



# Fabric Cheat Sheet

A quick and comprehensive list of knit fabrics used in apparel sewing and the best patterns to use with them.

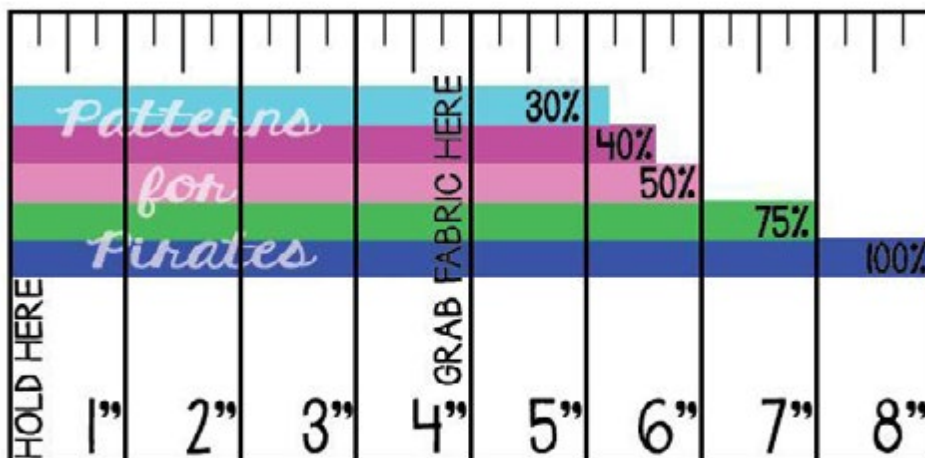
## Fabric Weight/Thickness Guide:

Oz per Yard: under 6-7 light weight, 8-10 medium, above 10 heavy  
 GSM/Grams per Square Meter: 100-150 light weight, 150-200 medium, 200-400 heavy

## Fiber Guide:

**Cotton:** Breathable **Polyester:** Warmer, usually Slicker  
**Rayon:** Soft, Drapey **Spandex/Lycra:** Stretch and Recovery  
**Nylon:** Moisture Wicking, Slick

## Stretch Percentage Guide:





# Fabric Cheat Sheet

## Jerseys

Fabric Type	Description	Usual Fiber Content	Best P4P Patterns
Rayon Spandex	Can also be labeled "modal", usually lighter weight, very high 4 way stretch, a soft to touch and very soft drape, can be "clingy". There is also Rayon made from Bamboo specifically.	Poly, Rayon, Spandex	Pumpkin Spice Dolman, Cocoon Cardigan, Layer Me Up, Sunshine Dress, Boundless, Boyfriend V Neck, Free Spirit Tank, Straight Palazos, Slimfit Raglan
Slub Jersey	Lighter weight, not much stretch, 2 way stretch only, has horizontal lines throughout the fabric, has some drape due to the lighter weight.	Cotton, Poly	Relaxed Raglan, Sweet Tee, Cocoon Cardigan, Grandpa Cardigan, Henley both Mens and Womens
T-shirt Jersey	Varies in weight. Not very stretchy. Only 2 way stretch. Does not have a soft drape.	Cotton	Relaxed Raglan, Mens and Women's Henley, Grandpa Cardigan, Joggers (lighter weight might be more Pajama feeling), Essential Tank
Burnout Jersey	Known for it's see through designs that are "burnt out" of the fabric. It is sheer through the designs. Lighter weight, 2 way stretch.	Cotton, Poly	Relaxed Raglan, Cocoon Cardigan, Boyfriend V Neck, Pumpkin Spice Dolman
Tissue Jersey	Known for being extremely light-weight, usually semi-sheer	Varies	Relaxed Raglan, Pumpkin Spice Dolman, Cardigan



