Twisted Crochet Headband

Free pattern · child and adult · mardingezituru.com

A twisted headband (or ear warmer) is one of the fastest winter makes there is: a single long strip of single crochet in the back loops, worked lengthwise so the ribs run all the way around the head, and joined with a simple twist at the front. The back-loop ribs make it stretchy, so it sits snugly over the ears without slipping, and the twist hides the seam.

It is about 4 in / 10 cm wide, in a child and an adult size.



The twisted headband in mustard.

Pattern at a glance

- **Skill level:** beginner (chain, sc in back loops, a simple twist seam)
- **Sizes:** child, strip 17 in / 43 cm long (head 18–20 in); adult, strip 20 in / 52 cm long (head 21–23 in)
- **Yarn:** worsted (aran / 4); child about 62 yd / 56 m, adult about 73 yd / 67 m
- **Hook:** 5 mm (US H/8)
- **Gauge:** 15 sc x 16 rows = 4 in / 10 cm in back loops
- **Time:** about 1.5 hours

Abbreviations (US terms)

- **ch** chain · **sc** single crochet · **blo** back loop only · **FO** fasten off

The pattern

The strip is worked lengthwise: chain 77 (adult) or 65 (child) and work the first row into the 2nd chain from the hook. Then work 14 more rows, 15 in total, for a band about 4 in / 10 cm wide. The turning ch 1 never counts. The strip is shorter than the head so it stretches a little.

Adult

Color: start with A (mustard).

Adult shown. For the child size chain 65 and work 64 stitches per row.

- ☐ **Rnd 1:** Sc around. (76)
- ☐ **Rnds 2–15:** Ch 1 turn, BLO sc around. (76)

Finish: Chain 77 and work R1 into the 2nd ch from the hook; twist and seam the short ends (see the post).



The strip before the twist: fold each end in half and hook them together.

Making the twist

1. Lay the strip flat, right side up, in a ring with the two short ends meeting at the front.
2. Fold each short end in half lengthwise, so each end is now half as wide.
3. Hook the two folded ends into each other, like two C shapes interlocking, so one end sits inside the fold of the other.
4. Sew through all four layers along the short edges, then turn the headband so the seam is on the inside. The front now shows a neat twist.

Tips

- **Wider band:** work 19 rows instead of 15 for a 5 in / 13 cm band that covers more of the ears.
- **Too loose?** Chain 4 fewer at the start (or unravel and restart); every 4 stitches is about 1 in / 2.5 cm.
- **Matching set:** pair it with the fingerless gloves.

FAQ

Can I skip the twist?

Yes: sew the ends straight together for a plain band, or wrap a small separate strip of 6 sc x 10 rows around the seam to hide it.

More winter patterns: the easy hat with a ribbed brim and the simple double crochet hat.