



With a little skill and a sewing machine, you can create a ring sling from a short **DIDYMOS wrap** (at least 2 metres long) all by yourself. In the method shown here, the wrap is simply gathered around the rings and sewn together.



1. Straight edge Place a set square on the finished edge of the wrap and draw a straight line.







2. Zig-zag stitch Neaten the edge with zigzag stitch or using an overlocker.



3. Measure Measure 20 cm from the edge and mark using tailor's chalk or a pin.



4. Thread the material through the rings



5. Pin the edge of the fabric in place at the 20 cm mark.



6. Sew the fabric edge in place



7. Push the wrap evenly around the rings