

Improv: by Hand and Machine with Heidi Parkes

Supply List

Empty Spools, March 5 - 10, 2027

CLASS LAB FEE \$40

See the specific materials I use, additional information, photos, and links on my website at www.heidiparkes.com/my-favorite-supplies.

Empty Spools Will Provide:

- Designs walls, a work table, beautiful views of nature, and natural light
- Opportunity to rent a sewing machine (as supplies last)
- Be sure to review the [general information](#) for Empty Spools to know what is provided and what is permitted in the classroom.

Class Lab Fee: \$40

A couple months before class, I'll email you a Welcome Packet. This will include a coupon code, so that you can **purchase access to pre-recorded instructional material for \$40** on my website. *This instruction is essential to class.* It will allow you to start sewing in advance of class, and will familiarize you with important hand and machine piecing techniques. That way, when we're together in class, we'll be able to prioritize composition and advanced techniques.

Required Supplies:

- **Fabric:**
 - Solid colors and naturally dyed fabrics are encouraged, minimal prints like stripes, florals, and polka dots work well too
 - Natural fibers (especially cotton) are the easiest to work with
 - You'll want to bring at least 5 yards of fabric, but it needn't all be new yardage or in big unbroken cuts
 - 5lbs total fabric should be more than adequate, but you can certainly bring more if it pleases you :)
 - **When selecting your colors:** consider an outfit that you love to wear, a favorite work of art, a beautiful landscape, or notice the colors you've been drawn to recently. You'll want your fabrics to look great lined up together, and you'll want a few 'strange' ones to add in small amounts to create contrast.
 - Your quilt can be **pieced**, or it can have a **base fabric** that everything is attached to. Both are great ways of making a quilt. If working with a *base fabric*, you'll need to bring a piece that's big enough.
 - Examples:

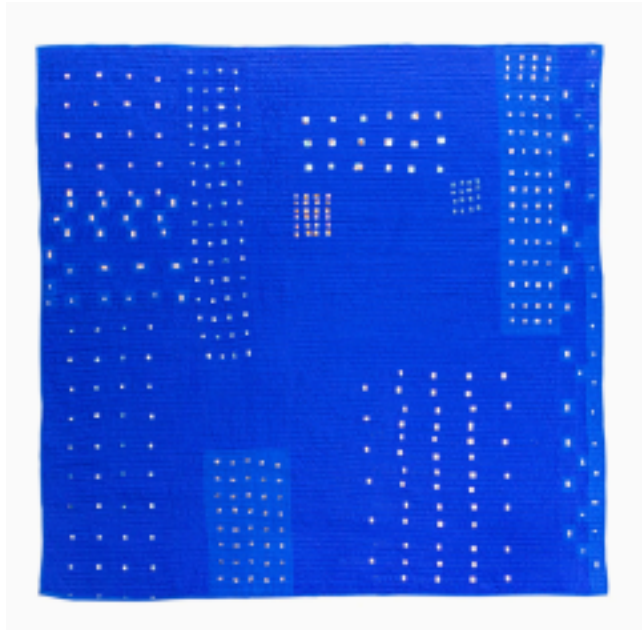
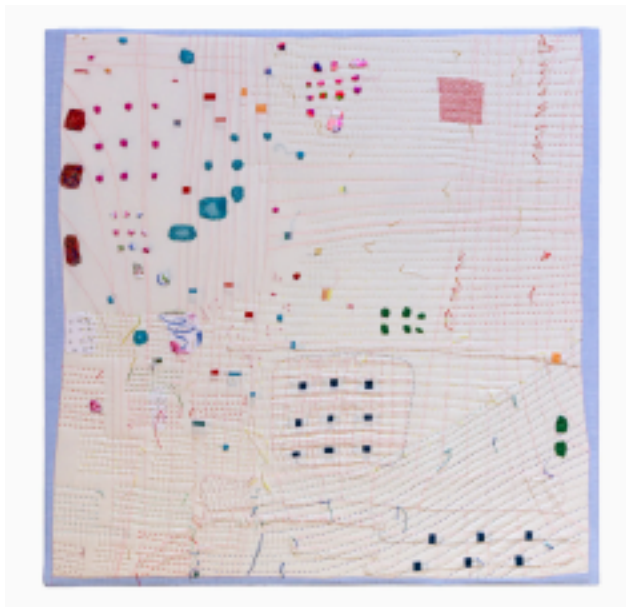
- *Base fabric:* [Neutrality Study no. 5](#)
- *Base fabric:* [We've Never Met, but I've Been an Admirer](#)
- *Base fabric:* [Softly, Gently, Slowly, Fast](#)
- Pieced: [Abundance Study no. 3](#)
- Pieced: [So Many Small Things](#)
- Pieced: [Cream, Sugar, Snow](#)
- **Thread:**
 - **For hand sewing:** I like slightly thick thread best, and my favorite thread is DMC Pearl Cotton size 8, and I also enjoy size 10 crochet cotton and sashiko thread. I suggest that you bring threads that both match and contrast with your fabrics. (I like these threads for hand piecing and for hand quilting)
 - **For machine sewing:** I love a bold, strange thread color that can spotlight the seams. Neon pink and neon orange are my current favorites. Cotton machine thread is great too. High contrast is encouraged.
- **Pins** (straight and/or applique)
- **Safety pins** (to prep handwork, and to baste if you choose to during class)
- **Scissors**
- For handwork:
 - **Pushing thimble**, to protect your fingers while sewing (I LOVE the Clover Protect and Grip Thimble, which is in my [Amazon Shop](#))
 - **Pulling thimble** or gripper (I LOVE the Little House Needle Gripper Silicon Thimble, which I purchase from Snuggly Monkey. Use this [\\$5 discount code](#) from me.) You can also use a needle puller or rubber gripper (I like using a square of Dycem Non-Slip)
 - **Needles** that work with your thread - I like the Dritz Milliners multipack. ○ **Embroidery hoops**. I personally love a 3" hoop, and a small 6" oval hoop

