

nakedknit

Knitwear stripped down

The Wrap Bra/Top is a cosy, classic piece of underwear in a wrap design. This pattern includes both the pattern for the bra and the top.

It is knitted in cashmere wool which ensures that it will not scratch against your naked skin, as well as it is breathable.

The properties of cashmere wool will direct moist away from your body and keep it warm when needed. The cashmere is hypoallergenic, meaning it is less likely to cause an allergic reaction than other types of wool.

Our hope is, that the bra can have a long and great life with you, as it is knitted in your measurements and exactly the colour, length and quality you dream to wear.

This way, we hope that The Wrap will become a stable piece in your basis wardrobe, lasting year after year. Happy knitting!

Love, Sarah & Angel

The Wrap Bra / Top

Indholdsfortegnelse

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Yarn

1 thread Cashmere Premium, Lang Yarn (yardage 25g=115m)

or

1 thread Cashmere Luxury Line, Laines du Nord (yardage = 25g=100m)

or

3 threads of Cashmere Lace, Gepard (yardage 25g = 350m)

Please note! Cashmere is nice and soft to wear against the skin. Therefore it is our clear recommendation to follow this yarn suggestion. It cannot be guaranteed that the bra will not scratch against your skin if knitted in other qualities than recommended. Additionally, it can be noted that there is a great difference in the softness of the yarn according to the colour, especially with the yarn from Laines du Nord. The less colour added, the softer the yarn. However, this will to a certain extent be evened out after washing.

The knitting tension in this pattern is different from the tensions estimated at the yarns mentioned above. This is because the pattern is knitted tighter than usually recommended, simply to get a better hold of the breasts.

*The entire pattern is knitted on a needle size 3, and the tension used in this pattern is = **30 sts/10 cm measured in stocking stitch.***

About the sizes and amount of yarn:

The Wrap Bra and The Wrap Top is knitted after your measurements throughout. Both cups are knitted from the top down and are stopped when you consider them to be the appropriate size for your breasts. Similarly is the band knitted after your measurements. An estimated amount of yarn needed is given with basis in your regular size clothing for tops and similar.

The Wrap Bra:

S = approx. 50g

M = approx. 75g

L = approx. 100g

The Wrap Top:

S = approx. 75g

M = approx. 100g

L = approx. 125g

However, it is always our recommendation to buy one ball of yarn too much rather than one too little. This way you are sure that the colour of the yarn is exactly the same. Most yarn retailers take unopened balls of yarn back.

Needles and accessories

- ❑ 1 circular needle size 3, 40 cm *or* 60 cm
- ❑ 1 circular needle size 2.5, 40cm *or* 60 cm, *if you wish to knit the top version*
- ❑ 2 double-pointed needles size 3
- ❑ 1 regular needle size 3, for joining the cups
- ❑ 1 stitch wire
- ❑ 1 stitch holder
- ❑ 1 elastic band with a width of 5 to 6.5 cm, *if you wish to knit the bra version*
- ❑ 1 stitch markers
- ❑ 1 tape measure
- ❑ 1 scissor
- ❑ 1 tapestry needle to mount yarn ends
- ❑ You might need an elastic thread to sew the drawstring together

The construction of The Wrap

The Wrap is knitted from the top down and is knitted after your own measurements for enhanced comfort and fit. The top/bra is first knitted in two pieces, as the cups are knitted individually. Both cups are initiated with a short piece of strap, from here your cup is formed. When both cups are knitted, the stitches in the middle will be knitted together in an overlap (*the wrap*). Following this, you need to measure yourself right under your breasts and find the correct number of stitches (explanation follows) for your band or stomach. The stitches for the band/stomach section will be cast on in continuation of the gathered cups, and this will be knitted in the circular.

- If you choose to knit the bra, the band will be knitted as a drawstring, which finally will be assembled with an elastic band in the middle.
- If you choose to knit the top, the stomach section is knitted as far as you desire, and then ending with a purled edge and folded hem.

Finally are the stitches from the straps picked up and knitted to the exact length for your fit. The straps will then be mounted on the wrong side of the back of the bra/top.

Pattern

Beginning of the strap

Cast on 10 sts on a double pointed needle size 3. Knit the 10 sts as an I-cord* on your 2 double-pointed needles. Knit until the I-cord* measures 10cm. From here the cup will be shaped as described on the following page.



Photo 1: The beginning of the strap.

Please be aware to knit the first stitch on each row extra tight for a smooth and uniform strap.

