

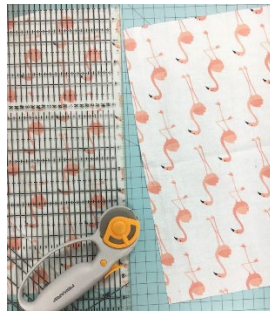
Here's What You'll Need: ***ALL FABRIC MUST BE 100% COTTON.*** Feel free to try and customize your pad's shape.

- 2/3 yard fabric (1/3 yard each side) for front and back (If wanting to have the same front and back, 1/3 yard will be plenty)
- Sewing machine
- Matching thread
- Rotary cutter or scissors
- Funnel or piece of paper rolled
- White Rice



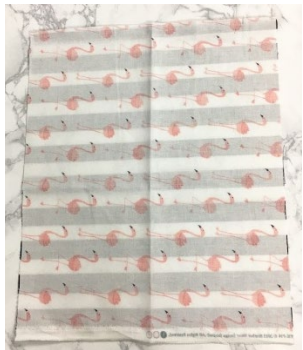
Step 1:

Cut a front and back from your fabric to desired size. Mine was 16" x 12"



Step 2:

Iron fabric and place front and back on top of each other, right sides together.



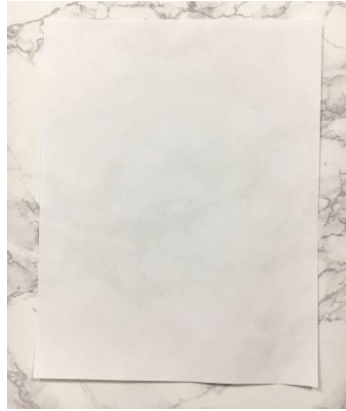
Step 3:

Sew around the sides leaving a small opening about 4" wide, and flip right side out.



Step 4:

With a funnel add the rice inside the pouch until 2/3 of the way full. If you don't have a funnel, roll a piece of paper diagonally to create your own.



Step 5: Fold in the opening and sew shut.



Done!



Instructions must be on each heat & chill pack!

Instructions: Warm – Heat in microwave for 1 minute. Shake, then continue heating for 30 second intervals until the desired temperature. Cold – Keep in freezer. Take out when needed.

Place on achy muscles. There are a lot of versions of these homemade rice heating pads.

You should always take into consideration the size of the heating pad too. A hand warmer will only need about **30-45 seconds to last for a long time**. The smaller the pad, the less time it will need to heat up.

HEROES' HEAT & CHILL PACKS

Come in all shapes and sizes.