Optional:

- **Sewing Machine**, only straight stitches will be needed
- **Thread** (for sewing machine)
- **Travel iron** (please note that travel irons must have an automatic shut-off function)
- **Table-top light** to help with hand sewing
- **Extension cord** with surge protector for your light, iron, and sewing machine
- **Needle threader**, check that it works for you with our materials
- **Rotary cutter**
- **Cutting mat** for rotary cutting
- **Clear ruler** for rotary cutting
- **A marking tool:** Hera marker, fabric pencil, or air-erasable pen
- **For precise applique:** thin cardboard (like a cereal box), aluminum foil ● **For applique placement:** tissue paper (the kind used for gift wrap) and a marker ● If you think you'd like to start hand quilting near the end of class:
 - **Quilt batting** for the size quilt you plan to make
 - **Backing fabric:** I like unbleached cotton muslin in wide yardage. A bedsheet could work too—but check that it's easy to push your needle through. I typically use this backing fabric as my binding by wrapping it from back to front. The backing should be about 5 inches larger than your quilt top, vertically & horizontally.

Additional Notes:

- **Suggested quilt size:** 25 x 25” to 50 x 50” is probably a good range for a “medium sized quilt.” I usually make square or portrait style quilts. My quilts are typically 60 x 60”, and if you like a challenge and come with sewing already done from the pre-recorded video, it should be fine to work at that scale.
- Students are welcome to use [both hand and machine](#) to make their improv quilt tops in class. They are also welcome to use [exclusively hand](#), or [exclusively machine](#) if they prefer.
- **Prepare for class NOW with some of these options:**
 - Watch my YouTube Channel: [YouTube.com/HeidiParkes](https://www.youtube.com/HeidiParkes)
 - Enjoy a free 60-day trial of my classes on [Creativebug](#)
 - Check out variations of student work on Pinterest: pinterest.com/HeidiParkesArt
 - Stay connected with me via my [Monthly Email Newsletter](#)
- Be ready to have FUN, let go, and trust your hands!



Suggested Class Itinerary:

I'm an improv teacher as well as an improv quilter, so this is subject to change ;)

Before Class:

- **Receive pre-recorded materials** with your Class Lab Fee, and practice skills. I love it when students practice right on their quilts! There will be tips on how to do this.
- Consider your ideal scale and timeline for your quilt.
- Think about making a [Pinterest](#) page to track ideas, color, and aesthetic inspiration. **In Class:**

1. See a **trunk show** of Heidi's quilts in person. **Share your 'homework.'** Request and see some **demos**, balanced with **time to sew**, digest, and connect with classmates. 2. Start the day with a **wishlist**, so demos and conversation about color, composition, shape, visual movement,

and other interests can be addressed strategically. Heidi will be sewing along on her own quilt top, and will model *prepping handwork* vs *doing handwork*.

3. More demos and sewing, with **lots of 1:1 time**.

4. Heidi will start to share more about the **hand quilting** process. Only a handful of you will likely opt to get to this in class, but it's helpful to see and discuss in person.

5. Heidi will share about **binding**, **signing** your work, and **sleeves**. We'll take a class photo. We'll discuss next steps in our quilts and celebrate our progress.

After Class:

- Finish your quilt top (as needed), baste, quilt, bind, sign, sleeve!
- Share your work online! Tag [@Heidi.Parkes](#) (in the caption and on the photo) on Instagram posts so we can see work and celebrate together.

