



# MY FIRST SOCKS FOLLOW ALONG

- Guide Book -



by Lisa Sisk

# WELCOME!

We are delighted to be guiding you on this journey of knitting your first pair of socks!

We've put together oodles of video tutorials, cheat sheets and more, to make each step of this journey as easy and hassle-free as possible.

The best part is that there is no set timeline for this – it is designed for you to follow along at your own pace. Finish one stage, then just move onto the next.

Need to go over a technique again? Our tutorials are there for you to go back to any time you need.

This short guide will help you choose your yarn and needles, and teach you how to take measurements so you can knit your own custom-sized socks.

You'll find easy to follow checklists and diagrams to walk you through these choices.

Remember that you can click through many interactive links and we are always here to help through the chat box in our [website](#).



# MORE RESOURCES



Follow the interactive links included in this ebook. They'll take you straight to further useful content for that section.



You can find our tutorial series "Things I Wish I Knew Before I Started Knitting" on [Instagram @ThisisKnit](#), [TikTok](#) and [YouTube](#) with lots of helpful tips and tricks.



If you have any questions, please pop them in our website chat box. We'll get back to you as soon as possible.

*You've got this!*



# CHOOSING YARN

We've swatched with the following yarns and they will work very nicely for this project. Watch Lisa's video on how to choose yarn to learn more. You can also refer to the table in the next page, and click through to each yarn view them on our website.

Choosing sock yarns can be an exciting - but sometimes overwhelming - experience. There's such a vast array of yarns available!

Here are some factors to consider when choosing sock yarns:



**Fibre content:** Sock yarns are available in many different fibres and fibre blends. Wool and nylon blends are popular as they are durable, warm, and can withstand the wear and tear of everyday use. They also hold their shape better than cotton, silk, or bamboo alternatives.



**Weight:** Sock yarns come in different weights, from fingering to sport to DK. Fingering weight (or 4ply) is commonly used for socks, but we are suggesting DK yarns for beginners in this Follow Along. (They'll make fantastic and comfy socks!)



**Colour:** Sock yarns come in a variety of colours, from solids to variegated to self-stripping. Choose a colour or pattern that suits your taste and the project you have in mind.



# CHOOSING YARN

YARN	FIBRE COMPOSITION	COLOUR	HAND DYED
<b>FINGERING WEIGHT YARN</b>			
<u>Fine Sock</u> ( <u>LITLG</u> ).	75% Merino, 25% Nylon	Semi solid, speckles	✓
<u>Opal</u>	75% Wool 25% Nylon	Self striping	-
<u>Uneek Sock</u> ( <u>Urth Yarns</u> ).	75% Merino 25% Nylon	Self striping	-
<u>Lazy Linen</u> ( <u>Kremke</u> )	80% Wool 20% Linen	Solids	-
<u>Clarendon Sock</u> ( <u>Townhouse yarns</u> ).	80% Superwash Merino 10% Cashmere 10% Nylon, with a high twist	Semi solid, speckles	✓
<u>Edelweiss</u> ( <u>Kremke</u> )	75% Non-Superwash Wool, 25% Recycled Polyester	Solid	-
<b>DK WEIGHT YARNS (BEST FOR BEGINNERS)</b>			
<u>Dury DK</u> ( <u>Townhouse yarns</u> ).	80% Merino 10% Nylon 10% Cashmere	Semi solid, speckles	✓
<u>Opal X-Large</u>	75% Wool 25% Nylon	Self striping	-

# YARN QUANTITIES

The following table provides an approximate estimate of the amount of yarn you may need for your socks, based on average sizing and the weight of the yarn you plan to use.

However, please keep in mind that these quantities are simply approximations and may vary based on your tension, stitch pattern, and other individual factors. If you're opting for knee-high socks then you'll need extra yarn, of course.

So feel free to use this table as a starting point and adjust the amount of yarn as necessary for your unique project. Happy Knitting!

Yarn Weight	Average Tension	No. Metres by size		
		Child	Women	Men
4ply / fingering	28-32 sts	220m	350m	440m
DK weight	24-26 sts	200m	315m	380m
Aran weight	22 sts	185m	275m	320m



# CHOOSING NEEDLES

## NEEDLE SIZES

To ensure your socks turn out just right, it's important to use the correct needle size for the yarn you're working with.

