

**Upstream
sweater**



Sizing

This pattern includes 7 sizes, please use the chart to pick your size. There are 8 sizes in the chart, sizes 4 and 5 follow the same instructions in the pattern. When the instructions differ between sizes, they will be written as follows: size 1 [size 2, size 3, sizes 4-5, size 6, size 7, size 8].

Sizing notes: Alice wears size 2. If you are in between sizes 1 and 2 or sizes 5 and 6, we suggest you go up a size. If you are in between sizes 2 and 3, we suggest you go down a size unless you want a more oversized fit.

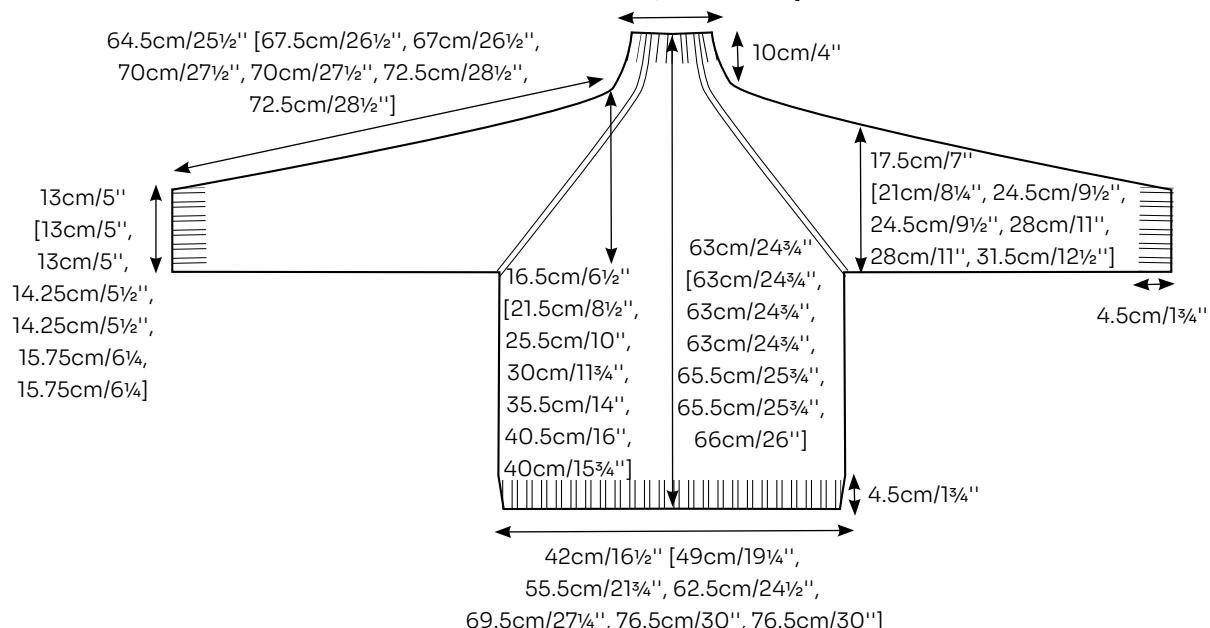
Size	To fit chest	S-M-L
1	71-76cm/28-30"	XS
2	81-86 cm/32-34"	S
3	91-97cm/36-38"	M
4	102-107cm/40-42"	L
5	112-117cm/44-46"	XL/1X
6	122-127cm/48-50"	2X
7	132-137cm/52-54"	3X
8	142-147cm/56-58"	4X

Measurements

Flat measurements (after blocking):

If you are unsure which of the above sizes to pick, try measuring a garment you like the fit of, and see which size is closest to the measurements below.

Below rib: 21cm/8¼" [21cm/8¼",
21cm/8¼", 22.5cm/8¾", 22.5cm/8¾",
24.5cm/9½", 24.5cm/9½"]



Information

The Upstream Sweater is knitted in the round from the top down in wavy ribbing stitch. The pattern starts with the 2x2 rib neck and then changes to wavy ribbing stitch. Short rows are worked at the bottom of the neck to add shaping. Increases are made at the four raglan points until the armholes are reached. The stitches are then divided into the body and two sleeves and worked separately in the round, changing to 2x2 rib at the hem and cuff.

Skill level: Intermediate.

Required techniques: Long tail cast on, knitting in the round, knit, purl, increasing, decreasing, cable cast on, cast off. For help with techniques see useful links on page 15.

Yarn: Aran/worsted weight yarn. Approx. 175m/100g. You will need approx. 670g/1173m, [750g/1313m, 850g/1488m, 940g/1645m, 1080g/1890m, 1150g/2013m, 1200g/2100m].

For the beige sample we used:

7 [8, 9, 10, 11, 12, 13] balls of Laxtons Sheepsoft Aran in Bishopdale - 100% wool. (175m/191yds per 100g ball.)

For the green sample we used Cascade 220 Aran in colour 1034. Alternative yarn suggestions: Rico Essentials Soft Merino Aran, West Yorkshire Spinners The Croft Aran, Drops Nepal.

Recommended needles:

3.5mm/US 4 circular knitting needles, length 40-50cm/16-20" and 80cm/32".

4.5mm/US 7 circular knitting needles, length 40-50cm/16-20" and 80-120cm/32-47".

Tension (blocked):

Wavy Ribbing Stitch (see page 9) on 4.5mm/US 7 needles:

10cm/4" x 10cm/4" = 23 stitches x 28 rows

Tools: Tape measure, scissors, 4 x stitch markers, stitch holders and a blunt tapestry needle for weaving in ends.

Abbreviations:

k - knit.

p - purl.

st(s) - stitch(es).

WS - wrong side.

RS - right side.

m1R - make 1 stitch right leaning. Pick up the horizontal strand before the next stitch from back to front and knit into the front of it.

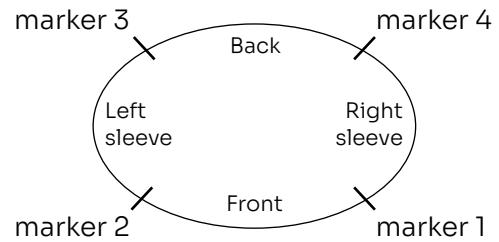
m1L - make 1 stitch left leaning. Pick up the horizontal strand before the next stitch from front to back and knit into the back of it.

k2tog - decrease 1 stitch by knitting 2 stitches together.

ssk - decrease 1 stitch by slipping the next two stitches knit-wise, one by one. Insert the left needle through the front loops of both slipped stitches and knit them together to make 1 stitch.

Knitting notes:

- You will need 4 stitch markers placed in this formation according to step 2:



- Increases for the raglan are made before and after each marker according to the pattern.

