

SWIFTSS Ultra-Low-Cost Hernia Repair Simulation Model

'Shopping list'

It is advised to watch the YouTube video first to understand what is required. But this is a helpful list to make things easier when you come to put it all together. Good luck creating!

- Red felt or similar no-fray fabric
- White felt or white craft foam sheet
- Thick quilting / tailor's wadding
- Thin quilting / tailor's wadding
- White / neutral woven fabric (calico or sheeting)
- Faux leather (pleather or vegan leather)
- Transparent Fabric (power mesh, hosiery or organza)
- Lightweight interfacing/fabric stiffener (iron on type if available)

Oddments of

- Red, White and Blue knitting wool
- White string or thick knitting cotton
- White lightweight knitting wool (UK 4 ply)
- Thick cardboard (e.g old packaging)
- A4 paper and access to printer
- Turmeric or yellow dye
- Superglue
- Strong Fabric Glue
- Spray Glue
- Small Stone

Tools:

Necessary

- Fabric scissor
- Scissor for cutting card
- Hand sewing needle with large eye
- Heavy book as a weight
- Dressmaker's pins

Optional

- Ruler
- Crafting clips
- Loop turner
- Sewing machine
- Tailors chalk