If you're using a dedicated sock yarn, you can use the recommended size on the label. For all other types of yarn, you'll likely need to use a smaller needle size than specified on the label. Check out the table below for guidance on choosing the right needle size for your yarn:

YARN WEIGHT	MM SIZE NEEDLE	US SIZE NEEDLE
4ply	2.25 - 2.5mm	Size 1
Sport weight	2.75 - 3mm	Size 2
DK	3.25mm	Size 3
Aran	3.75mm	Size 5

## NEEDLE TYPES

We recommend knitting your toe up socks using the Magic Loop method of working in the round. It's most suited to this style of sock as it neatly divides your stitches in half and makes it easy to keep track of the sections you are working on.

To use the Magic Loop technique, you'll need circular needles with a long cable. The most common lengths are 80cm and 100cm. There's no right or wrong choice when it comes to these two lengths - it's all a matter of personal preference. Consider how much cable flexibility/extra room you like to have as you work and choose accordingly.

# CHOOSING NEEDLES

## SOME NEEDLE OPTIONS

There are different options when it comes to choosing the right needles for the Magic Loop technique. Some knitters prefer fixed circular needles, while others use interchangeable needles with long cables.

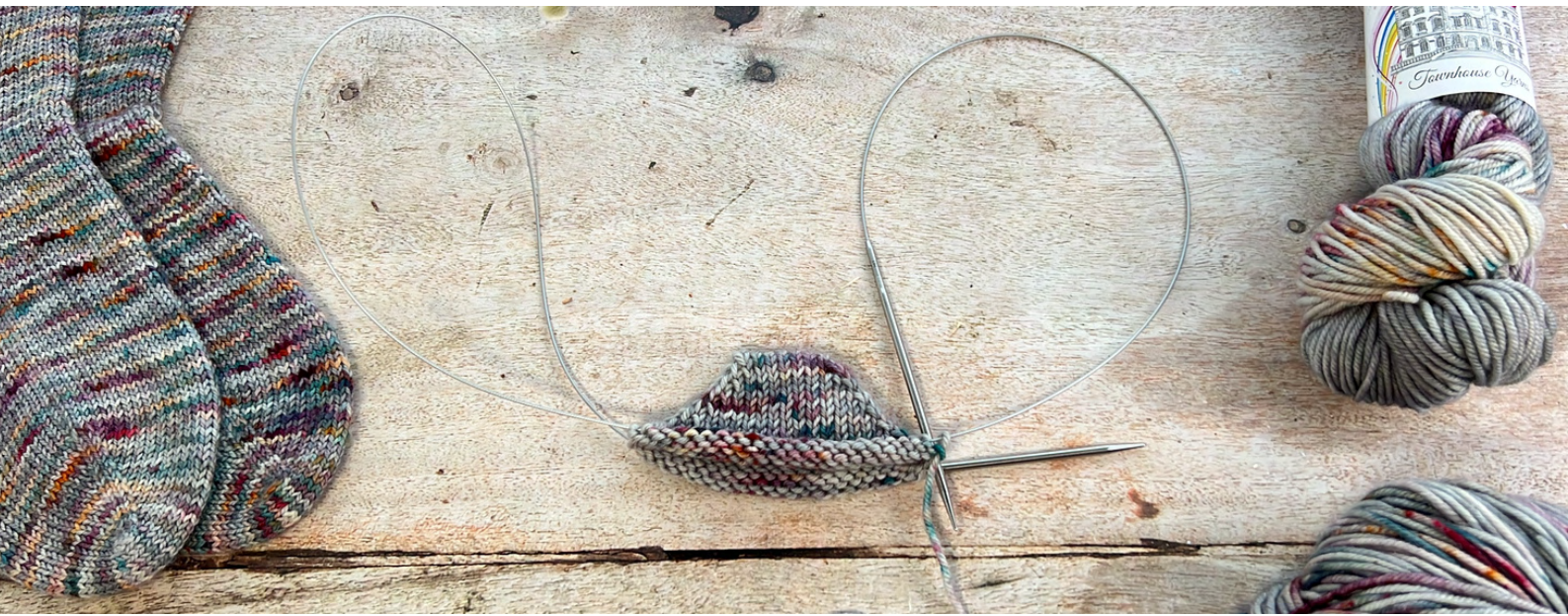
If you have a strong preference for using DPNs or Shorties then you can of course use those needles for the main fabric of the socks, where no shaping is taking place.