- Please refer to the wavy ribbing stitch chart on page 9 when referenced in the instructions. If you are instructed to start with a certain stitch in the stitch pattern, work from that stitch to the end of the chart, then start again at stitch 1 and work full repeats to the end of the round.

- p0/k0 is used when some sizes have stitches to work and others don't. It means zero, do not work a stitch.

- **German short row turns:** When told to turn in step 13, to keep the short rows neat work a German short row turn as follows:

1. Turn the work - if you are on a RS row and turn the work, make sure yarn is at WS of work. If you

are on a WS row and turn the work, make sure yarn is at RS of work.

2. Turning st = slip the first stitch purl-wise, bring the working yarn up and over the needle, pulling tightly so that both strands of the slipped stitch go over the needle. Holding the yarn tightly continue working according to pattern.
3. When working back across this turning stitch, it will look like a double stitch, make sure you work both strands together as one stitch.

Instructions

1. With 3.5mm/US 4 needles, length 40-50cm/16-20", cast on 96 [96, 96, 104, 104, 112, 112]sts using the long tail cast on technique.

Place marker 1 and join to work in the round. This marker should be different to the other markers to show the start of the round.
2. *K2, p2[p2, p2, p3, p3, p4, p4], (k2, p2)x7, p0[p0, p0, p1, p1, p2, p2], place marker 2, k2, p2[p2, p2, p3, p3, p4, p4], (k2, p2)x3, p0[p0, p0, p1, p1, p2, p2]*, place marker 3. Repeat section in stars (*) once more placing marker 4.

Sizes 1, 2 and 3 only:

3. *K2, p2*, repeat section in stars until end of round.

Sizes 4-5, 6, 7 and 8 only:

4. *K2, [p3, p3, p4, p4], (k2, p2)x7, [p1, p1, p2, p2], k2, [p3, p3, p4, p4], (k2, p2)x3, [p1, p1, p2, p2]*, repeat section in stars once more.

All sizes:

5. Repeat step 3 [3, 3, 4, 4, 4, 4] until your piece measures 4.5cm/1¾" from the cast on edge.

Sizes 1, 2 and 3 only:

6. With 4.5mm/US 7 needles, length 40-50cm/16-20", work rounds 1 to 12 of the wavy ribbing st chart (see page 9).

Sizes 4-5, 6, 7 and 8 only:

7. With 4.5mm/US 7 needles, length 40-50cm/16-20", *k2, [p1, p1, p2, p2] starting with st 3 on the chart, work round 1 of the wavy ribbing st chart twice, [p1, p1, p2, p2], slip marker, k2, [p1, p1, p2, p2] starting with st 3 on the chart, work round 1 of the wavy ribbing st chart once, [p1, p1, p2, p2], slip marker.* Repeat section in stars once more.
8. Repeat step 7 working rounds 2 to 12 of the wavy ribbing st chart. Work the same way as step 7 but substitute 'work round 1' with whichever round you are on.

All sizes:

9. You will now work the first raglan increases which will sit on the neck as follows:
m1R, slip marker, k2, m1L, starting with st 3 [3, 3, 2, 2, 1, 1] on the chart, repeat round 13 of the wavy ribbing st chart until you reach the next marker. Repeat section in stars a further 3 times. (104 [104, 104, 112, 112, 120, 120]sts.)
10. *K2, starting with st 2 [2, 2, 1, 1, 16, 16] on the chart, work round 14 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 3 times.
11. *m1R, slip marker, k2, m1L, starting with st 2 [2, 2, 1, 1, 16, 16] on the chart, work round 15 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 3 times. (112 [112, 112, 120, 120, 128, 128]sts.)
12. K2, starting with st 1 [1, 1, 16, 16, 15, 15] on the chart, work round 16 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 3 times.
13. In this step you will work the the short rows to shape the neck while still increasing for the raglan as follows:
Set up = slip marker, k4[k4, k4, k5, k5, k6, k2], p2, k1[k1, k0, k0, k0, k0, k1]. Turn work. (See knitting notes on German short row turn).
Row 1: (WS) Turning st, k2[k2, k1, k1, k1, k1, k0], p4[p4, p4, p5, p5, p6, p4], slip marker, k0[k0,

k0, k1, k1, k2, k2], *p10, k2, p2, k2*, p4[p4, p4, p5, p5, p6, p6], slip marker, k0[k0, k0, k1, k1, k2, k2], repeat section in stars twice more. P4[p4, p4, p5, p5, p6, p6], slip marker, k0[k0, k0, k1, k1, k2, k2], repeat section in stars once more, p4[p4, p4, p5, p5, p6, p6], slip marker, k0[k0, k0, k1, k1, k2, k2], p5[p5, p4, p4, p4, p4, p1]. Turn work.

Row 2: (RS) Turning st, p2[p2, p1, p1, p1, p1, p2], k2[k2, k2, k2, k2, k2, k0], p0[p0, p0, p1, p1, p2, p0], *m1R, slip marker, k2, m1L, p0[p0, p0, p1, p1, p2, p2], work row 16 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 2 times. m1R, slip marker, k2, m1L, p0[p0, p0, p1, p1, p2, p2], k2, p2[p2, p2, p2, p2, p2, p1], k2[k2, k2, k2, k2, k0], p2[p2, p1, p1, p1, p1, p0], k2[k2, k0, k0, k0, k0, k0] remember to work the 2 strands of the turning st together. Turn work. (120 [120, 120, 128, 128, 136, 136]sts.)

Row 3: (WS) Turning st, p1[p1, p2, p2, p2, p2, p7], k2[k2, k2, k2, k2, k2, k0], p2[p2, p3, p3, p3, p3, p0], k2[k2, k0, k0, k0, k0, k0], p5[p5, p2, p3, p3, p4, p0], slip marker, p0[p0, p0, p0, p0, p1, p1], k1[k1, k1, k2, k2, k2, k2], *p10, k2, p2, k2*, p5[p5, p5, p6, p6, p7, p7], slip marker, p0[p0, p0, p0, p0, p1, p1], k1[k1, k1, k2, k2, k2, k2], repeat section in stars twice more. P5[p5, p5, p6, p6, p7, p7], slip marker, p0[p0, p0, p0, p0, p1, p1], k1[k1, k1, k2, k2, k2, k2], repeat section in stars once more. P5[p5, p5, p6, p6, p7, p7], slip marker, p0[p0, p0, p0, p0, p1, p1], k1[k1, k1, k2, k2, k2, k2], p10[p10, p7, p7, p7, p7, p3] remember to work the 2 strands of the turning st together. Turn work.

