

## Multifunctional Headwear



### HOW 2 WEAR

#### Neck Scarf and Neck Cooler

1. Slip the scarf over your head so that it sits around your neck  
(wet to use as a cooler – immerse in icy cold water for maximum effect)

#### Face Mask

1. Slip the scarf over your head so that it sits around your neck
2. Pull the front of the scarf up and over your nose (and ears)

#### Bandana

1. Turn scarf inside out
2. Slip your right arm through the scarf
3. Slip your left arm through the opposite end of the scarf
4. Grab both ends and pull outwards while twisting to make a knot in the middle
5. Place on your head and adjust accordingly

#### Legionnaires

1. Turn scarf inside out
2. Lay scarf lengthways on top of your head with one end of scarf sitting above the forehead
3. Pull the front top layer backwards whilst holding the bottom layer to your forehead

#### Beanie

1. Turn scarf inside out
2. Slip one end of the scarf over your head to ear level
3. Take the top of the scarf and twist fully twice
4. Pull down over your head

#### Full Face Balaclava

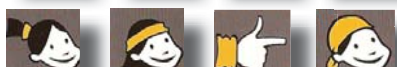
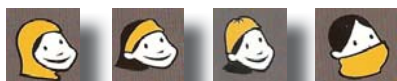
1. Turn scarf inside out
2. Slip the scarf over your head so that it sits around your neck
3. Pull the front of the scarf up and over your mouth (and nose)
4. Pull the back of the scarf up and over your head (ignore point 3 if an open face balaclava is required)

#### Head Scarf

1. Put scarf on as a hairband
2. Pull the back of the scarf downwards to cover the head (and hair) to make a long scarf (tube)

#### It can also be worn as a:

**Scrunchie**  
**Wristband**  
**Hairband**  
**Headband**  
**Blindfold**



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