If you're not sure which option to choose, you can go through your needle sets and see if you have the right ones on hand. There's a good chance that you may already have what you need!

To help you get started, we've provided links below to all the different options available, so you can choose the one that works best for you.



[TAKE ME TO  
ALL THE NEEDLES!](#)





# SOCK ANATOMY

## ANATOMY OF A HAND KNIT SOCK

Knitting a sock can definitely be a bit tricky, and it's easy to feel like you're not quite sure what you're doing as you work through the process. But don't worry! Just trust the process, stick with it, and before you know it, you'll have a cosy, finished sock to show off.

To help you get a better idea of what your finished sock will look like, check out this handy diagram that breaks down all the different parts of a basic sock.



# MEASURING FOR SOCKS

## HOW TO TAKE MEASUREMENTS FOR YOUR SOCK

When you are knitting socks toe up, the first key measurement you need to take is **Foot Circumference**.

To measure the circumference of your foot and ankle for knitting socks, start by measuring around the **widest part** of the ball of your foot and the narrowest part of your ankle. These two measurements will likely be very similar, but if there is a difference, use the larger measurement. To get the most accurate measurement for the ball of your foot it is a good idea to stand down on the tape measure, as your foot will spread wider with the natural pressure of being in a standing position.

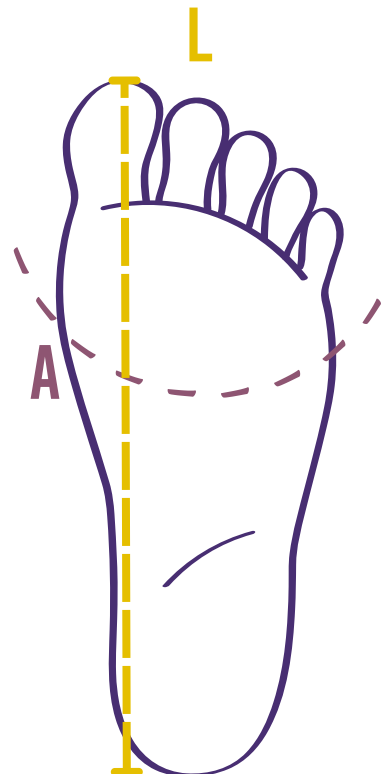
Once you have your foot and ankle measurements, multiply the larger of the two (Measurement A) by 0.95 to get the finished circumference of your sock. To make it easier, you can round this measurement to the nearest half inch or cm.

**For example**, if your foot measures 8 inches around:

$7.5 \times 0.95 = 7.125 \text{ inches} > 7 \text{ inches}$ .

Our [online calculator](#) will do this maths for you- don't worry!

Another measurement you'll need to complete your sock is the **length of foot** (You'll measure this standing up on paper and drawing around with pencil), In the Worksheets you'll have detailed instructions on how to do this.



# THE FOLLOWING PAGES ARE PRINTABLES

AND ARE AVAILABLE TO YOU AS A SEPARATE  
DOWNLOAD CALLED: **SOCKS WORKSHEET**



**DOWNLOAD  
WORKSHEETS**



**ONLINE CUSTOM  
FIT CALCULATOR**



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# THE FOLLOWING PAGES ARE PRINTABLES



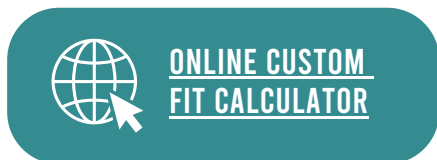
# WORKSHEET

Average Tension *per inch*			
Stitches		Rows	

Measurements for the Sock Calculator	
<b>A</b> Foot Circumference	




Pop the measurements into our online calculator to get a custom fit for your sock



Note the calculator results here	
<b>B</b> No. of sts to cast on (to each needle)	
<b>C</b> Work increases until you have this no. of sts	
<b>D</b> sts at centre of short rows (heel)	
<b>E</b> sts either side of those centre heel sts	

**WALKTHROUGH  
ONLINE CALCULATOR**

 [How to use the online calculator](#)



You can scan the QR code if you've printed out the Guide book.