Row 4: (RS) Turning st, k1[k1, k0, k0, k0, k0, k0], p6[p6, p4, p4, p4, p4, p0], k2, p1[p1, p1, p2, p2, p2, p2], k0[k0, k0, k0, k0, k1, k1] *m1R, slip marker, k2, m1L, k0[k0, k0, k0, k0, k1, k1], p1[p1, p1, p2, p2, p2, p2], work row 16 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 2 times. m1R, slip marker, k2, m1L, k0[k0, k0, k0, k1, k1], p0[p0, p1, p2, p2, p2, p2], k0[k0, k2, k2, k2, k2, k2], p0[p0, p2, p2, p2, p2, p2], k0[k0, k2, k2, k2, k2, k2], p0[p0, p2,

p2, p2, p2, p0], k0[k0, k2, k2, k2, k2, k0]. Remember to work the 2 strands of the turning st together. For sizes 3 to 8, turn work and go to Row 5. **For sizes 1 and 2 skip to step 14.** (128 [128, 128, 136, 136, 144, 144]sts.)

Row 5: (WS) Turning st, p1, k2, p2, [k2, k2, k2, k2, k0], [p6, p7, p7, p8, p6], slip marker, [p0, p1, p1, p2, p2], k2, *p10, k2, p2, k2*, [p6, p7, p7, p8, p8], slip marker, [p0, p1, p1, p2, p2], k2, repeat section in stars twice more. [p6, p7, p7, p8, p8], slip marker, [p0, p1, p1, p2, p2], k2, repeat section in stars once more. [p6, p7, p7, p8, p8], slip marker, [p0, p1, p1, p2, p2], k2, [p10, p10, p10, p6] remember to work the 2 strands of the turning st together. Turn work.

Row 6: (RS) Turning st, [k1, k1, k1, k1, k0], [p6, p6, p6, p6, p3], k2, p2, [k0, k1, k1, k2, k2], *m1R, slip marker, k2, m1L, [k0, k1, k1, k2, k2], p2, work row 16 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 2 times. m1R, slip marker, k2, m1L, [k0, k0, k0, k0, k2], [p0 p0, p0, p0, p2], [k0, k0, k0, k0, k2], [p0, p0, p0, p0, p2], [k0, k0, k0, k0, k1]. Remember to work the 2 strands of the turning st together. For size 8, turn work and go to Row 7. **For sizes 3-7, skip to step 14.** ([136, 144, 144, 152, 152]sts.)

Row 7: (WS) Turning st, k2, p2, k2, p9, slip marker, k1, p2, k2, *p10, k2, p2, k2*, p9, slip marker, k1, p2, k2, repeat section in stars twice more. P9, slip marker, k1, p2, k2, repeat section in stars once more. P9, slip marker, k1, p2, k2, p9, remembering to work the 2 strands of the turning st together. Turn work.

Row 8: (RS) Turning st, p6, k2, p2, k2, p1, *m1R, slip marker, k2, m1L, p1, k2, p2, work row 16 of the wavy ribbing st chart until you reach next marker.* Repeat section in stars a further 2 times. m1R, slip marker, k2, m1L. (160sts.)

14. You should have just gone past marker 1 (start of the round). Slip 3sts from right needle back to left needle to start working in

the round continuously again. You may need to break the yarn and re-join.

K2[k2, k3, k4, k4, k2, k2], p2[p2, p2, p2, p2, p1, p2], k0[k0, k0, k0, k0, k2, k2], p0[p0, p0, p0, p0, p2, p2], work round 1 of the wavy ribbing st chart until you reach next marker. Remember to work the 2 strands of the turning st together. Repeat section in stars a further 3 times.

15. Work rounds 1 to 32 of the raglan chart 1 [1, 2, 2, 2, 2, 3] time(s). See pages 10-15, follow only the chart for your size. As the sts increase, at some point you will need to swap to 4.5mm/US 7 needles, length 80-120cm/32-47". (256 [256, 392, 400, 400, 408, 544]sts.)

Sizes 1, 2, 3, 4-5, 6 and 7 only:

16. Work rounds 1 to 13 [27, 7, 3, 19, 17] of the raglan chart. (312 [368, 424, 416, 480, 480] sts.)

Sizes 4-5, 6, 7 and 8 only:

17. Work rounds 1 to [16, 16, 32, 15] of the front/back and sleeve charts. ([448, 512, 544, 576] sts.)

All sizes:

18. Now it's time to divide the sts into the body and the two sleeves:

Work row 14 [28, 8, 20, 4, 18, 16] of the raglan chart across the front until you reach the next marker. Remove marker, place the next 70 [84, 98, 96, 112, 112, 128]sts (all sts until you reach the next marker) on a st holder for one sleeve. Remove next marker, cast on 10 [12, 14, 16, 16, 16, 16]sts on the right needle using the cable cast on technique; this is for the underarm. Join cast on sts with the back and repeat the section in stars once more.

Join cast on sts to the front, k1[k2, k0, k0, k0, k0, k0], p2[p0, p1, p0, p0, p0, p0] then place marker to show start of the round. You will now work the body in the round. (192 [224, 256, 288, 320, 352, 352]sts.)

19. Work rounds 8 [14, 2, 6, 14, 4, 2] to 16 of the wavy ribbing st chart.
20. Repeat rounds 1 to 16 of the wavy ribbing st chart until the body measures 58.5cm/23" [58.5cm/23", 58.5cm/23", 58.5cm/23", 61cm/24", 61cm/24", 61cm/24"] from the cast on neck edge (measure on the front). Make sure last round is either round 8 or 16, (approx. 5 [4.5, 3, 2.5, 2.5, 1, 1] repeats).
21. With 3.5mm/US 4 needles, length 80cm/32", *k2, p2* repeat section in stars until end of round.
22. Repeat step 21 until 2x2 rib measures 4.5cm/1¾".
23. Cast off in ribbing.

The body is now complete. You will now work the sleeve sts put on st holders in step 18.
24. Place the sts from one sleeve onto your 4.5mm/US 7 needles, length 40-50cm/16-20". RS facing outwards, pick up and k 10 [12, 14, 16, 16, 16, 16]sts along the sts cast on for the body underarm, place a marker after picking up 5 [6, 7, 8, 8, 8] out of the 10 [12, 14, 16, 16, 16, 16]sts to mark the underarm point.

You will now work in the round over these 80 [96, 112, 112, 128, 128, 144]sts. K1[k2, k0, k0, k0, k0], p2[p0, p1, p0, p0, p0] then work round 7 [13, 1, 5, 13, 3, 1] of the wavy ribbing st chart until reaching the underarm marker.
25. Work rounds 16 [6, 10, 14, 6, 12, 10] to 16 of the wavy ribbing st chart. (1 [11, 7, 3, 11, 5, 7] rounds.)
26. Repeat rounds 1 to 16 of the wavy ribbing st chart a further 6 [3, 1, 2, 1, 1, 1] times. (96 [48, 16, 32, 16, 16, 16] rounds.)