# Fabric Cheat Sheet

## Jerseys

Fabric Type	Description	Usual Fiber Content	Best P4P Patterns
Tri Blend Jersey	Usually lighter weight, soft drape, soft feel, 2 way stretch	Cotton, Poly, Rayon	Both Raglans, Essential Tank, Sweet Tee, Grandpa Cardigan, Cocoon Cardigan, Boyfriend V Neck, Henleys, Pumpkin Spice Dolman, Free Spirit Tank
ITY	Stands for: Interlock Twist Yarn. Very soft, super drapey, nicer/ dressier look than jerseys tend to be. Very stretchy with good recovery. Not clingy/smooth and almost slippery.	Poly, Spandex	Sunshine Dress, Boundless Dress, Pumpkin Spice Dolman, Sweet Tee, Slimfit Raglan, Cocoon Cardigan, Free Spirit Tank, Essential Tank, Straight Palazos
DTY	Stands for: Drawn Textured Yarn. Very drapey with great stretch and recovery. Can be brushed also.	Poly, Spandex	Pumpkin Spice Dolman, Cocoon Cardigan, Layer Me Up, Sunshine Dress, Boundless Dress, Boyfriend V Neck, Slimfit Raglan, Free Spirit Tank, Straight Palazos
Cotton Spandex	Varies in weight, good stretch, 4 way stretch, breathable, good recovery, not much drape. *Lycra is a brand name of Spandex.	Cotton, Spandex	Essential Tank, Layer Me Up, Peg Legs, Sunshine Dress, Pirate Pencil Skirt, Grandpa Cardigan, Joggers, Sweetheart Dress, Neckbands/Cuffs/Yoga bands,



# Fabric Cheat Sheet

## Softies

Fabric Type	Description	Usual Fiber Content	Best P4P Patterns
Brushed Poly	Brushed meaning feels soft on 1 (single brushed) or both sides (double brushed). Usually thinner, has a moderate drape, very stretchy with 4 way stretch and good recovery.	Poly, Spandex	Peg Legs, Layer Me Up, Grandpa Cardigan, Boyfriend V Neck, Slimfit Raglan, Sweet Tee, Relaxed Raglan, Henley
Loose Weave Sweater Knit	Very soft, softer drape, bigger holes between the knitting, usually has good stretch.	Varies	Cocoon Cardigan, Grandpa Cardigan, Carefree Cardigan, Pumpkin Spice Dolman, Relaxed Raglan
Sweater Knit like Hacci	Soft, not see through, usually 2 way stretch but some have 4	Varies	Almost anything! Wouldn't recommend for pants.
Stretch Velvet	Super soft front, knit backing, good 2 way stretch, stable	Poly, Spandex	Almost anything, sometimes not enough stretch for Pegs or Layer Me Up.
Velour	Super soft front, 4 way stretch, good recovery, moderate drape	Poly, Spandex	Almost anything, sometimes not enough stretch for Pegs or Layer Me Up.



# Fabric Cheat Sheet

## Moisture Wicking

Fabric Type	Description	Usual Fiber Content	Best P4P Patterns
Swim	Used in swimwear and sometimes athletic wear for it's moisture wicking abilities, high stretch, great recovery, smooth/slippery to touch	Nylon, Spandex -There is also Poly, Spandex swimwear, I prefer Nylon personally :)	Siren Swim Top, Hello Sailor Bottoms, Peg Legs
Performance Knit	Usually used in athletic wear, moisture wicking, high stretch and good recovery	Poly, Spandex-sometimes Nylon	Peg Legs Any top you'd like to use as a workout top! Boyfriend V Neck, Essential Tank, Relaxed Raglan
Pique	Weight is usually lighter medium. It has a waffle texture and is moisture wicking, great for looser athletic wear.	Poly, Spandex	Joggers, Straight Palazos, Both Raglans, Essential Tank, Henley, Boyfriend V Neck
Tricot	Usually very lightweight and used for lining, but can be main fabric. Smooth, slippery, moisture wicking. 4 way stretch. Sometimes can be UV protective. Swim/Athletic wear.	Poly, Spandex -Higher Spandex content will be more like compression wear.	Siren Swim Top, Hello Sailor Bottoms, Peg Legs, Tops for athletic wear.