# WORKSHEET

## MEASURING THE LENGTH OF YOUR FOOT

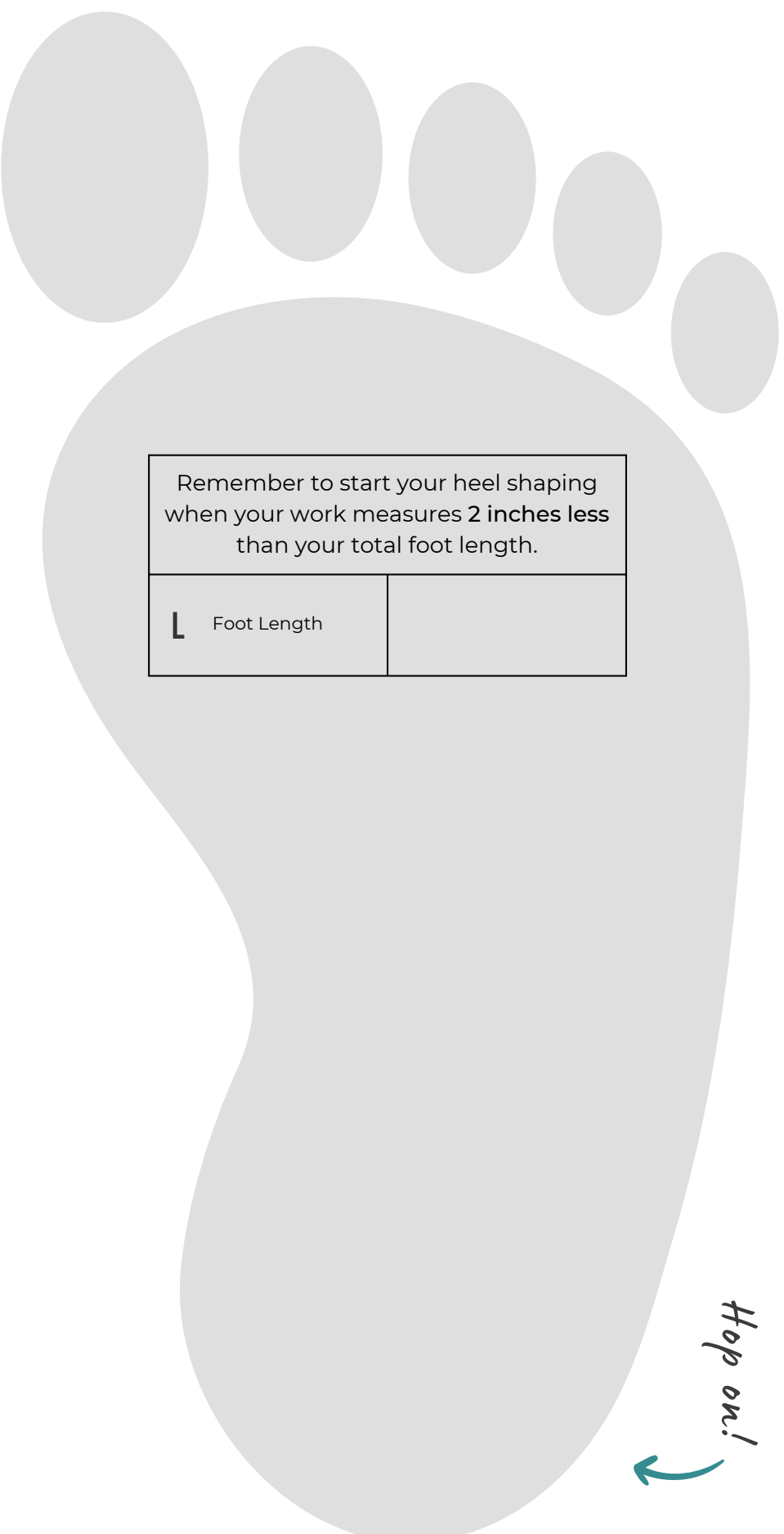
To accurately measure the **length of your foot**, you'll measure this standing up on paper and drawing around with pencil. You can use this page for this purpose. Stand on it and draw a good outline of your foot. Then, measure from the back of your heel to your longest point. (This is different for each foot, it can be the tip of your big toe or another toe) That measurement will be your L measurement.