Note: The sweater has longer length sleeves, for shorter sleeves remove one repeat from this step.
27. You will now start decreasing until you reach the sleeve cuff. Keep repeating rounds 1 to 16 of the wavy ribbing st chart, keeping in

pattern whilst decreasing as instructed.

K2, k2tog, work in pattern until 2sts remain, ssk. (78 [94, 110, 110, 126, 126, 142]sts.)

28. Work 6 [4, 3, 3, 1, 2, 1] rounds in pattern.

29. K2, k2tog, work in pattern until 2sts remain, ssk. (76 [92, 108, 108, 124, 124, 140]sts.)

30. Repeat steps 28 to 29 a further 2 [10, 18, 14, 22, 17, 26] times. (72 [72, 72, 80, 80, 90, 88] sts.)

At this point you should have worked 1 [3, 4, 3, 2, 3, 3] full repeats of the wavy ribbing st chart and repeated rounds 1 to 6 [8, 13, 13, 15, 7, 7] once more from step 27.

Sizes 1, 3, 4-5, 6 and 8 only:

31. Work 2 [3, 3, 9, 1] rounds in pattern, finishing on row 8 [16, 16, 8, 8] of the wavy ribbing st chart.

Size 7 only:

32. Repeat step 29 once more. (88sts.)

All sizes:

33. Using 3.5mm/US 4 needles, length 40-50cm/16-20", *k2, p2* repeat section in stars until end of round.

34. Repeat step 33 until 2x2 rib measures 4.5cm/1 $\frac{3}{4}$ ".

35. Cast off in ribbing.

36. Repeat steps 24 to 35 for the other sleeve.

37. Weave in loose ends.

Blocking:

We would recommend that you block your sweater to achieve the correct measurements. The fabric will grow and lose some of the wave definition in blocking, so if you are happy with the result unblocked, it's not essential.

Refer to the blocking instructions for the yarn you are using or follow the instructions below:

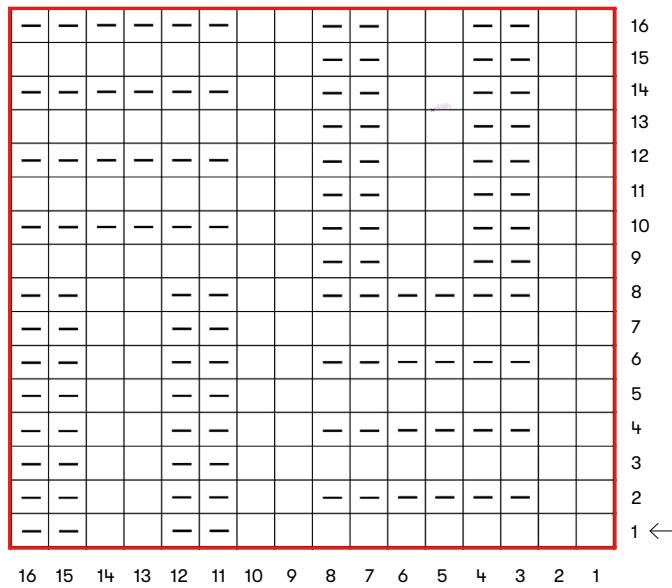
1. Fill a basin with cold water, submerge sweater for 15 minutes.
2. Lift out of water, supporting weight evenly, gently squeeze to remove excess water.
3. Roll between clean towels to remove most of the moisture.
4. Place on a blocking mat or board.
5. Pin out to flat measurements.
6. Leave until completely dry.

Wavy ribbing stitch:

This wavy stitch pattern cleverly combines garter and rib stitches to create a mock cable texture.

Worked in the round: Cast on a multiple of 16sts using the long tail cast on technique. Place a marker and join to work in the round. Repeat rows 1 to 16 of the wavy ribbing stitch chart.

Wavy Ribbing Stitch Chart:



Charts

- Each chart is made up of squares, each square represents 1 stitch.
 - The symbols in each square represent the way the stitch is worked, referenced in the key.
 - The first round in all charts is the bottom row.
 - The number at the side of the chart indicates the round number as well as the direction of reading. Rounds are read from right to left.
 - Charts show work as it appears with the right side facing.
 - Bold black/blue line or red line on the outer edge of the chart, highlights the area of active stitches on each row. Only work the stitches within this area.
 - Red line highlights a section that needs to be repeated.

