

# Triangle Stab Binding (metric measurements)

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## Supplies

The supplies listed are for a book measuring 197mm x 254mm. Please adjust your measurements based on your desired book size.

2 outer covers, 197mm x 254mm

2 inner covers, 197mm x 254mm (optional)

12 book pages, 197mm x 254mm (the number will depend on thickness of the paper)

2 pieces of Tyvek (305mm x 3mm)

60cm Embroidery floss (optional, for practice sewing)

1.5 meters Waxed linen thread (approx. 8 times the height of the book)

2 pieces scrap paper

2 pieces of card stock 197mm x 51mm

Scrap of cardboard or book board

Note: The book I create in the videos uses handmade paper from [my store](#), but feel free to use whatever paper you choose for your book.

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## Tools

Ruler

Pencil

2 Binder clips

Heavy duty awl, hand drill or Japanese screw punch

Piece of scrap wood or thick card board

Sharp craft knife

Tapestry needle

Scissors

Bookbinding needle (can also use Crewel needle)

Bonefolder