

# T-SHIRTS PAGE 1 OF 4

## INSTRUCTIONS:

- .....
- Step 1:** Register your event at:  
[ONEDAYWITHOUTSHOES.COM](http://ONEDAYWITHOUTSHOES.COM)
- Step 2:** Print the stencils on thick paper or cardstock.
- Step 3:** Optional – You can scale it larger or smaller in a copy machine.
- Step 4:** Cut out black areas with a straight-edge knife.
- Step 5:** Use fabric paint or spray paint to stencil on shirts or other One Day Without Shoes items. Design your shirt any way you like. Use a copy machine to enlarge stencils to any size you prefer. It's that simple!
- Use these stencils to create your own t-shirts. At your events, bring stencils for walk participants to make together.
  - Use the countdown t-shirt, cross off the days in April leading up to the event.
  - If you cannot be barefoot on April 8th, wear a tshirt in honor of the day.



## STENCILS:



**T-SHIRTS PAGE 2 OF 4**

**ONE DAY  
WITHOUT SHOES**

---

**APRIL 8**

# T-SHIRTS PAGE 3 OF 4

8

7

6

5

4

3

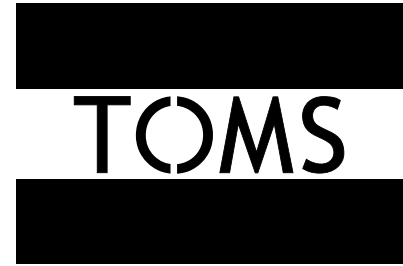
2

●

ONE

E

**T-SHIRTS** PAGE 4 OF 4



**TOMS**

