

# T-Shirt Decal Instructions



## Instructions for Using the May 7th T-Shirt Decal

### STEPS

1. Purchase T-Shirt transfer paper. Transfer paper can be found anywhere you buy crafts supplies, stationary or printer paper.
2. Choose the right paper for the t-shirt you are using. ie. Light transfer paper can be used for light coloured shirts and typically are easier to have images show up, as most ink cartridges rely on a white or light background to have the images be seen. You will need dark transfer paper if printing a dark image on a dark coloured t-shirt: <https://www.photopaperdirect.com/blog/?p=430>
3. Select our Child & Youth Mental Health Day image <https://may7icare.ca/decal>
4. If you are using light transfer paper, you will need to reverse your image prior to printing or print in “mirror” mode and iron on your image facedown. If you are using dark transfer paper, there is no need to reverse the image prior to printing, as you will iron on your image face up.
5. Print your design onto the paper following the package instructions. This can be done from a computer and ensure you are printing onto the correct side of the transfer paper.
6. Cut out the image, with a small border of about 2-3 mm.
7. Use an ironing board or other hard surface that is covered by a cotton pillowcase, or other piece of cotton, and place your T-Shirt flatly on the covered surface for ironing.

## STEPS CONTINUED

8. Set your iron to high temperature.
9. Place the transfer paper image onto the T-shirt in the desired location. If using a light shirt please place the image face down - it is easy to make a mistake here so please click here if you didn't view earlier:  
<https://www.photopaperdirect.com/blog/?p=430>
10. Press the iron firmly over the image on the T-Shirt, pushing down with your hand for pressure. Iron for 30 seconds to several minutes based on the instructions that came with your transfer paper. Heat every part of the paper.
11. Let the area cool and then peel off the paper.