Simple Garter Stitch Headband

Worsted weight yarn – about 40 yards
10.5 knitting needles
Band will be about 3.5" wide.
Gauge is not really important. The measurements and lengths listed are just a guide. These can vary quite a bit with different yarn types and tensions.

CO 10 stitches
 Note: You can add or subtract any number of stitches to change the width.

Row 1: Knit across
Row 2: Slip first stitch as if to purl, knit remaining 9 stitches.
 Slipping the first stitch will create a neater edge, but isn't necessary.
 If you are having difficulty or prefer, you may knit across all 10 stitches.

Repeat Row 2 until work measures about 18". Approx. 80 rows.

Test length by carefully stretching.
 Work should comfortably stretch to about 22" without stretching to the maximum length.
 You can also test by stretching around your own head.
 Remember that most will continue to stretch a little more after use.
 Final length will vary based on yarn type and personal stitch gauge.

Continue to desired length and cast off, leaving a 10" tail.
Use tail yarn to sew or weave two ends together. Weave in ends.

 Optional:
 If desired, you can create a "cinch" in the headband as on one shown. Draw up the tail after weaving across, but before tying off. Simply pull the tail as you would to gather in sewing. Once cinched, tie and knot the tail to the original cast on tail. This will be the underside of the headband. Secure and weave in ends.

 Note: The two-color headband was knitted with two strands held together. The number of stitches and rows is the same. This headband is just a little more dense than the solid-color using a single strand. This is great for school colors.

Super Quick, Simple K1,P1 Ribbing Headband Using Super Bulky Yarn

– with optional instructions for worsted weight

This pattern is written for a super bulk yarn, so it works up very quickly. If you prefer to use a worsted-weight yarn, increase the number of cast on stitches to 16. This will take longer to make, but has a great look. See swatch started in light blue.

Super Bulky Yarn - about 35 yards
10.5 knitting needles
Band will be about 3.5" wide.
Gauge is not really important. The measurements and lengths listed are just a guide. These can vary quite a bit with different yarn types and tensions.

CO 10 stitches
       If you prefer a slightly wider headband, CO 12 or 14 stitches.

Row 1: K1, P1 across
Row 2: Continue the K1, P1 pattern, but slip the first stitch on each row as if to knit.
            Slipping the first stitch will create a neater edge, but isn't necessary.
            If you are having difficulty or prefer, you may simply repeat Row 1.

Repeat Row 2 until work measures about 19-20". Approx. 56 rows.

Test length by carefully stretching.
       Work should comfortably stretch to about 22" without stretching to the maximum length.
       You can also test by stretching around your own head.
       Remember that most will continue to stretch a little more after use.
       Final length will vary based on yarn type and personal stitch gauge.

Continue to desired length and cast off, leaving a 10" tail.
Use tail yarn to sew or weave two ends together. Weave in ends.

Simple Crochet Headband

Worsted weight yarn – about 60 yards
Size I crochet hook
Band will be about 3.5" wide.

Chain 12 stitches = 11 stitches plus a Chain 1, turn.

Row 1: SC in each chain across = 11 stitches, Chain 1, turn.
Row 2: DC in each stitch across = 11 stitches, Chain 1, turn.

Repeat Row 2 until work measures about 21-22". Approx. 38 rows.

Test length by carefully stretching.
 Work should comfortably stretch to about 23" without stretching to the maximum length.
 You can also test by stretching around your own head.
 Remember that most will continue to stretch a little more after use.
 Final length will vary based on yarn type and personal stitch gauge.

Continue to desired length and cast off, leaving a 10" tail.
Use tail yarn to sew or weave two ends together. Weave in ends.

Note: You can easily substitute all SC rows, crocheting additional rows to desired length.

Simple Crochet Shell Headband

Worsted weight yarn – about 60 yards
Size I crochet hook
Band will be about 3.5-4" wide.

Chain 14 stitches = 13 stitches plus a Chain 1, turn.

Row 1: SC in each chain across = 13 stitches, Chain 1, turn.
Row 2: SC in 1st SC, (Skip 2 SC, 5DC in next SC, Skip 2 SC, SC in next SC) 2 times, Chain 1, turn.

Row 3: 3 DC in 1st SC, SC in middle (3rd) stitch of next Shell, 5DC in next SC, SC in middle (3rd) stitch of next Shell, 3DC in last SC, Chain 1, turn.

Row 4: SC in 1st DC, 5DC in next SC, SC in middle (3rd) stitch of next Shell, 5DC in next SC, SC in last DC, Chain 1, turn.

Repeat Rows 3-4 until work measures about 19". Approx. 38 rows.

Test length by carefully stretching. This pattern will not pull back as much after stretching.
  So, be careful not to make it too long.
  When stretched almost to the maximum, length should be no more than 23".
  You can also test by stretching around your own head. Headband should be very snug when first completed. It will continue to stretch with use.
  Final length will vary based on yarn type and personal stitch gauge.

Continue to desired length and cast off, leaving a 10" tail.
Use tail yarn to sew or weave two ends together. Weave in ends.

  Optional:
  If desired, you can create a "cinch" in the headband as in the one shown. Draw up the tail after weaving across, but before tying off. Simply pull the tail as you would to gather in sewing. Once cinched, tie and knot the tail to the original cast on tail. This will be the underside of the headband. Secure and weave in ends.