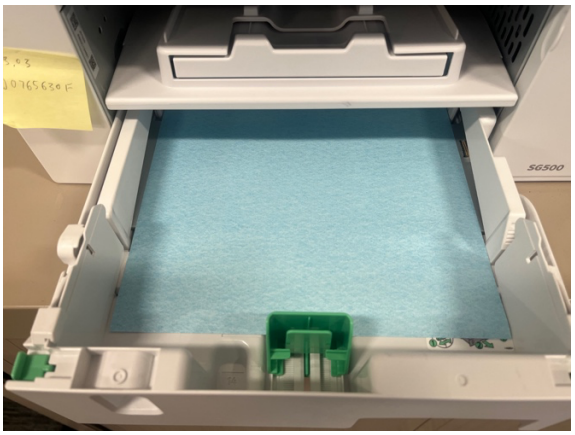
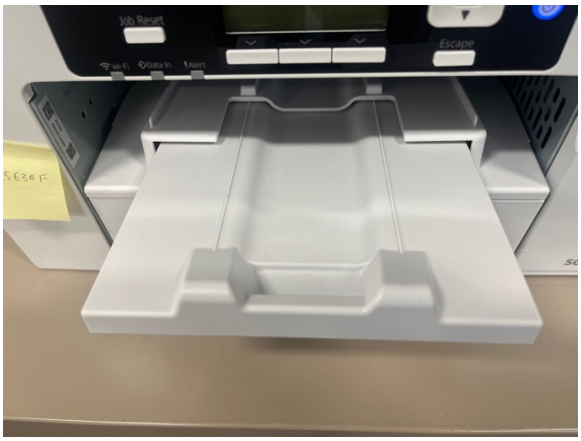
SUBLIMATION PRINTING FOR SHIRTS

When planning your sublimation printing project: **polyester works best**. Gathering materials and designs ahead of time and making an appointment tends to produce the best results (*write* *citl@radford.edu*).

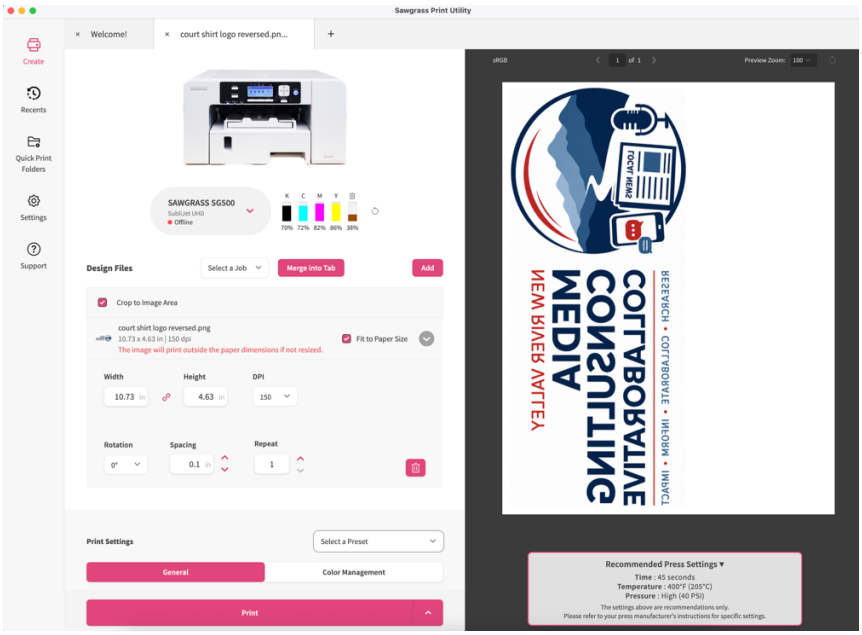
Place your sublimation paper in the printer, making sure the print side is facing down.



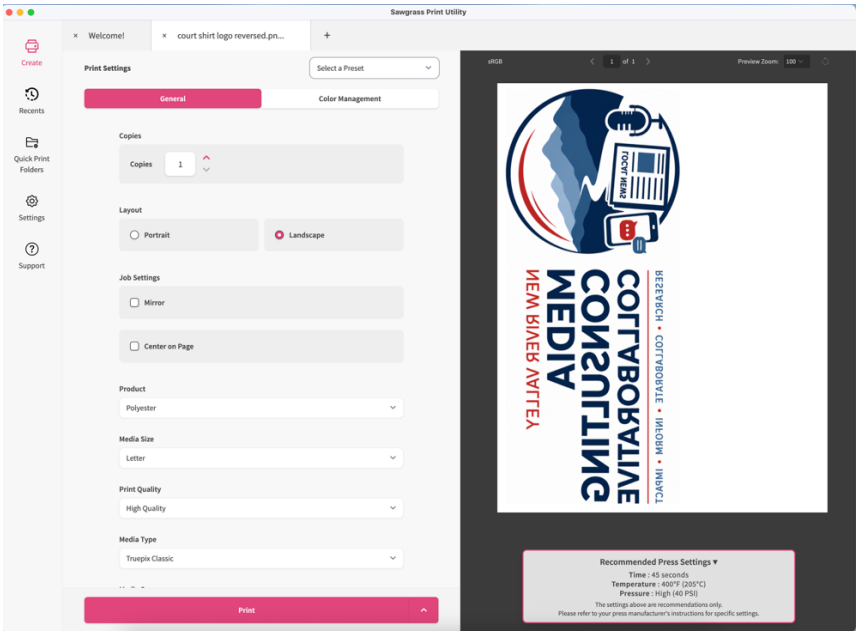
Push the paper in and extend the small drying tray above so that the printed document has a place to sit while drying.