# Fabric Cheat Sheet

## Double Knits

Fabric Type	Description	Usual Fiber	Best P4P Patterns
Scuba/Techno	Soft, smooth, almost spongy feeling, good recovery, more stable but has good stretch	Poly, Spandex	Sweetheart Dress, Pirate Pencil Skirt, Joggers, Carefree Cardigan
Liverpool	Thicker, textured on front and smooth on back, stable knit with moderate 2 way stretch	Poly, Spandex	Sweetheart Dress, Pirate Pencil Skirt, Joggers Carefree Cardigan, SOS Pants
Ponte Roma	Usually a thicker knit, more stable, has little drape.	Poly, Rayon, Spandex	Pirate Pencil Skirt, SOS Pants, Sweetheart Dress, Grandpa Cardigan, Carefree Cardigan, Joggers, Straight Palazos, Relaxed Raglan
Fukuro	Thicker, more stable, textured, 2 way stretch	Poly, Cotton, Spandex	Sweetheart Dress, Pirate Pencil Skirt, Joggers, Carefree Cardigan, SOS Pants, Relaxed Raglan
Stretch Jacquard	Thicker, more stable, 2 way stretch	Poly, Spandex	Sweetheart Dress, Pirate Pencil Skirt, Joggers, SOS Pants, Carefree Cardigan, Grandpa Cardigan, Relaxed Raglan



# Fabric Cheat Sheet

## Cozies

Fabric Type	Description	Usual Fiber Content	Best P4P
Stretch French Terry	Has good horizontal stretch, some vertical, has loops on the backside with a smooth front, warmer, some drape	Usually has Rayon and Spandex in the blend	Both Raglans, Straight Palazos, Joggers, All Cardigans, Boundless Dress, Sweetheart Dress
Cotton French Terry	Stable, not much stretch, loops on back and smooth on front, warmer	Cotton	Joggers, Relaxed Raglan, Pirate Playground Pants, Carefree Cardigan
Sweatshirt	Very stable, not much stretch, brushed on inside and smooth on front, warmer and thicker	Cotton	Joggers, Relaxed Raglan, Pirate Playground Pants, Carefree Cardigan
Interlock	Usually thicker, not much stretch, poor recovery, more stable	Cotton	Relaxed Raglan, Henleys, Boyfriend V Neck, I like it for kid's tees.
Thermal	Also labeled "waffle knit" sometimes, think "long johns" fabric, textured- like a ribbed knit weight, stretch can vary a lot.	Varies	Henleys, Slimfit Raglan, Layer Me Up, Grandpa Cardigan
Fleece	Thick, 2 way stretch, very soft, warm, stable	Poly	Carefree Cardigan, Relaxed Raglan, Joggers, Pirate Playground Pants
Wool Knit	Varies in weights, weave, drape and stretch (usually 4 way). Warm.	Wool- other fiber content varies. Some have nylon, acrylic, spandex, poly	All Cardigans, both Raglans, Henley, Boundless Dress, Boyfriend V Neck, Both Dolmans



# Fabric Cheat Sheet

## Others

Fabric Type	Description	Usual Fiber Content	Best P4P Patterns
Silk Jersey	Soft, usually has a soft sheen, can be 2 or 4 way stretch, doesn't have good recovery, very soft drape, semi-sheer and light-weight	Silk	Free Spirit Tank, Pumpkin Spice Dolman, Cocoon Cardigan, Grandpa Cardigan, Relaxed Raglan, Lined Boundless or Sunshine Dress
Lurex	Sparkley, soft, soft drape, good stretch, almost like a sweater knit	Lurex, Rayon, Poly	Almost anything! Wouldn't recommend for pants.
Ribbed Knit	weight varies, usually great stretch, 2 way stretch	Varies	Layer Me Up, Essential Tank, Sweet Tee, Slimfit Raglan, Neckbands/Cuffs/Yoga Bands
Ribbing	Ribbed knit that has spandex, usually sold in the round/ in a tube, great stretch and recovery.	Cotton, Spandex	Layer Me Up, Peg Legs, Neckbands/Cuffs/Yoga bands
Spun Poly Jersey	Sometimes called "Poly Cotton Feel". Warmer, matte finish 2 way stretch, not great recovery.	Poly	Either Raglan, Cardigans, Sweet Tee, Henley.