Key



No symbol = Knit



Purl



Make 1 stitch left leaning



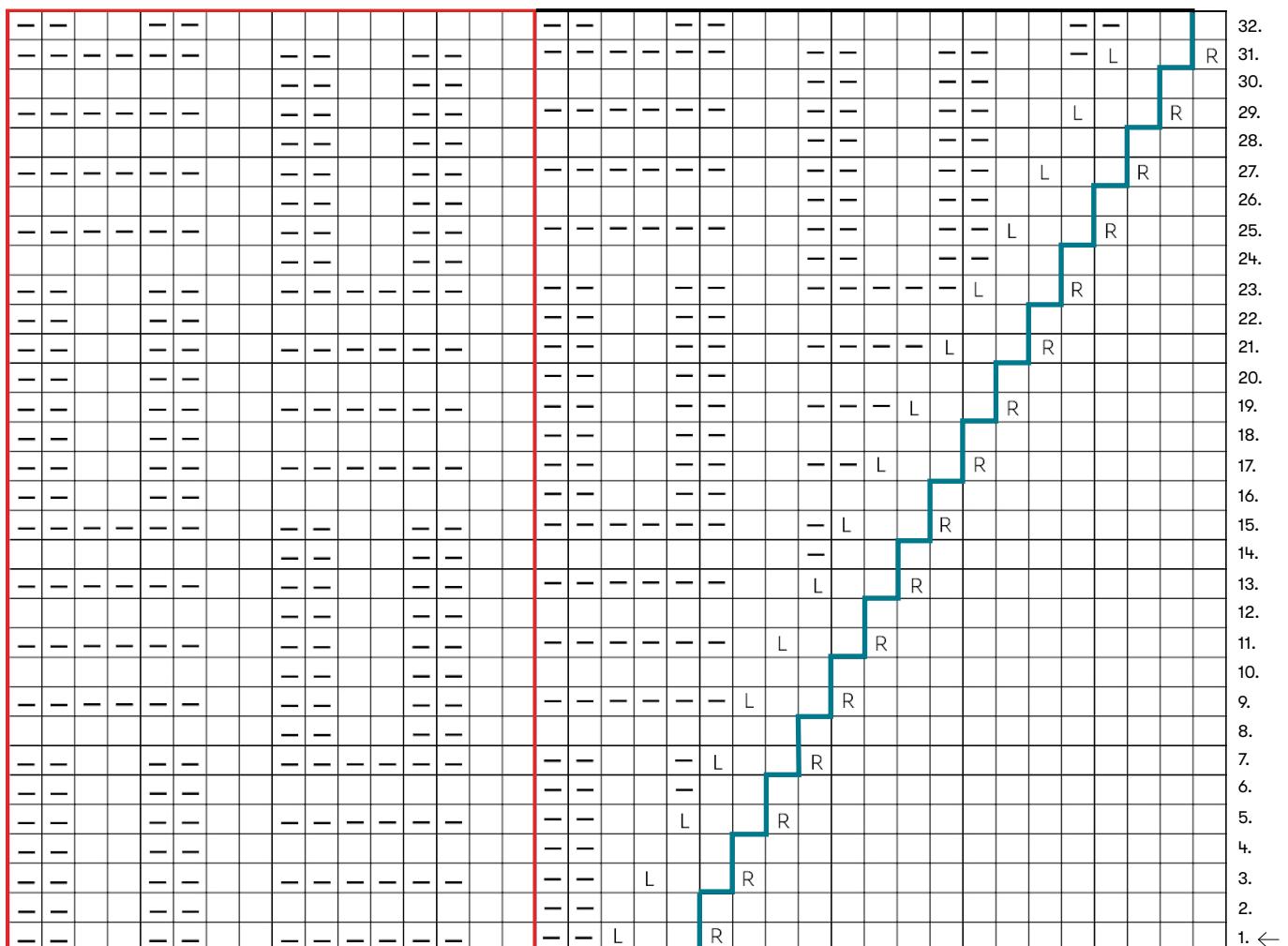
Make 1 stitch right leaning

Raglan Charts:

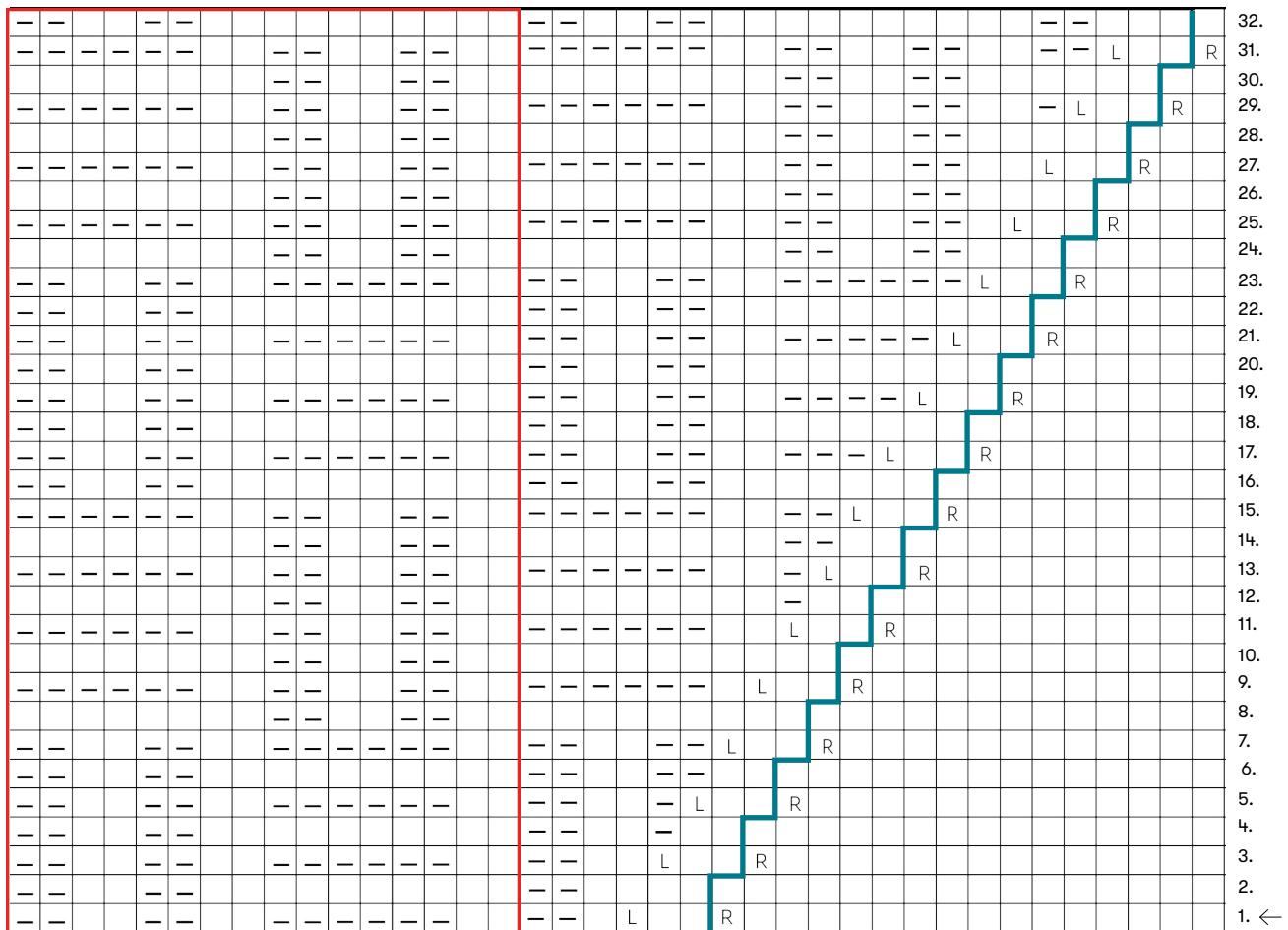
The bold blue line shows where the marker is. Slip markers after m1R as you have been doing. Work the raglan increases and the following sts then repeat the section in red until you reach the next marker. Unless stated otherwise, start the chart row again, repeating this process to work the chart across the front, left sleeve, back and right sleeve until you reach marker 1 where you started.

Sizes 4-8 have separate sleeve and front/back charts; this is because the increases have stopped on the sleeves and are only worked on the front and back. *Work the front/back chart and then, when you have repeated the section in red and reached the next marker, work the sleeve chart.* When you have repeated the section in red and reach the next marker, repeat the section in stars once more. You should have worked a full round without increasing on the sleeves.

