

The Beginner Knitter's Survival Cheat Sheet

For every woman who's ever said "Someday I'll learn to knit" — today is that someday. 

Your Tiny Shopping List (just 4 things!)

Chunky / Bulky Yarn (1 skein)

💡 Pick a LIGHT color. Acrylic is perfect for beginners — cheap & washable!

US Size 10 or 11 Needles

💡 Bamboo or wooden are best — yarn grips them so stitches won't slip off.

Scissors

💡 Any pair from around the house works fine.

Yarn Needle (Tapestry Needle)

💡 Big blunt needle to weave in your ends. Costs ~\$2.

Skip for now: stitch markers, cable needles, expensive yarn, complicated patterns.

Three Moves. That's All.

1. Cast On (Getting stitches onto your needle)

1. Make a slip knot ~6 inches from the yarn end, slide onto needle.
2. Insert right needle into the slip knot, left to right.
3. Wrap yarn around right needle tip (counter-clockwise).
4. Pull right needle back through the loop.
5. Slip the new stitch onto the left needle. Repeat!

 **Pep talk:** If your slip knot takes 5 tries, you're right on track!

2. The Knit Stitch (The only stitch you actually need)

Mantra: "In, wrap, pull through, slide off."

1. Insert right needle into first stitch from left to right (they make an X).
2. Wrap yarn around right needle tip (counter-clockwise).
3. Pull the right needle back through, bringing the new loop with it.
4. Slide the old stitch off the left needle.  You knitted a stitch!
5. Repeat across the whole row.

3. Bind Off (How to finish without unraveling)

1. Knit 2 stitches normally onto right needle.
2. Lift the FIRST stitch over the second and off the needle.
3. Knit 1 more stitch, then repeat: lift first over second.
4. When 1 stitch remains, cut yarn (6" tail) and pull tail through the loop.
5. Weave in the tail with your tapestry needle.

 Don't pull too tight — keep it relaxed!

Everyone Makes These Mistakes

Knitting too tightly

✓ Relax your hands and loosen your grip. This isn't a strength exercise!

Gaining extra stitches

✓ Count stitches at the end of every row until you get the hang of it.

Dropping a stitch

✓ Use your needle to pick up the loose loop — YouTube it if needed. Easy fix!

Splitting the yarn

✓ Slow down and insert into the stitch loop, not through the yarn itself.

Uneven edges

✓ Pull the first stitch of each row a little tighter, or slip it instead of knitting it.

Your First Project: The "I Made This!" Dishcloth

 2–4 hours  ~8" × 8"  1 skein cotton yarn  US size 8 needles

Yarn: Sugar 'n Cream or Lily cotton — cheap, colorful, machine-washable!

1. **Cast On 35 stitches.** (Tight knitter? Try 30. Loose? Try 40.)
2. **Knit every stitch, every row** (called "garter stitch" — you got this!).
3. **Keep going** until your piece is roughly square, about 8" / ~45–50 rows.
4. **Bind off** all stitches loosely.
5. **Weave in your ends** with the tapestry needle and trim. Done!

 **You just made something with your own two hands! You're a knitter now.**

Your "someday" just became today. Happy knitting!  