What is an I-cord?

An I-cord is made by knitting all the stitches on a double-pointed needle. When all the stitches have been knitted, slide the work down to the other end of the needle without turning the work, and then knit onto another needle again.

You can see a video of this [here](#)

The cups are shaped:

The first row on the cup starts as a knit row, where the yarn is lead behind the strap, just as when you knitted the I-cord.

In the following you will work knit and purl rows on a circular needle size 3 as described below;

The knit rows of the cup:

Slip 1 loosely with the yarn behind the work, knit 1, make an increase towards the right*, knit till there are 2 stitches left on the needle. Make an increase towards the left*, knit 2.

The purl rows of the cup:

Slip 1 purl-wise with the yarn in front of the work, purl the rest of the row.

Knit this set of knit/purl rows till the cup is as large as you want it. End the cup with a purl row as described above and break the yarn.

The cups on the blue model (pictured in the front) are knitted till there are 88 stitches on the needle.

Put your stitches on hold (on a stitch wire).

Now it is time to knit the other cup in the same way, but do not break the yarn after knitting this cup.

Lifted increases

We use two types of increases to create the triangle shape of the cups.

You can see the two types of increases in these links:

[Left lifted increase](#) and [right lifted increase](#)

Assessing the size:



Photo 2: The cups are knitted individually to fit your breast. You can fit them against your body while working the project to assess the size.

*Please note: the model is a wrap design in the manner that 40 stitches overlap each other. This pattern is taking into account that your cleavage will be placed **20** stitches from the edge of your knitted cup. The strap should be placed ideally mid-above your breast for good comfort.*

Before joining the cups, it is a good idea to measure the cups up against your body to assess how much overlap you would like on your wrap. If you want a bigger overlap than 40 stitches e.g. if you have a smaller chest or want more support, this can be done without issue.

Please keep in mind that the bra/top will be "stretched" over your breast, so try to do this while fitting your project.

Additionally, it can be a good idea to try on the bra/top when you have knitted a few cm of the stomach section. This way, you will see the placement of the cups on your body when the model is "stretched" over your body.



Photo 3: The Wrap is fitted while working on the project.

Plus, it is motivating to see how quickly the project takes shape and evolves on the needles. If you do this, please 'only' pull out the circular needle from half of your stitches, or use the stitch wire. This way you don't have to pick up all the stitches again.

Now it is time to join the two cups and begin the band/stomach section.

Joining the two cups

Take the cup where the yarn is still adjoined and continue knitting from the right side *without* increasing in the edge as previously.

Slip 1, knit till there are 40 stitches left on your needle. Take your other cup and put the resting stitches on a needle size 3. Make sure you have the right side in the front. Hold the other cup behind the cup you are working, aligning the tips of the cups next to each other as depicted below. Knit 2 together (one from each cup) until there aren't more stitches left on the needle from the first cup.



Photo 4: The cups are knitted together by holding the stitches of the two cups next to one another, so the two stitches can be knitted together – one from each cup.

Knit the rest of the stitches on the last cup, placed behind the first cup.

The calculations of the band/stomach section:

Measure your circumference below your breast. This measurement is the basis for the following calculations; you need 2,2 sts pr. cm of your measurement. Calculate how many stitches you need in total by multiplying your circumference in cm with 2,2.

Count the number of stitches left on your needle after you join the cups. Take your circumference stitches and subtract the number of stitches from your cups. This is the number of stitches to cast on for your band/stomach section as described below.

Example of calculations

Your cups have 100sts each.

Your two cups overlap with 40 sts.

Your circumference is 85 cm., which multiplied with 2,2 is 187 stitches.

Now the calculation is: circumference stitches – ((cup stitches x 2) – 40 sts)

Using this example: $187\text{sts} - ((100\text{sts} \times 2) - 40\text{sts}) = 27$ stitches to cast on for the band/stomach area as described below.

(If you get a negative number, is this the number of stitches to decrease evenly distributed on the next row. If this is the case it's plausible that creating a bigger overlap than 40 stitches would fit your body better)

Explanation of the calculation factor.

The band and the stomach section will stretch when used, as it will sit tightly to the body time after time. Therefore the calculation factor 2,2 sts pr. cm is not equal to the knitting tension. This is due to the fact that the knitting tension usually is measured in flat knitwear, and not in knitwear stretched over a body. This means that The Wraps band and stomach section will fit tightly to your body to keep the cups in place. If you would prefer a more loose fit, you can increase the calculation factor.

