

Supply List for Beginner Knitting The Emily Twisted Headband and the Knit Twisted Headband

Project 1: [The Emily Twisted Headband by Rebecca Louise Design \(click to get PDF\)](#)

Needles:

US 6 (4mm) needles (straight or circular depending on your preference) or size needed to meet gauge

Yarn:

60 yards of an Aran weight yarn (thick CYC #4)

Notions:

Cable Needle, Tapestry Needle, and Scissors

Project 2: Knit Twisted Headband by Phanessa Fong

<https://www.designsbyphanessa.com/post/knit-twisted-headband-pattern-tutorial>

Needles:

US 9 (5.5 mm) Long Circular Needles for Magic Loop or set of US 9 (5.5) double pointed needles, or size needed to meet gauge

Yarn:

60 or 125 yards of worsted weight yarn depending on whether you are making small or large headband

Notions:

Stitch Marker (or a piece of scrap yarn), Tape Measure, Tapestry Needle, Scissors

Suggested Yarns for both projects:

Wool and the Gang Shiny Happy Cotton (Used in the original pattern)

Bernat Handicrafter DeLux Cotton Yarn

Lion Brand 24/7 Cotton Yarn

Lion Brand Wool Ease Yarn

Lion Brand Heartland and Heartland Tweed Yarn

Lion Brand Vanna's Choice Yarn

Lion Brand Landscapes Yarn

Big Twist Soft Yarn

Red Heart with Love Yarn

Red Heart Soft Yarn

Red Heart Boutique Unforgettable

Hobby Lobby I Love This Yarn

Impeccable Yarn by Loops & Threads

Premier Everyday Soft Worsted Yarn

*For beginners, it is better to start out with a lighter color yarn so it is easier to see the stitches. Steer clear of blacks, dark charcoal grays, deep purple, navy, etc.

**All of the above yarns are available at stores like Joann Fabrics, Michael's, Walmart, Hobby Lobby, Acme, etc. and many of these stores currently have options for free curbside pick-up if you are trying to limit your exposure. I recommend starting out with cheaper and more easily washable acrylic yarn. But, if you would like to purchase a higher end yarn and support an independent business, The Blue Purl in Madison has some incredible options. Some of my favorites include Madeline Tosh yarn, Malabrigo Yarns and Manos del Uruguay.