 84 stitches. Join, PM (Marker marks the beginning of each round), and knit 4 rounds.

Garter Stitch Ridge:

Round 1: Knit

Round 2: Purl

Repeat Round 1 & 2 three times – You should have 4 Garter Stitch ridges.

Stockinette Stitch Section:

Knit four rounds.

Repeat the Garter Stitch Ridge and Stockinette Stitch rounds until you have 4 Garter Stitch Ridge sections.

Knitted-In Band:

Set-up Round: Knit 37 stitches. Using 2nd circular needle (or a DPN), knit 10 stitches, Turn. You will now knit the garter stitch band on this needle. (Garter stitch here is knit every row). Leave the rest of the stitches on the 1st circular needle. (You may want to put point protectors on each needle tip to prevent dropped stitches.)

Row 1: Knit 10 stitches.

Repeat row 1 until band measures 4 inches. Yarn should be on the right side.



Next, put the band underneath the front of the cap and bring it up, gathering the rows of the front together:



Continue knitting the round: Knit the 10 stitches of the band using the 1st circular needle and knit to the end of the round. On the next round, when you get to the point where the band begins, be sure to tighten the stitch before and two stitches after to minimize the gap. (You will sew the gap closed during finishing)

Alternative: Sewn-In Band

Center Band:

Cast on 10 Stitches.

Knit 1 round.

Round 2: Sl 1 as to Knit, Knit 9. Turn.

Repeat round 2 until band measures 4 inches in length. Bind off.

Opening for Band:

Round 1: Knit 37 Stitches. Bind off 10 stitches, knit to the end of the round.

Round 2: Knit 37 Stitches. Cast on 10 stitches and knit to the end of the round.

Crown

Option 1: Standard Six-Point Spiral



Knit in Stockinette Stitch (Knit all rounds) until the hat measures 6 inches from the cast on edge.

Shape Crown:

Begin decreases:

Round 1: *Knit 12, K2Tog, repeat * across round. (78 Stitches)

Round 2: Knit.

Repeat Rounds 1 & 2 three more times, knitting 1 less stitch than the previous decrease round before the K2tog. (60 Stitches)

Shape Top:

At this point, continue making decreases as above, every round instead of every other round until only 6 stitches remain.

Cut Yarn and pull through the remaining 6 stitches. Fasten off and weave the ends.

Option 2: Concentric Decreases



Knit in Stockinette Stitch (Knit all rounds) until there is 1 inches from the last garter stitch round.

First Decrease Row: K2, K2Tog across the round. (Decreases every fourth stitch – 63 stitches remain.)

Knit 4 rounds.

Second Decrease Row: K1, K2Tog across the round. (Decreases every third stitch –42 stitches remain.) I usually switch to using two circular needles at this point.

Knit 3 rounds.

Third Decrease Row: K2Tog across the round. (21 stitches remain.)

Knit 2 rounds.

Fourth Decrease Row: K2Tog across the round. (11 stitches remain.)

Knit 1 round.

Fifth Decrease Row: K2Tog across the round. (6 stitches remain.)

Cut Yarn and pull through the remaining 6 stitches. Fasten off and weave the ends.

Finishing:

For the Knitted-In Band: Sew the gap in the back of the knitted-in band and weave in the yarn ends.

For the Sewn-In Band: Gather the knitted section below the opening for the band and thread the band through the opening and wrap the band around the gathered knitted section. On the inside of the hat, seam the edges of the band together. Adjust the band and the gathered portion as needed. Place the seam on the inside of the hat. Sew the band opening closed using the mattress stitch.

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A good reference for what yarns to use for chemo hats is located here:

<http://www.knotsoflove.org/guidelines-for-knitters-and-knotters>