The beginning of the band / stomach section

Now cast on the calculated number of stitches in extension of your joined cups on your circular needle size 3 using provisional-cast-on technique. Our recommendation is to use a stitch holder cord to look up the open stitches. Put a stitch marker where your round begins (right after the newly cast stitches) and be aware that the stitches do not twist around the needle.

If you wish to knit a bra, go to the section "The Band" and if you wish to knit your The Wrap as a top, go to the section "Stomach section".

What is Provisional cast-on

Provisional cast-on is a method for casting on stitches, that keeps them "open". This allows for you to work the same stitches later on. The method makes the band of the bra elastic and flexible, without having to insert an actual elastic band.

You can see [this link](#) as a guide, or search Google for Provisional cast on.

A tip to get the stitches evenly distributed over your stitch wire; cast on 10 stitches at a time and then distribute those, cast on 10 more etc.

The Band

From here on work around the needle in stocking stitch. Knit stocking stitch in the circular till the band measure 10 or 13 cm, depending on the width of the either 5 or 6,5 cm elastic band. Finish the row at the stitch marker.

Bind off the “first” stitches ***very loosely*** and break the yarn with a long strand left. The “last” stitches in your row – the ones at the back, with the resting cast on stitches on top – is sewn together with the open resting cast-on stitches with *loose* grafting stitches.

Make sure that the wrong side is against the wrong side.

Measure your elastic band to a fitting length under your breast and add 2 cm. extra for joining the band. Cut.

Fold the rest of your knitted band double creating a drawstring and sew the stitches you just closed together “up” on the backside by sewing them into the stitches on the purl-row where the cups were knitted together. Sew the drawstring together with the strand of yarn you left after bind off, or alternatively with an elastic thread. Leave a 5cm open gap in your drawstring-band. Guide the elastic band through the hole and the drawstring (the easiest way is to use a safety pin). Make sure the elastic band does not twist meanwhile. Gather the elastic band at the opening of the drawstring, and sew it together with the 2 cm overlap, making it the right circumference for your fit. Sew the last 5 cm of the band together as before.

Be aware not to tighten the stitches enough for it to be visual on the front, but make sure the band is tight enough to keep the elastic band in place.

Continue to the section “Straps and mounting”.

Stomach section



Knit stocking stitches in the circular till the stomach section has the desired length (we estimate approx. 20, 25 or 30 cm depending on the height of your upper body and how short/long you prefer your top).

Photo 5: Knitting the band

Purl 1 row. This row will later be the bottom edge of the top. Change to a circular needle size 2.5, and knit 3cm more in stocking stitches, measured from the purl row.

Bind off the stitches very loosely and fold the 3cm hem onto the wrong side, making the purl row the *bottom edge* of the top.

Sew the folded hem onto the wrong side with loose stitches.

Now pick up your open stitches from your stitch holder cord unto your circular needle 3. Begin from the wrong side, and knit all of your stitches. (This one row will look wrong from the right side.) Now change the needle to a size 2,5, and knit the stitches stocking stitches for 3 more cm. Bind off the stitches very loosely and fold the 3cm hem onto the wrong side, making the purl row the *top edge* of the top's back. If needed use the ends of your yarn to sew a smooth transition from your purl edge of the back to the sides of your cups.



Photo 6: The folded hem on the top.

Continue to the section "Straps and mounting".

Straps and mounting

Pick up the 10 stitches on one of the straps and continue where you started the straps, as shown below, knitting the 10 stitches as an I-cord on double pointed needles size 3.

Knit the strap as long as needed to fit your body. Bind off the stitches loosely, and knit the other strap in the same way.

Sew the straps onto the backside of the top (on the wrong side), placing them approx. below your shoulder blades. If you desire a different look, the straps can be crossed (they

would need to be a bit longer though), or join the two straps as a halterneck, should you prefer this.



Finishing up

Weave in the ends, and steam or wash The Wrap before use.

Photo 7: The stitches of the strap is picked up

Care and maintenance

Washing and drying

When washing the bra, we recommend washing by hand. Alternatively, use your laundry machine's wool program (using cold water) on the lowest spin cycle. We always recommend use of detergent made for wool.

Allow your cashmere underwear to dry flat on a towel. To protect the bra and expand its lifetime we recommend hanging it out to remove odour instead of washing when possible.



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We would love it if you share your creation of The Wrap on Instagram with @nakedknit #thewrapbra or #thewraptop