



BLISS JOY BULL

Mending Resources

Tools + materials

Below is a list of items you'll need for our in person or virtual class.

We have [mending kits](#) available for purchase. [Check out our currently available mending supplies here](#).

I encourage you to support your local fabric/craft store if you can. In Chicago, we have [The WasteShed](#), [Textile Discount Outlet](#), and [Maydel](#). Some of these links may be affiliate links which means I'll receive a small commission at no cost to you.

Required/ highly recommended:

(not included in basic mending kits:)

- Embroidery scissors/ [thread snips](#)

(Included in kits):

- [Tapestry needles](#)
 - These types of needles have a dull point and large eye
 - I usually use size 18-22 with medium weight yarns
- A swatch of knit fabric to practice stitching or a garment you don't mind practicing on, about 4" x 4".
 - A knitted sweater or socks also work well.
- [Mending/darning yarn](#)
 - Or [wool mending yarn](#)
 - Match the yarn to the fiber you're mending. For example, use wool or a wool blend for a wool sweater; cotton embroidery thread for a cotton sweater, etc.
- All-purpose thread but also see below*
 - [Gutermann](#) is a nice brand
- Hand sewing needles
 - [Longer needles](#), sometimes called darning needles, are helpful, but if you can't find them or want to use what you already own regular hand sewing needles are fine
- Straight pins (in kits)
 - or safety pins (not in kits, but not needed if you have straight pins)
- A swatch of fabric to practice stitching or a garment you don't mind practicing on, about 6" x 6".
 - Denim/jeans and/or a button down shirt work well.



BLISS JOY BULL

Optional (included in kit):

- [Sashiko](#) or [embroidery thread](#)
 - *Embroidery thread can be subbed for all-purpose thread if you so choose
- Fabric scraps for patching to match the fabric you're patching
 - For example: cotton swatches if you're repairing a cotton shirt

Optional (not included in kit):

- [Darning egg](#): can be used for mending socks
- [Darning mushroom](#): can be used for mending socks, sweaters, or knit garments
- Other objects around the house I've used instead of a darning egg/mushroom:
 - Ladle, tennis ball, glass jar

Nice to have:

- Large fabric scissors for cutting fabric
- Needle threader (included in kits)
- A small ruler or measuring tape

Resources

[Events with Nandi](#): In person and virtual events. Most in person events are in the Chicagoland area.

Mending books

- *The Ultimate Sashiko Sourcebook* by Susan Briscoe
- *Modern Sashiko* by Silke Bosbach
- *Make + Mend* by Jessica Marquez
- *Modern Mending* by Erin Lewis-Fitzgerald
- *The Mending Directory* by Erin Eggenburg

Articles about Mending + Sashiko

- [What is visible mending?](#)
- [Japanese sashiko mending](#)
- [Sashiko and Animism](#)
- [Visible mending trend traced to a Japanese tradition](#)
- [Punks not dead just patching itself up](#)
- [The most sustainable garment is the one that shows its wear proudly](#)
- [Radical menders vs. disposable everything](#)



BLISS JOY BULL

Websites + Instagram profiles to follow

- <https://upcyclestitches.com/>
- <https://missmatti.com/historyofmending/>
- <https://www.instagram.com/visiblemend/>
- <https://www.instagram.com/sashikostory/>
- and of course me, if you aren't already: [@blissjoybull](https://www.instagram.com/blissjoybull)
 - Use the hashtag #mendingwithnandi and #blissjoybull to post your mends and/or what you worked on in class!

Chicago-based mending suppliers

- The Waste Shed: <https://www.thewasteshed.com/> (located in Evanston and Humboldt Park neighborhoods)
- Maydel: <https://maydel.com/?mdlaff=21> (online shop with a Chicago storefront. The storefront is not open to the public but you can pick up your order at a nearby location.) - this is an affiliate link
- [Textile Discount Outlet](#)

US based mending suppliers

- <https://www.brooklynhaberdashery.com/>
- <https://www.frenchneedle.com/>
- <https://www.rochestertextile.com/>

Other mending supplies

- Chalk pens:
 - https://maydel.com/?s=chalk+pen&post_type=product&type_aws=true&aws_id=1&aws_filter=1&mdlaff=21
 - A few different options you can choose from
- Wool yarns for mending socks:
 - [Sock reinforcing yarn](#)
 - [Sock yarn on etsy](#)
 - Regia brand sock yarn
 - Or check your local yarn shop for sock yarn - a little bit of nylon with wool is good for longevity

Other resources

How to unwind sashiko thread so it doesn't get tangled:

1. Video: <https://www.youtube.com/watch?v=ekKoGmr2Ap0>



BLISS JOY BULL

2. Article:

<https://www.athreadedneedle.com/blogs/with-a-threaded-needle/76097989-sashiko-thread-and-how-not-to-end-with-a-tangled-mess>