



Atsushi Futatsuya

Sashiko Five-Day Sewing Retreat

Please bring all of the required tools and supplies listed below.

In addition to the supplies you bring, there is a supply package **that you must purchase in advance from the instructor for approximately \$175. These supplies are required for the class. The last page lists what is included in the supplied material. You will receive an email when you register for the retreat with supply package purchase instructions.**

Required Tools To Bring With You

- 12" Ruler (or longer)
- Fabric Scissors
- Something to take notes with--manually or electronically
- 1 Roll of Masking Tape
- Dressmaker Pins
- Pincushion / Needle Rest
- 1 or 2 Crayola Washable Markers (ideally dark colored with fine tip)
- Ballpoint pen (A cheap one is fine)
- Nail Clipper (See preparation section below)
- Regular Sewing set
- Sewing needles
- Thread
- Finger Guards (See preparation section below)

Preparation

It may be a good idea to cut your nails on the hand that you hold your needle with. Sashiko can be performed with long fingernails, but it may hinder your learning process.

When you learn Unshin, the running stitch, you may need to use your nail to control the needle. This can scratch the nail, so you may want to bring some type of finger guard. You can use thick tape, Band-aids, metal or silicon finger protectors.

Required Supplies To Bring With You

One (or more) cotton garments, such as denim pants or shirt, in need of minor mending. Ideally, the garment should have a hole that is two to three inches in diameter. A larger hole may be too much to complete within the retreat. Your garment doesn't have to have holes, but the instruction will cover how to apply Sashiko to mending/repairing.



You may also bring any garments you would like to put Sashiko stitches on for part two of the retreat. Bringing several garments/options to choose from would be optimal.

Sashiko works best on linen or cotton blend fabrics with a loose weave. Because Sashiko thread is thick, a fabric that is too heavy or tightly woven will show puckering more easily.

Denim is ideal for this visible mending method. Stretchy material including stretch denim and t-shirt fabrics are not recommended. Heavy fabrics like raw denim or canvas, and other non-cotton fabric are also poor choices for Sashiko.

Optional Supplies Not Required

Also any fabrics you would like to use for mending (A piece of fabric for mending will be provided in the package, but you can use your favorite one).

Though not required, feel free to bring any (Sashiko) threads, needles, thimbles, and fabrics you have that you would like advice on how to use.

Also not required, but any books on Sashiko written in English that you would like to share with the group.



Sashiko Retreat Supplied Package

These supplies are approximately \$175 and a required purchase for the class. You will receive information about how to purchase these when you register for the retreat.

DAY 1&2) - Core & Essence

- 1 skein of Sashiko thread (White #12)
- 1 of Sashiko thimble
- 3 of Sashiko needles
- 1 piece of Dark Indigo Dyed Fabric with the Asano-ha pattern printed (About 27" x 11")
- 1 piece of thin Cotton Fabric (About 27" x 11")
- 2 piece of small swatches (Indigo Dyed)
- 1 piece of Thread bobbin
- 1 piece of Chalk Pencil
- 1 x Finger cot & 1 x threader
- 1 x Surprise Item

(DAY 3 to 5) Application & Practice

- 1 skein of Sashiko Thread, 145 meter - Color of Your Choice from 15 colors
- 2 skein of Yokota Sashiko Thread 40 meter
- 1 Natural Dye Sashiko Thread - Color of Your Choice
- 1 x Basting Thread
- 1 x Fabric Set For Hitomezashi (specifically prepared for the retreat)
- 1 set for practicing the pattern preparation & mending: Swatch size is about 13" x 8 ")
*Subject to a minor change in Size.
- Some Small Swatches of cotton fabric for practicing both Moyouzashi & Hitomezashi.
- 1 Thread bobbin Paper
- 1 x Small surprise Item
- Threaders & Finger Cots are available per request.
- Cardstock with Grid Pre-Printed
- PDF of Graph Paper
- Please purchase this Package before the 1st Day of the In-Person retreat.
- All of the materials above are essential to enjoy Sashiko Retreat & it will be more than \$230.00 if you would try to purchase them separately from our website (Some of them are not available online). Please make sure to register the retreat first. A purchase without registration can be a subject to the extra charge.

Notes

- In case of refunds, the credit card processing fee will be deducted from the total amount. Please be careful when you place the order.
- All orders are final. Once we send the confirmation email, we will not accept returns or refunds from customer reasons.
- The contents of the package are the subject of minor changes
- All participants are required to purchase this supply kit to proceed the retreat smoothly. I understand that some already need needles, thimbles, threads & fabric. However, using the proper tools when learning the proper way is critical in learning the form.
- No discount coupons are applicable for this item as the package itself is already designed to have the discounted pricing.