Log into the computer and launch the Sawgrass Print Utility. A CITL staff member will need to log into the department account if you are a first-time user. Use the File menu to create a new project and click to add your graphic file.

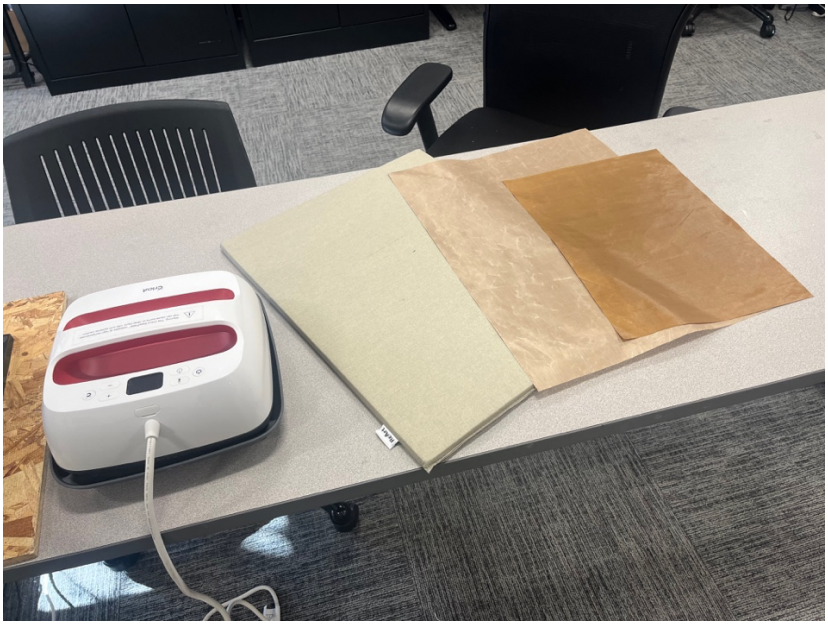


Note the options for cropping to image area, centering, etc. Format as needed for your garment, and make sure the image is mirrored if it isn't already (so that it's facing the right way after pressing).



Scroll down the print options and choose your product and media size. **Polyester works best** for sublimation printing to clothing. When all options are selected, click print to send to the Sawgrass printer.

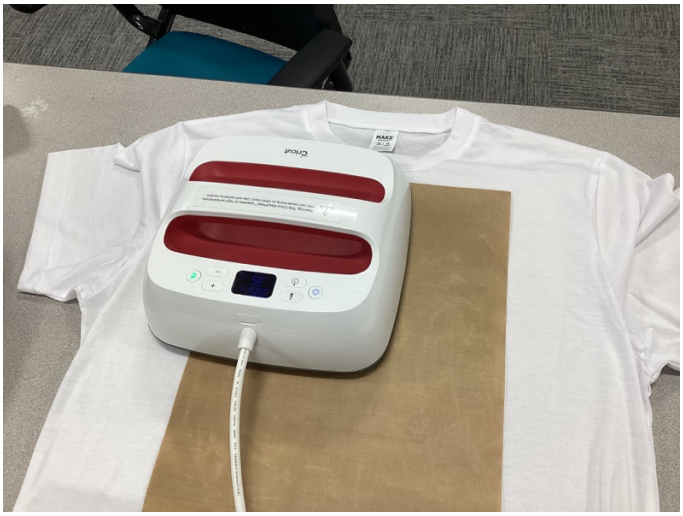
Allow the ink on the finished print to dry for a moment. Take this opportunity to prepare your heat press area:



The garment will be placed atop the heat mat. If needed, use an iron to remove wrinkles before pressing. Remember, **polyester works best** and does not require any additional treatment; however, if you are using cotton, you can use the transfer coating spray to cover the area where the design is going to be pressed. Thoroughly cover the area but do not use too much. Allow several minutes to fully dry.



When ready, place one of the protective sheets inside the shirt to prevent bleed through. Smooth out wrinkles and place the printed design graphic side down onto the area of the shirt you want it to be. Place the other protective sheet over the printed design.



Plug in the small Cricut heat press and allow to warm up. Once there, increase the temperature to 400F and wait while it rises. When ready, carefully place the heat press over the area covering the design, making sure it is thoroughly covered. Leave for 60 seconds. If using a larger design, you can press it by sections, making sure all areas have been covered and pressed for 60 seconds.

Finally, remove heat allow the garment to cool for a few minutes. When ready, remove the topmost protective sheet and gently peel back the paper. If successful, the graphic will have been fully pressed into the material. Remove interior protective sheet from the garment.