*Hop on!*



Remember to start your heel shaping when your work measures **2 inches less** than your total foot length.

L Foot Length	
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# SOCKS JOURNAL

## MY THOUGHTS

### YARN I LIKE

- 
- 
- 

### SHADES I LIKE

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- 
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### MY CHOICE

**YARN:** \_\_\_\_\_

**SIZE:** \_\_\_\_\_ **NEEDLES:** \_\_\_\_\_

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# NOTIONS

The following accessories are recommended to get started with your socks. You might already have some, you may be able to borrow some others from a friend or you might want to get your own. If that is the case, you can check out this section with lots of options for all budgets.



*You can scan the QR code if you've printed out the worksheet.*



- Knitting needles of your choice
- Measuring tape
- Darning needle
- Stitch Markers (in at least 2 different colours)
- Row counter (or pen & paper)
- Small scissors
- Project bag
- Crochet hook to pick up dropped sts.
- Sock blockers
- Soak - or gentle wash of your choice.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# THANK YOU!

Thanks again for joining in  
My First Socks Follow Along

Don't forget your to check your email for your  
€20 COUPON CODE



**COUPON CODE:**  
*Valid for 6 months*



**FOLLOW US! @THISISKNIT**

\*Coupon is not valid in conjunction with any other offer. Terms and Conditions apply.

THIS IS.  
*Knit*



# BONUS! CUSTOM CALF SHAPING

## HOW TO TAKE MEASUREMENTS

If you wish to make knee high socks, or to make custom adjustments for your own calf measurements, then we have you covered!

You will need both your Stitch Gauge and Row Gauge per inch for this bonus calculator, plus the following measurements (all in inches) -

[ **H** ] The circumference of your sock (in inches) after the heel turn.

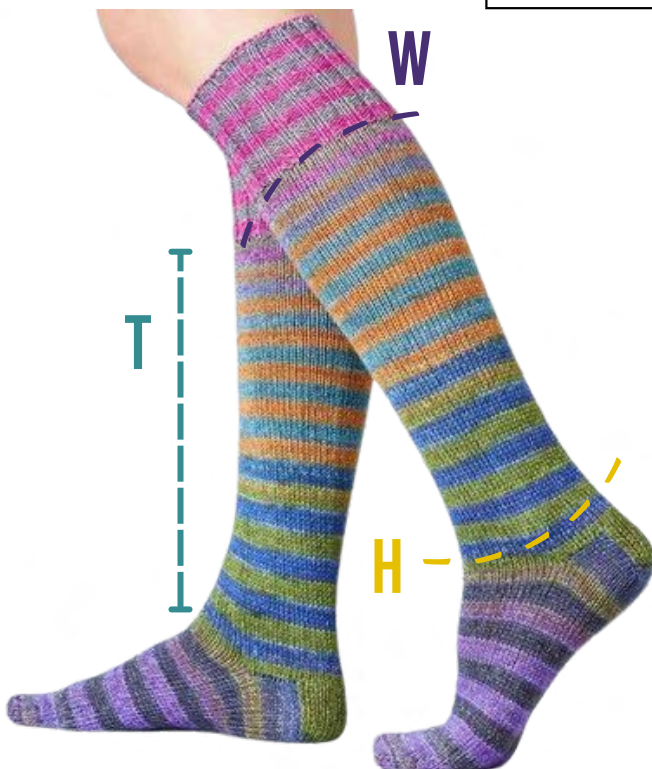
[ **T** ] How tall you want your sock to be, when measured from the end of the heel shaping until just before the cuff ribbing. (In inches)

[ **W** ] The circumference you need the sock to be before you start your cuff ribbing.

*Enter all these measurements into the calf shaping calculator and note down the following results -*

### Note the calculator results here

<b>F</b>	Total number of sts to increase to	
<b>G</b>	Work a double increase on each round number...*	



\*E.g. if your result [ G ] is 6, then you work a double increase round, 5 plain rounds, a double increase round, 5 plain rounds and so on, until you have [ F ] number of stitches on your needles. Then proceed to the cuff style of your choice.



*You can scan the QR code to access the calf calculator if you've printed out this worksheet*