

# Putting It All Together: A Needle/Thread/Backing Usage Chart

FABRIC/GARMENT	NEEDLE	THREAD	BACKING	COMMENT
Canton Fleece	75/11 light ball point	Rayon, acrylic or polyester #30 or #40	Light tearaway	Use polyester backing to maintain colorfastness if a garment is subjected to extensive sunlight, chlorine, salt water or industrial laundering and bleaching.
Canvas	75/11 sharp or normal round point	Rayon or any #40	Light to medium tearaway	Sharp needles are better for longer runs.
Coated or Waterproofed Fabrics	75/11, 80/12 sharp or light ball point Teflon®	Rayon, acrylic or polyester #30 or #40	Light to heavy tearaway	#30 thread may be used to decrease needle penetrations and provide the same coverage, thereby minimizing damage to waterproofing.
Corduroy	75/11 light ball point	Rayon or polyester #40	Medium topping and light to medium tearaway	
Cotton Sheeting	75/11 light ball point	Rayon or cotton #40	Heavy cutaway or tearaway/washaway	Cotton-on-cotton is great for kids' clothes.
Denim	75/11 light ball point	Rayon or any #40	Heavy cutaway or tearaway/washaway	
Dress Shirt (Woven)	75/11 or 70/10 light ball point or 80/12 for small details	Rayon or polyester #40	Heavy cutaway or tearaway/washaway	Polyester is good for white shirts.
Golf Shirt	75/11 light ball point	Rayon or any #40	Light to heavy cutaway	Heavy knits require a medium to heavy cutaway; medium knits require a light cutaway.
Headwear	75/11 or 80/12 sharp	Rayon or polyester #40	Medium to heavy tearaway	Polyester thread will be strongest.
Leather and Vinyl	75/11 or 80/12 light ball point on stiff or spongy leather (upholstery, luggage): 70/10 or 80/12 sharp on soft, supple garment leathers	Rayon #40	Black, light tearaway	#30 rayon thread may be used to minimize the number of penetrations while achieving the same coverage.
Lingerie or Silk	70/10 light ball point or 80/12 depending on thread	Rayon #40	Water-soluble tearaway	#30 rayon thread may be used to minimize the number of penetrations while achieving the same coverage.
Lycra® or Spandex®	70/10 medium ball point	Polyester, acrylic or rayon #40	Medium cutaway or water-soluble tearaway	
Nylon Windbreaker	75/11 light ball point	Rayon or any #40	Light to heavy cutaway	
Satin Jacket	75/11 light ball point	Rayon or any #40	Light to heavy cutaway	Cotton-on-cotton is a nice look.
Sweater Knit	75/11 light ball point	Rayon or cotton #40	Medium to heavy cutaway	
Sweatshirt	75/11 light ball point	Rayon, polyester or acrylic #40	Medium to heavy tearaway or cutaway	
T-Shirt	75/11 light ball point	Rayon, polyester or acrylic #40	Light, water-soluble tearaway or medium cutaway	
Terry Cloth	75/11 or 80/12 light ball point	Rayon, polyester or any #40	Medium weight, water-soluble tearaway and topping	Use polyester to maintain colorfastness if a garment is subjected to extensive sunlight, chlorine, salt water or industrial laundering and bleaching.

**Note:** All apparel with the probability of skin contact should be backed with water-soluble backing, if possible. These include: golf shirts, T-shirts, activewear, lingerie, towels and bedding.

**Puzzling Out Metric Backing:** Some companies display their backing not in ounces/yard, but in grams/meter. A rule of thumb is *grams per square meter divided by 33.9 equals ounces per square yard*. For example a 69 gram/meter backing would roughly be  $69/33.9=2.03$  ounces per yard. Roughly a 2-ounce backing.