Instructions for making disposable Hospital Gowns
Wait for 14 days after full recovery from any recent illness before participation.

Please follow the CDC, State, County and Hospital Guidelines regarding personal precautions.

Start with clean hands after washing with soap and water for at least 20 seconds and sanitize tools, stations and work area. Please keep family pets away from work area.

Collectively infuse positive vibrations throughout the process by chanting prayers and devotional songs.

The initial trial unit may be worn to be tested as shown in some of the videos and instructions, but the units to be donated should not be worn.
Materials and fabrication supplies

- Painter’s Plastic: 0.7 mil, 12ft x 400 ft. ($54.00 at Home Depot)
  - 12ft x 400 ft makes 100 gowns – cost/gown $0.54
  - [https://www.homedepot.com/p/HDX-12-ft-x-400-ft-Clear-0-7-mil-Plastic-Sheeting-CFHD00712-400C/204711642](https://www.homedepot.com/p/HDX-12-ft-x-400-ft-Clear-0-7-mil-Plastic-Sheeting-CFHD00712-400C/204711642)
  - (If .7 mil is not available, you can use 1mil)
- Heat Gun: Wagner FURNO300 ($23.00 at Home Depot)
- Large scissors
- Measuring tape
- Cardboard for template: One large piece
First make a cardboard template with the shown measurements (one-time process)
Fabrication process steps

Place the roll on a large table and unfurl it
Measure and cut 8 ft of plastic
Unroll the cut rectangle (requires two people)
Fold the cut plastic twice – first lengthwise and then across
Once you make the second fold, cut the plastic at the fold
This will make 2 gowns
Fabrication process steps

- Place the first piece of plastic sheet on the template with the fold towards the top (where the neck will be).
- The open part will be at the bottom (where the legs will be).
- Place some weights across the template to keep the plastic sheet from moving around.
- Use the heat gun on the low setting and direct the heat on the plastic around the template – starting at the bottom and working your way up to the end of the sleeve – to seal the sides and arms and create a seam (look for small bubbles to form, this indicates a strong hold).
- Do this on both sides.
- Use scissors to cut the excess plastic on the outside of the seam you created.
Fabrication process steps

- **CUT THE HOLE FOR THE NECK**
- **CUT A SMALL SLIT RUNNING DOWN THE BACK FROM THE NECK (ABOUT 8”) TO MAKE IT EASY TO SLIP THE GOWN ON AND OFF**
- **FLIP THE GOWN INSIDE OUT (IF YOU SEE ANY PLACES WHERE THE PLASTIC HAS NOT SEALED, GO OVER THAT SPOT AGAIN WITH YOUR HEAT GUN)**
- **AND YOU’RE DONE!**
Front of the gown
Back of the gown