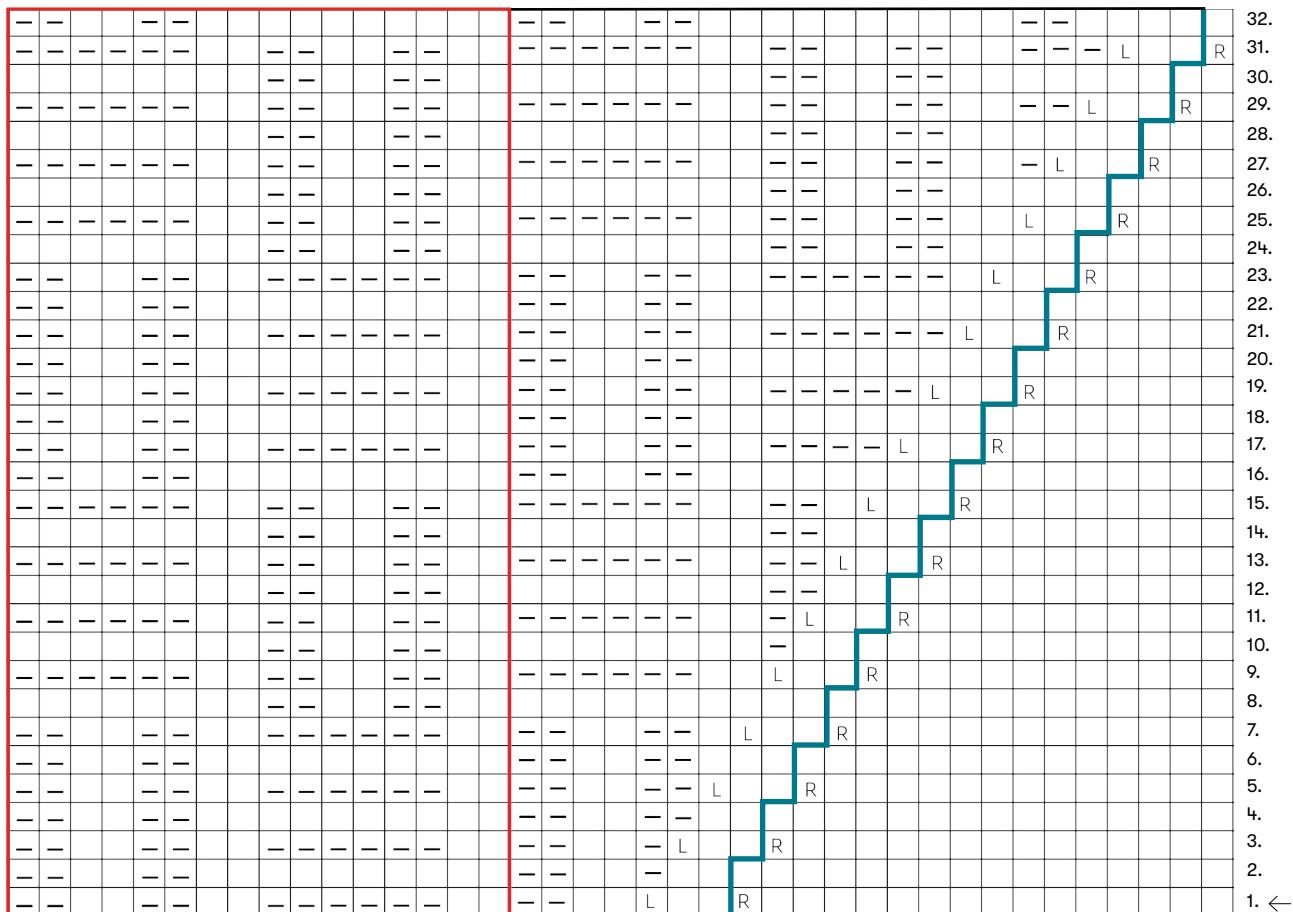
Size 1 and 2 raglan chart:



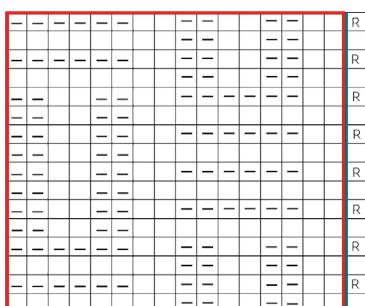
Size 3 raglan chart:



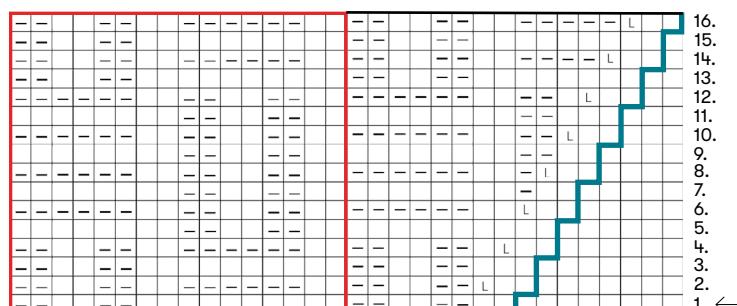
Size 4-5 and 6 raglan chart:



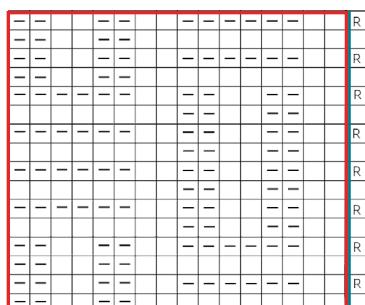
Size 4-5 sleeve chart:



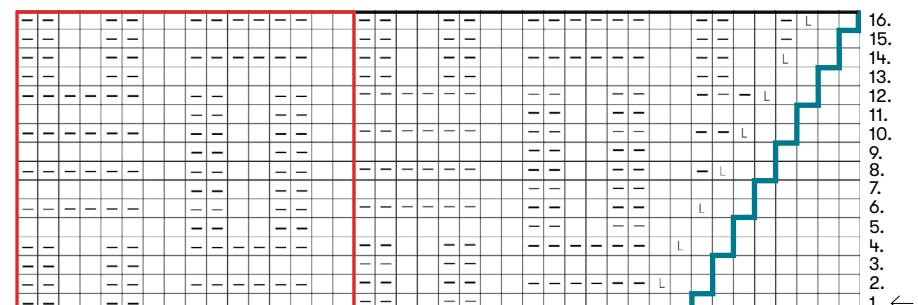
Size 4-5 front/back chart:



