

DIY HEAT TRANSFER GUIDE



INTRODUCTION

In this guide, you'll learn how to create your own pro-abortion jersey with Direct to Film heat transfers using a heat press or home iron.

WHAT YOU'LL NEED

- T-shirt, sweatshirt or other garments
- Direct to Film Transfers
- A heat press machine or iron

OPTIONAL SUPPLIES

- Ruler
- Parchment paper
- Lint roller

ORDERING HEAT TRANSFERS

First you'll need to order heat transfers. SYA's merchandise is made with [Stahls DTF Ultracolor Max](#), but there are many Direct to Film transfer vendors, such as [Ninja Transfers](#), that also have no minimum quantities. Price points vary based on the size of your transfers and quantity of your order. To find the right transfers for you, you can search "Direct to Film Heat Transfers."

No matter what vendor you choose, you can use SYA's free to download International Abortion Club Heat Transfer files to create your own pro-abortion merch!

HEAT PRESS

If you or a friend has a heat press machine, you can use these instructions to add SYA's heat transfers to the garments of your choosing.

1. SET UP YOUR HEAT PRESS

Here are the recommended settings for [Stahls DTF Ultracolor Max](#).

- **TIME:** 12-15 Seconds
- **TEMPERATURE:** 290°F / 145°C
- **PRESSURE:** Medium
- **PEEL:** Cold

Here are the recommended settings for [Ninja DTF Heat Transfers](#).

- **TIME:** 12-15 Seconds
- **TEMPERATURE:** 310°F / 155°C
- **PRESSURE:** Medium
- **PEEL:** Warm

If you are using transfers from another company, they should come with specific settings and instructions.

2. PREPARE YOUR GARMENT

Place your garment on the pad of your heat press so the neckline and bulky areas are out of the way. Make sure your garment is laid out smoothly, and do your best to center the garment.

OPTIONAL: If you're using a pre-worn or second hand garment, use a lint roller to remove anything that might come between your garment and the heat transfer.

Press your garment for 5-7 seconds to get out any remaining wrinkles.

3. POSITION YOUR HEAT TRANSFER

Lay your heat transfer on top of your garment so the adhesive side is facing the garment and the design is facing you. You can use a ruler and the guide below to position the transfer on your garment, or eyeball it, placing the design where it looks best to you.

4. HEAT PRESS YOUR TRANSFER

If your heat press is large enough to cover the entire design, press your transfer for 12-15 seconds. Move to the next step.

If your heat press is not large enough to cover your entire design, press part of your transfer for 12-15 seconds. Now, move your garment and transfer so the heat press is covering the portion of the transfer that still needs to be pressed. It's okay to overlap!

Make sure your garment and transfer remain flat on your heat press pad. Press your transfer for 12-15 seconds. Repeat until the entire transfer has been pressed.

5. REMOVE THE TRANSFER FILM

Let the entire surface of your transfer cool down so you can easily touch the film covering the transfer. This takes about 1-2 minutes. Grab the upper left hand corner of your design, and slowly and firmly peel the film off of your transfer.

6. SET YOUR DESIGN

To securely set your design on your garment, place the transfer film that was previously covering your design, or a piece of parchment paper large enough to cover your entire design, over the transfer. Press your garment, this time for about 5-10 seconds.

Remove the protective film (parchment paper or transfer film), let your design cool down, and ta-da! You're all done! You can wash and dry your garment as normal. For more care instructions, see below.

IRON

If you don't have access to a heat press, you can use a standard home iron to add SYA's heat transfers to the garments of your choosing.

1. PREPARE YOUR SURFACE

Lay your garment on an iron-safe surface. This could be an ironing board, or a towel laid out on a wooden table or kitchen counter.

2. PREPARE YOUR GARMENT

Place down your garment so it lays smoothly on your chosen surface. Iron your garment so there are no wrinkles or creases.

OPTIONAL: If you're using a pre-worn or second hand garment, use a lint roller to remove anything that might come between your garment and the heat transfer. You want to create a smooth surface so your heat transfer can adhere evenly to the fabric.

3. POSITION YOUR HEAT TRANSFER

Lay your heat transfer on top of your garment so the adhesive side is facing the garment and the design is facing you. You can use a ruler and the guide below to position the transfer on your garment, or eyeball it, placing the design where it looks best to you.

4. SET UP YOUR IRON

If your iron has heat settings based on clothing material, turn your iron on to the setting that matches the material of your garment (for more information, see below).

If your iron has number settings, set your iron to a medium-high setting. For example, if 1 is low and 6 is high on your iron, set it at 3 or 4 to start. It may take some trial and error to see what works best for your garment and transfer.

If your iron has a steam setting, make sure it is turned off.

5. IRON YOUR HEAT TRANSFER

Once your iron is hot, place it over the upper left hand corner of the transfer, press firmly, and hold for 12-15 seconds. Then, move your iron to the right so it is covering a new part of the transfer. It's okay to overlap! Press firmly, and hold for 12-15 seconds. Continue moving across the entire transfer, until every section has been pressed. Make sure you've covered every part of the transfer!

6. REMOVE THE TRANSFER FILM

Let the entire surface of your transfer cool down so you can easily touch the film covering the transfer. This takes about 1-2 minutes. Grab the upper left hand corner of your design, and slowly and firmly peel the film off of your transfer.

7. SET YOUR DESIGN

To securely set your design on your garment, place the transfer film that was previously covering your design, or a piece of parchment paper large enough to cover your entire design, over the transfer. Place your iron over the upper left hand corner of the transfer, press firmly, but this time hold for about 5-10 seconds. Repeat this process over the entire transfer.

Remove the protective film (parchment paper or transfer film), let your design cool down, and ta-da! You're all done! You can wash and dry your garment as normal. For more care instructions, see below.

CHOOSING YOUR GARMENTS

DIY Heat Pressing works on new and used clothing. You can use garments fresh off the rack, T-shirts or sweatshirts you already have in your closet, or secondhand clothing purchased at a thrift store. When selecting your garments for this project, the main thing to consider is what your clothing is made of.

These heat transfers work best on the following materials:

- 100% Cotton
- Pre-shrunk Cotton
- 100% Polyester
- Cotton/Poly Blends
- Tri-blends (often a mix of polyester, cotton, and rayon)

For best results, look at the tag of your garments to make sure they check one of these boxes.

Heat pressing works best on thinner items with fewer bulky seams. T-shirts, crop tops, and sweatshirts with minimal or no pockets work best. Thicker jackets, denim, and garments with more detailed construction can be more challenging.

CARE INSTRUCTIONS

You can wash your DIY heat pressed garments normally. Heat press garments can last 50+ washes, but to make your pieces last even longer, here are the recommended care instructions:

Machine wash cold; Tumble dry low or hang dry.

Each heat press machine and iron are different, so the results and longevity of your garments will vary!

MOTIF PLACEMENT GUIDE

Here's a guide of where to place the International Abortion Club heat transfer motifs. This guide is just a suggestion, feel free to arrange these just how you see fit!

