



Cotton & Chocolate Quilt Company  
1772 Avenida De Los Arboles, E  
Thousand Oaks, CA 91362  
805-241-0061

Date: \_\_\_\_\_

Day/Time: \_\_\_\_\_

**Free Motion Friday**  
**Supply List**  
Instructor: Carole Frye  
carfrye@gmail.com

Supplies:

- There are lots of great books on Free Motion Quilting available at Cotton and Chocolate, select one you like!
  - Sewing machine in good working order with a darning foot (sometimes called an embroidery foot)
  - Extension table for your machine if you have one
  - Pillow or chair pad to help you be at the right height for quilting.
  - Extra Sewing machine needles for quilting. Sizes 80/12 or 75/11 sharp
  - Thread (I recommend Aurifil 50 weight or Mettler for both the top and bobbin)  
Thread that contrasts with your practice sandwiches will help you to see the stitches while you are quilting
  - Quilting gloves (optional)
  - Marking pencils (I recommend Sewline or Bohn in graphite and white leads ) other markers are frixion or blue wash out.
  - Notebook or paper and pencil
- Bring several 14 "prepared quilt sandwiches for practice (top, batting, and backing)

Practice tops should be whole cloth. I recommend low loft cotton batting. You can pin baste or spray baste your prepared quilt sandwiches but they need to be basted and ready to quilt for class.

Any questions? You can contact me at carfrye@gmail.com