

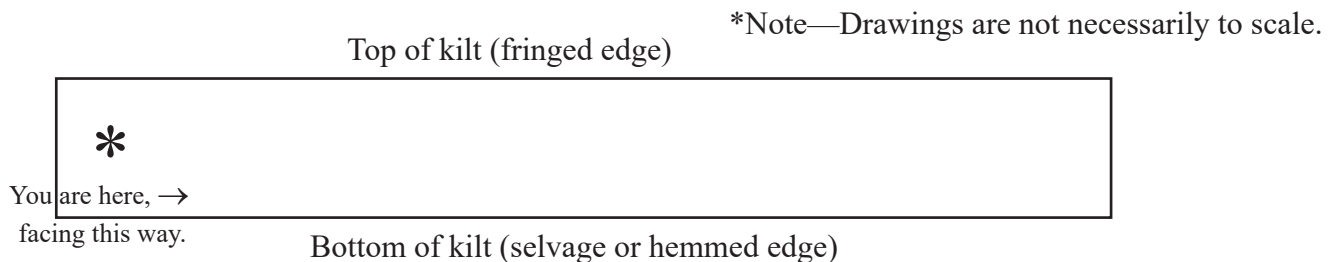
The Phillabeg (*Feileadh Beag*)

The following are instructions on how you to pleat and wear your Phillabeg. If your kilt has Cheater Pleats™, carefully remove the white basting stitch(es), which were only necessary for shipping. Lay the kilt out on the floor or on a bed and go directly to “Wearing the Kilt” on the back page.

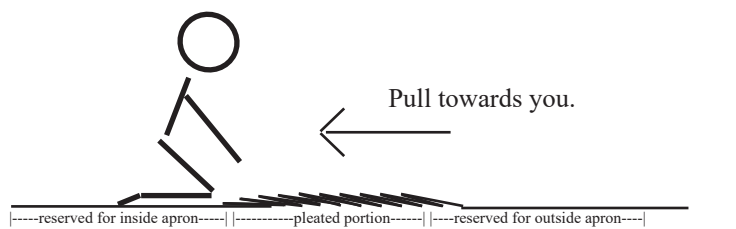
Items you’ll need:

- ✓ Measurement from your waist to the top of your knees.
- ✓ A good belt. We suggest a flat leather belt 1 1/2 inches or wider.
- ✓ Another person (not necessary but helpful).
- ✓ Lots of floor space. A smooth surface is recommended.

Pleating the Kilt — Lay out your kilt on the floor, kneeling down at one end as illustrated below, with the finished edge (selvage or hem) to your right and the fringed edge to your left. If your kilt is hemmed, make sure the outside surface of your kilt is facing down. (If your kilt is not hemmed, it does not matter which surface faces down). Measure from your end a length of tartan equal to half your waist size plus a couple inches. This portion will remain unpleated and will become the inside apron of your kilt. Begin pleating the tartan at this point.



Pull the tartan towards you, grabbing about 6 inches at a time. You may wish to use the stripes as a guide (this is probably one reason the ancient Celts added stripes in the first place). The pleats should be 1–2 inches apart, the pleated portion should be about equal to half your waist size (or a little more), and you should end up with an unpleated length of tartan at the end equal to about half your waist size. It will probably take some trial and error or a little math to get the correct number of pleats to use up the correct amount of tartan (or you can just wing it).



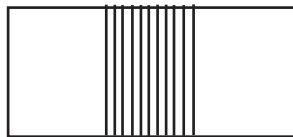
Example :

If your waist size is 40 inches, you need to leave about 20 inches for each of the aprons (inside and outside), and the pleated portion of your kilt needs to be about 20 inches. This could be accomplished with 20 pleats each 1 inch wide, 13 pleats each 1 1/2 inches wide, or 10 pleats each 2 inches wide. If you have a 5 yd. Phillabeg, this means you need to pleat about 140 inches of tartan (5 yds. total – 20 in. inside apron – 20 in. outside apron = 140 in). Now lets figure out how deep your pleats need to be in each of our three examples. In each case 20 inches will be visible and about 120 inches will be hidden in the pleats, so simply divide your 120 inches by the number of pleats to determine how much fabric you need to pull for each pleat.

20 Pleats: 120 inches divided by 20 = about 6 inches

13 Pleats: 120 inches divided by 13 = about 9 inches

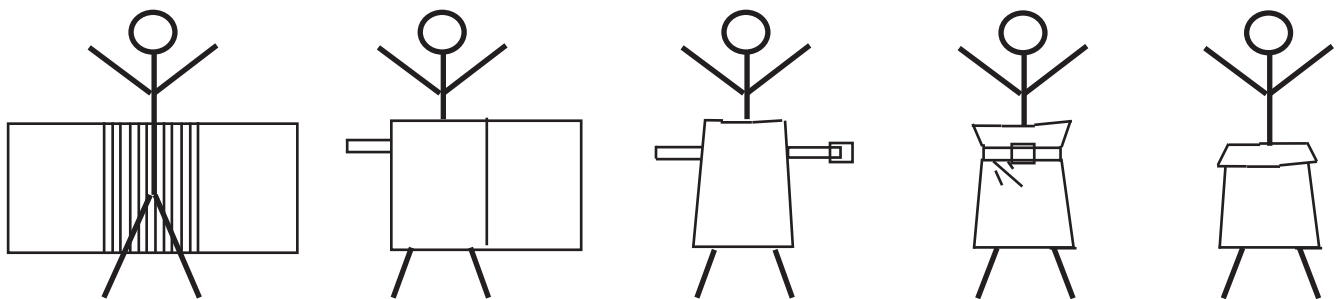
10 Pleats: 120 inches divided by 10 = about 12 inches



Your kilt should now look like this.



Wearing the Kilt — When the kilt is belted on, you should have 3-6 inches of excess tartan that flops over the top of the belt, and the bottom of the kilt should be at about the middle of the knee. Being careful not to undo your pleats, turn your belt wrong side up and slide it under the kilt. Lie down on top of the kilt with the belt at your waist. You can use the back of your knees as a guide. Fold the inside (right) apron of the kilt over your body, then do the same with the outside (left) apron. Fasten the belt to hold it in place. After standing up, you may need someone to help adjust things a bit.



Cheater Pleats™ — If your kilt has Cheater Pleats™, with a little practice you should be able to just wrap your kilt around and belt it on. If you have also had straps and buckles added, this is exactly what you do. You don't even need a belt. Just fasten the inside strap first (left side), then the outside (right side), then let the fabric above the waistband flop over to cover them up. That's all there is to it!