

# TIE DYE A TRACKSUIT LIKE A PRO!

Tie dye patterns are so on trend right now! So why not DIY Tie Dye your plain old tracksuit or hoodie to make it really 'pop' with colour instead?!

This easy crinkle tie dying technique is loads of fun to do!



## WHAT YOU NEED

- Plain White Tracksuit
- Spray Bottle
- Water
- Rubber Bands
- Rubber Gloves
- Squeeze Bottles
- Clothing Dye
- Drop Sheet
- Bucket of Water or A Sink

## INSTRUCTIONS

### Step 1

Grab your hoodie and spray it with water so it is damp then start bunching it up, it's called the crinkle method, you crinkle it up like an accordion! Start with the first arm and when you get to the top, use the rubber bands to keep it in place. Repeat this step with the other sections of the hoodie and then the tracksuit pants.

**TIP:** The tighter you crinkle, the more white there will be.

### Step 2

Get your dye ready by following the instructions on the packet. Once ready, pour it into a squeeze bottle so you can easily apply the dye to the tracksuit.

### Step 3

Pop your gloves on and put the drop sheet down, so you're ready to start! Start squeezing the bottle and covering your tracksuit in dye. Be sure to squeeze the tracksuit to ensure the dye it absorbed. Do this until your tracksuit is covered in dye on both sides.

### Step 4

Leave the tracksuit for 6-8 hours to let the dye set. Once set, take off all the rubber bands, rinse your tracksuit in water until it runs clear. and then see how it looks!

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