



### Who will get the hats?

Children currently undergoing chemotherapy will receive Kids Chemo Caps. Most of our caps will go to Southern California pediatric oncology centers (Jonathan Jaques Children's Cancer Center in Long Beach, or Children's Hospital in San Diego).

We are also looking into any needs of children across the border in Mexico... or any other medical center that has little bald heads in need of Kids Chemo Caps! If you know of a child who needs a hat, please let us know. We will try to accommodate special orders, but it is going to depend on how many people we get involved in making the hats!

### Learn to Crochet & Knit!

Kids & adults are discovering the benefits of crocheting and knitting. Kids Chemo Caps is the perfect way to have fun, get involved in addition to the following benefits:

- ? Community service
- ? Self esteem
- ? Problem solving
- ? Math and motor-skill development
- ? Intergenerational activity
- ? Fun group project
- ? Learning an enjoyable skill that will last a lifetime
- ? Stress reliever!



### Where to Send Hats:

Zak's house in Coronado will be the "collection" station for all donated hats and contributions:

**Zak Gault**  
**977 "G" Ave.**  
**Coronado, CA, 92118**

Please send your hat(s) along with a note (who made it, materials used, etc. and personal message if you like).

If you have ANY questions, or need a form, please call 522-9673 or send us an email at [info@KidsChemoCaps.com](mailto:info@KidsChemoCaps.com)



## Kids Chemo Caps

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## Kids Chemo Caps

"Bringing a Smile to Kids With Cancer... One Head at a Time!"

## A Mitzvah created by Zak & Travis Gault

Coronado, California  
2004



Zak on Chemo, age 4... Today, age 13!

**Mission:** To provide free knitted, crocheted, fleece/soft fabric hats for those who have lost their hair due to chemotherapy. Our goal is to make and donate hundreds of hats from all over the world.

**What we need:** Hats in a variety of styles and sizes for kids (infants to teens) on chemotherapy. Hats should be **NEW, COOL, SOFT, FUN,** and **NON-ALLERGENIC.** Preferably hand-made and machine washable/dryable. These will provide a head-covering and brighten the day of a kid with cancer.

**Why:** Kids Chemo Caps was created for Zak's Bar Mitzvah "Mitzvah" project. Diagnosed with Leukemia at age 3, and now a cancer "survivor" Zak remembers how different he felt when his hair fell out from chemotherapy. He wants to help other kids on chemo by making & donating hats... and getting people all over the world to do the same. He hopes this project will also raise Childhood Cancer Awareness.

**When:** Now! Although originally started as Zak's Bar Mitzvah project (Nov, 2003) we are going strong and plan to continue!



Travis, Zak & Gavin - 2003

### What can you do?

- ? Crochet! Knit! Sew! It is so much fun! We don't care what kind of hat you make, whether you knit it or sew it or make it some other way. Let your creative juices flow. Ask a parent to help, find instructions online, etc. Log on to our web site for hat ideas: [www.KidsChemoCaps.com](http://www.KidsChemoCaps.com).
- ? Tell your friends, family, class, church, synagogue, scout troop, etc. We are telling EVERYONE who will listen: newspapers, TV, schools, senior centers, fabric shops, etc. Let's spread the word to give every little bald head a hat and raise awareness of childhood cancer!
- ? Hold hat drive (Collect **new** hats of all sizes for children that are child appropriate! Have people bring a new hat to an event such as a Bar Mitzvah, community event, party, etc.)
- ? Donate \$\$ (postage, yarn, etc.)
- ? Do you have a connection with a sports team or celebrity? See if they will donate an autographed hat!
- ? Buy one of our cool "skate beanies." As time permits we will make and sell skateboard-type beanies for \$20 each (they are very popular with pre-teens & teens) All proceeds will go to fund Kids Chemo Caps. Call for more information.
- ? **Remember, if you don't have time to make something, feel free to buy a hat to send.**



### About the hats

- ? Think what a baby, child or teen would like in terms of the hats, infants to 16 years old. Heads left bald by chemotherapy can be very sensitive. A soft hat with little texture and no seams will feel the best.
- ? Small kids love bright colors, and logos of characters. Boys love black, navy and gray. There is a large demand for small children (ages 3-5) and GIRLS...because these hats are so hard to find in the stores.
- ? If you make a hat, please do not sew on small items (choking hazard.)
- ? The hats must be **NEW**, because the kid's immune systems have been destroyed.
- ? There are lots of hat patterns online and in books.
- ? Use **soft** yarn or cotton Many people are allergic to wool and fabric softeners, so please avoid these.
- ? Don't worry if you are new to hat-making...Can you wash/dry it? Is it soft? Did it come from the heart? Then it's PERFECT!
- ? If we can make hats...anyone can make hats! We went online, got the instructions on basic crochet, and practiced until we came up with a good beanie pattern!