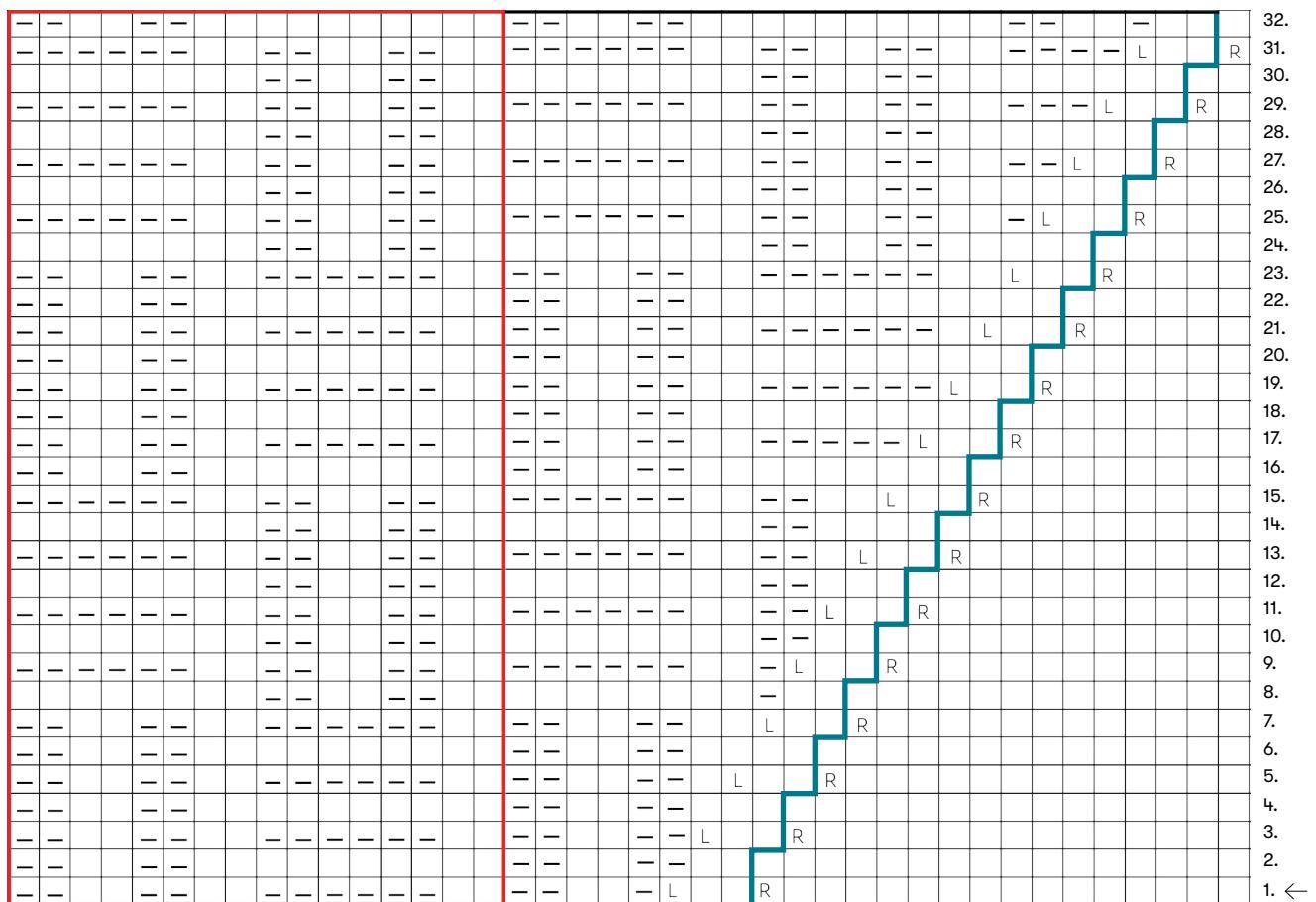
Size 6 sleeve chart:



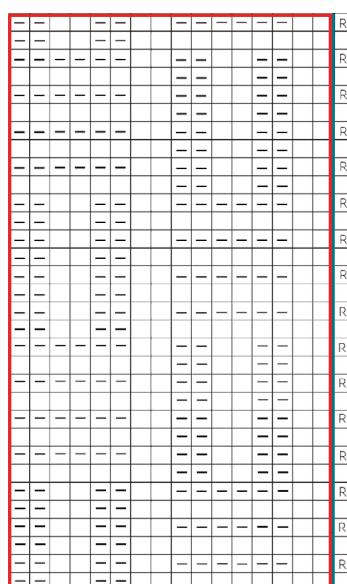
Size 6 front/back chart:



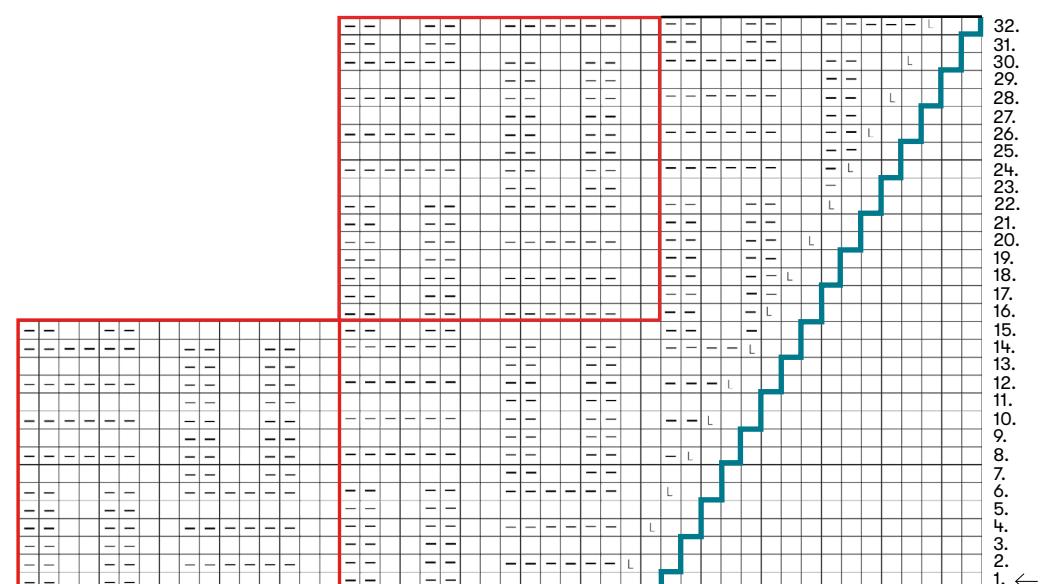
Size 7 raglan chart:



