

UPCYCLED print

**a screen printing DIY guide
for upcycling at home**

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intro

upcycle: *“to recycle (something) in such a way that the resulting product is of a higher value than the original item; to create an object of greater value from (a discarded object of lesser value)” [source: Merriam-Webster]*

this booklet is meant to serve as a guide to upcycling your own clothes through the application of screen printing. screen printing is a popular printing technique in which ink is forced through a mesh material, ultimately creating a design. when applied to clothing, screen printing has the potential to transform something old into something new. in the interest of reducing textile waste, I invite you to take some inspiration from this DIY guide and create something personal, unique, and upcycled at home.



minimalist print



minimalist print

inspired by artists of the minimalist art movement like Sol Lewitt, Donald Judd, and Frank Stella, this print is an easy way to jazz up jeans. whether you decide to create some hand-cut stencils or just stick to using tape, these bright colors and geometric shapes will make an old pair of jeans pop.

stencils [here](#)
supply list [here](#)



blue



red



fluorescent hot pink



black



white



8-bit print



8-bit print

this pixelated font combined with lines of fluorescent color make for a fun and colorful transformation. tape up an old shirt in your closet and create some clean lines with your ink!

stencils [here](#)
supply list [here](#)



fluorescent lime green



fluorescent orange



fluorescent hot pink



yellow



black



graffiti print



graffiti print

have a random shirt with a logo you don't care about anymore? take a bold stance with this graffiti print and throw some new facts on old material with this quote: "around 85% of all textiles thrown away in the U.S. are either dumped into landfill or burned," [source: EPA]

stencils [here](#)
supply list [here](#)



fluorescent lime green



fluorescent orange



fluorescent hot pink



blue



black



soft + organic print



soft + organic print

using soft handwriting and organic forms, printing on the bottoms of a pair of jeans can freshen up their look. pair the bottom prints with some pops of color on the back pockets, and you've got a new pair of denim for springtime!

stencils [here](#)
supply list [here](#)



red



yellow



blue



white



pop of color print



pop of color print

a white dress is the perfect blank canvas! this layered print focuses on colors and styles from artists like Andy Warhol, Jackson Pollock, Mark Rothko, and Helen Frankenthaler.

stencils [here](#)
supply list [here](#)



red



yellow



blue



white



renaissance print



renaissance print

with Michelangelo's hands from *The Creation of Adam* at the center, this print brings intricate painting and architecture from the Renaissance to your closet at home.

stencils [here](#)
supply list [here](#)



red



blue



black



white



yellow



oranges print



oranges print

for a more traditional graphic sweatshirt look, try out this bag of oranges on a blank crewneck or shirt. even better, go get an orange from your local farmer's market after.

stencils [here](#)
supply list [here](#)



red



yellow



white



neon glow print



neon glow print

screen print ink also comes in a glow-in-the-dark color, which can make a print fun - even in the dark. inspired by the classic "OPEN" neon sign, this print can spread the message of rewearing second hand clothes during the day and at night.

stencils [here](#)
supply list [here](#)



night glo



black



red



yellow



blue



white

resources

screen printing is a great way to transform clothing because of its accessibility. whether you are a beginner or expert, there are a ton of methods that allow you to use a screen to your advantage and upgrade your closet. the next few pages will describe a number of these methods, starting off with the simple process of using stencils and then discussing more complex methods like using photo emulsion. although it's a bit messy, screen printing can be done in a studio or in a house and adapted to fit anyone's specific needs. keep reading to figure out what method best suits you!



*silkscreen
(wood or aluminum)*



*craft sticks
(or something for mixing)*



block out tape



screen printing ink

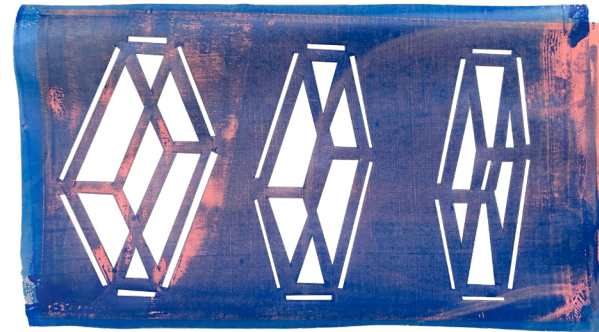


squeegee

basic supplies

stenciling

the cut stencil technique is a great method for beginners to get into screen printing. usually cut by hand, stencils can be created from a number of materials: copy paper, magazines, newspaper, vinyl, contact paper, etc. when using a non-adhesive material, stencils can be placed on the printing area and are held down with the placement of the screen. when using a material with adhesive - like contact paper - the stencil can adhere to the back of the screen, ultimately creating a sturdy stencil that will last longer with reuse.