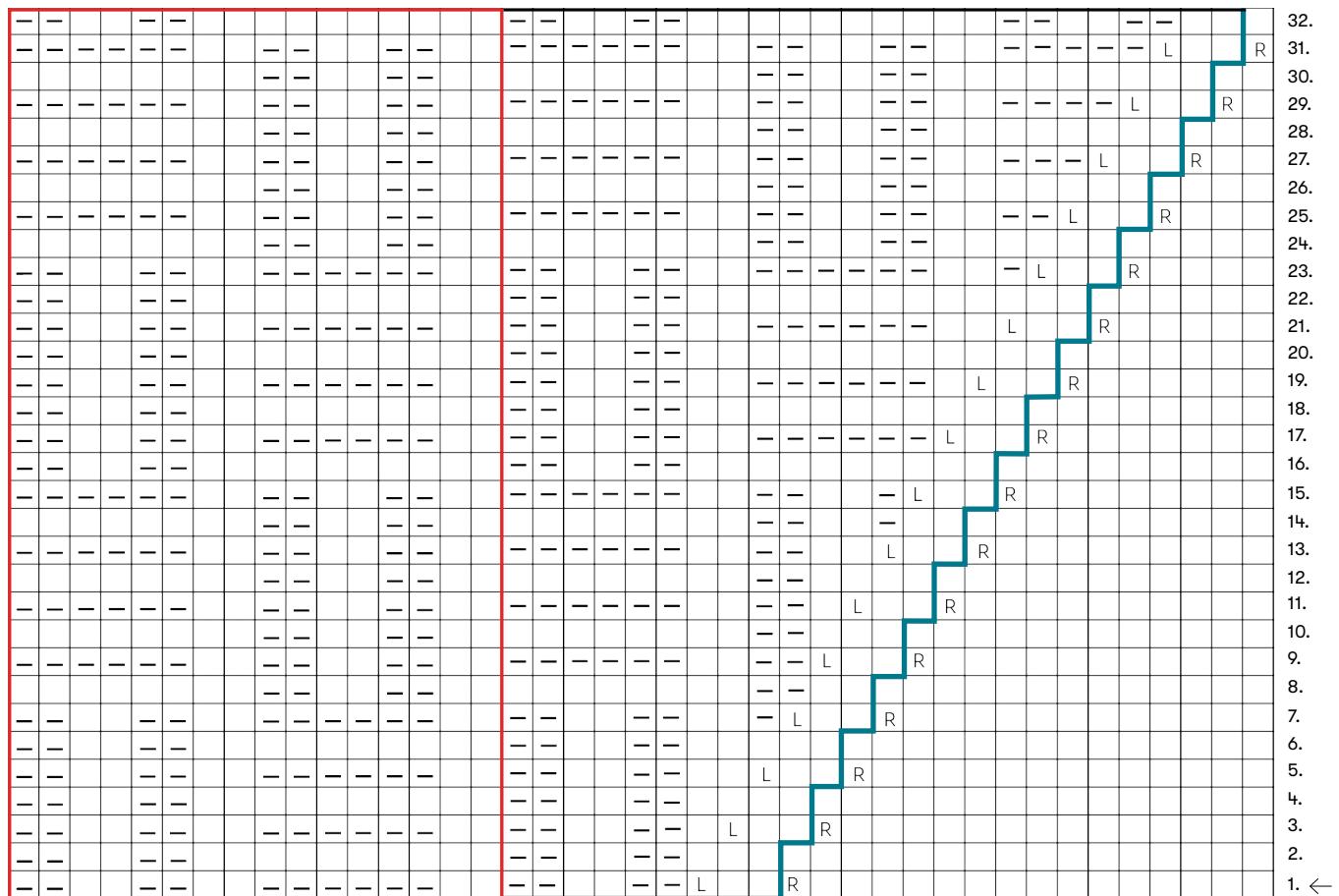
Size 7 sleeve chart:



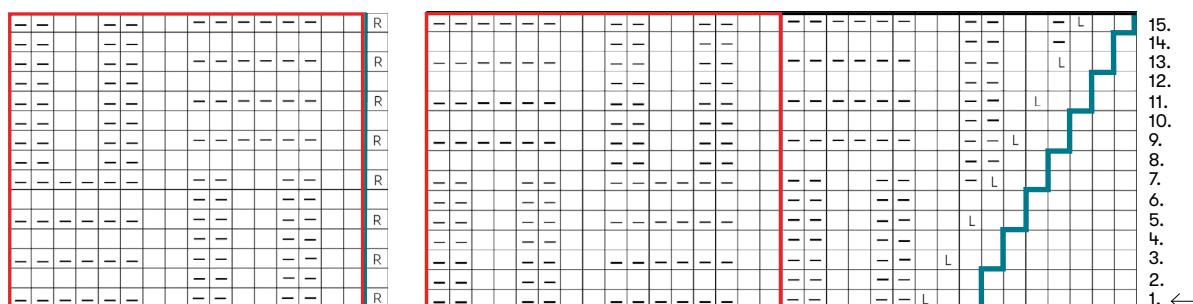
Size 7 front/back chart:



Size 8 raglan chart:



Size 8 sleeve chart: Size 8 front/back chart:



Useful links

Knitting Techniques:

Long tail cast on: <https://www.youtube.com/watch?v=T-gdAUEjQjU>

Knitting in the round: <https://www.youtube.com/watch?v=p1bZ1hj8Qg8>

Knitting flat with circular needles: <https://www.youtube.com/watch?v=JrKTbmliV50>

Knit: <https://www.youtube.com/watch?v=esEtUaa-Pwg>

Purl: https://www.youtube.com/watch?v=bbtnjHrb_Hg

m1R and m1L: https://www.youtube.com/watch?v=eADPJrb9Ym8&ab_channel=PurlSoho

ssk: https://www.youtube.com/watch?v=Cg1ykku04is&ab_channel=VeryPinkKnits

k2tog: <https://www.youtube.com/watch?v=1OKo-GJ8Vbk>

German short row turn: https://www.youtube.com/watch?v=XKDGqfuWVM8&ab_channel=PurlSoho

Cable cast on (at the beginning or middle of your work): https://www.youtube.com/watch?v=PS4a7knXdjw&ab_channel=ElizabethSmithKnits

Cast off in 2x2 ribbing: https://www.youtube.com/watch?v=i1RpFMIIn7S8&ab_channel=TinCanKnits

Picking up stitches: https://www.youtube.com/watch?v=eHbP11wG9KO&ab_channel=TheBlueMouseKnits

Finishing Techniques:

Weaving in loose ends: <https://www.youtube.com/watch?v=a1HpV3YbxJQ>

Blocking: <https://brooklyntweed.com/pages/blocking-101>

Tag us on Instagram [@rows_knitwear](https://www.instagram.com/@rows_knitwear)

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