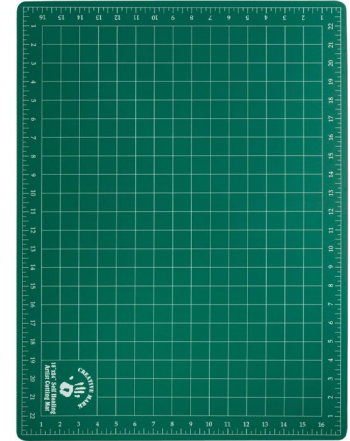
hand cut stencils using contact paper



X-Acto knife
(or any cutting tool)



contact paper
(or any other stencil material)

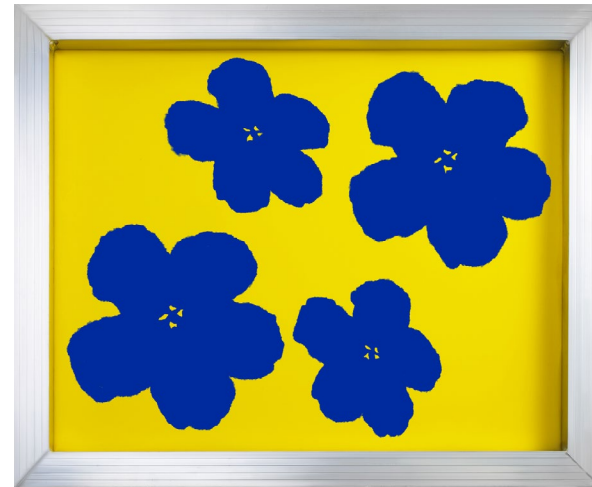


cutting mat

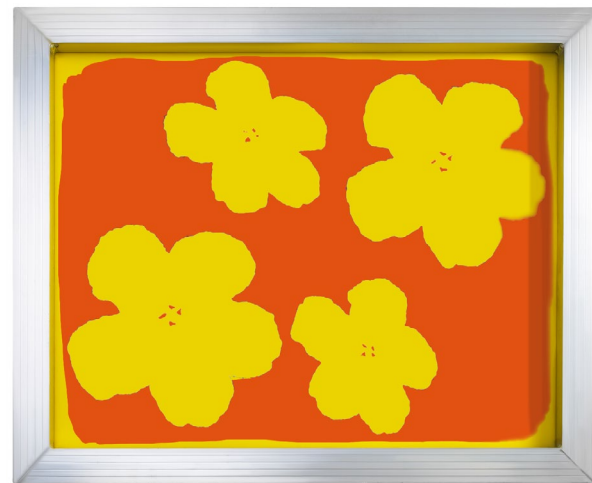
**additional
stencil supplies**

drawing fluid

using drawing fluid and screen filler is a bit more complicated than using stencils, but is ideal for creating a more “painterly” quality design as it involves using a brush for application. to use this technique, all you have to do is apply the drawing fluid on the areas of the screen you would like the ink to go through. after applying, simply use a squeegee and screen filler to cover the rest of the screen, creating an even, thin layer. after the screen filler dries, you can then wash out the drawing fluid in the sink - and now you are ready for printing.



screen with drawing fluid applied



screen filler applied + screen washed



drawing fluid



screen filler



*screen cleaner
(to remove screen filler)*

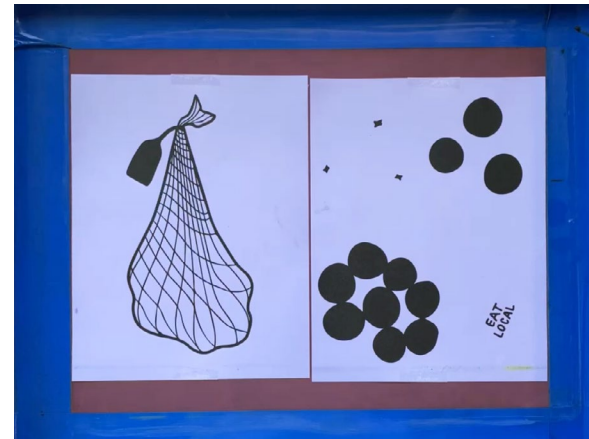


paintbrush

additional drawing fluid supplies

photo emulsion

photo emulsion is the most advanced and complicated technique for screen printing. the process involves using a light-sensitive emulsion mixture applied to a screen, which allows for finer detail and linework to show within designs. after applying a thin and even layer of emulsion, the screen is then covered with transparency stencils and exposed to the light to harden. the parts of the stencils that are darker keep the emulsion from hardening, which allows the areas you want ink to pass through to wash out. although this method is most common in a studio, the sun can also be used as a free resource!



screen with transparency stencils



after being burned + washed out



photo emulsion



*sensitizer
(to activate emulsion)*



*transparent paper
(to be printed or drawn on)*



emulsion remover

additional photo emulsion supplies



social media



thank you