

SOCK BOOT CAMP

ARMY ANKLE SOCKS



Gauge:

20 sts and 28 rows = 4 inches; 5 sts and 7 rows = 1 inch

Materials:

3.75mm – 4.0 mm double pointed needles, set of 4 or 5; approximately 200m of a worsted weight yarn and 1 wool needle (for grafting). Yarn recommendations: Berroco Vintage, Cascade Pacific, Drops Big Fabel, Regia Nautica Sock.

Instructions:

Multiply your ankle circumference by the number of sts/inch in your yarn to get your cast on number. Find your number on the chart below, always rounding up if necessary.

Approximate Ankle Circumference	6.5"	7.5"	8"	9"	9.5"
Cast on loosely (use the long tail cast on)	32	36	40	44	48
Divide your stitches over 3 needles:	12/12/8	12/12/12	12/12/16	12/16/16	16/16/16
Join, being careful not to twist sts and work cuff in K2, P2 (knit 2, purl 2) ribbing for:	3.5"	4"	4"	4.5"	5"
Heel Flap: Divide sts so that you have ___ on first needle	16	18	20	22	24
Transfer/divide sts so that ___ remain on each of your other two needles	8	9	10	11	12
Working only on first needle (with most sts on it) and working "flat" (back and forth using only two needles), work rows as follows: Row 1: (RS) *SL1, K1* Rep to end of row. Turn. Row 2: (WS) SL1, Purl across row (only slip first st).					
Rep Rows 1 & 2 until heel measures ___ ending with the completion of a Row 1 (wrong side facing for next row).	1.5"	2"	2"	2"	2.5"

Turning the Heel (please make sure to follow the instructions for your size based on the number of cast on stitches:

If you cast on 32 sts for your sock:
Row 1: (WS) P8, P2tog, P1, turn. (5 sts rem)
Row 2: (RS) SL1, K1, K2tog, K1, turn. (5 sts rem)
Row 3: (WS) SL1, P2, P2tog, P1, turn. (3 sts rem)
Row 4: (RS) SL1, K3, K2tog, K1, turn. (3 sts rem)
Row 5: (WS) SL1, P4, P2tog, P1, turn. (1 sts rem)
Row 6: (RS) SL1, K5, K2tog, K1, turn. (1 sts rem)
Row 7: (WS) SL1, P8, turn. (0 sts rem)
Row 8: (RS) SL1, K8, turn. (0 sts rem) and you have a total of 9 heel sts.

If you cast on 36 sts for your sock:	If you cast on 40 sts for your sock:
Row 1: (WS) P9, P2tog, P1, turn. (6 sts rem)	Row 1: (WS) P11, P2tog, P1, turn. (6 sts rem)
Row 2: (RS) SL1, K1, K2tog, K1, turn. (6 sts rem)	Row 2: (RS) SL1, K3, K2tog, K1, turn. (6 sts rem)
Row 3: (WS) SL1, P2, P2tog, P1, turn. (4 sts rem)	Row 3: (WS) SL1, P4, P2tog, P1, turn. (4 sts rem)
Row 4: (RS) SL1, K3, K2tog, K1, turn. (4 sts rem)	Row 4: (RS) SL1, K5, K2tog, K1, turn. (4 sts rem)
Row 5: (WS) SL1, P4, P2tog, P1, turn. (2 sts rem)	Row 5: (WS) SL1, P6, P2tog, P1, turn. (2 sts rem)
Row 6: (RS) SL1, K5, K2tog, K1, turn. (2 sts rem)	Row 6: (RS) SL1, K7, K2tog, K1, turn. (2 sts rem)
Row 7: (WS) SL1, P6, P2tog, P1, turn. (0 sts rem)	Row 7: (WS) SL1, P8, P2tog, P1, turn. (0 sts rem)
Row 8: (RS) SL1, K7, K2tog, K1, turn. (0 sts rem) and you have a total of 10 heel sts.	Row 8: (RS) SL1, K9, K2tog, K1, turn. (0 sts rem) and you have a total of 12 heel sts.

If you cast on 44 sts for your sock:	If you cast on 48 sts for your sock:
Row 1: (WS) P11, P2tog, P1, turn. (8 sts rem)	Row 1: (WS) P13, P2tog, P1, turn. (8 sts rem)
Row 2: (RS) SL1, K1, K2tog, K1, turn. (8 sts rem)	Row 2: (RS) SL1, K3, K2tog, K1, turn. (8 sts rem)
Row 3: (WS) SL1, P2, P2tog, P1, turn. (6 sts rem)	Row 3: (WS) SL1, P4, P2tog, P1, turn. (6 sts rem)
Row 4: (RS) SL1, K3, K2tog, K1, turn. (6 sts rem)	Row 4: (RS) SL1, K5, K2tog, K1, turn. (6 sts rem)
Row 5: (WS) SL1, P4, P2tog, P1, turn. (4 sts rem)	Row 5: (WS) SL1, P6, P2tog, P1, turn. (4 sts rem)
Row 6: (RS) SL1, K5, K2tog, K1, turn. (4 sts rem)	Row 6: (RS) SL1, K7, K2tog, K1, turn. (4 sts rem)
Row 7: (WS) SL1, P6, P2tog, P1, turn. (2 sts rem)	Row 7: (WS) SL1, P8, P2tog, P1, turn. (2 sts rem)
Row 8: (RS) SL1, K7, K2tog, K1, turn. (2 sts rem)	Row 8: (RS) SL1, K9, K2tog, K1, turn. (2 sts rem)
Row 9: (WS) SL1, P8, P2tog, P1, turn. (0 sts rem)	Row 9: (WS) SL1, P10, P2tog, P1, turn. (0 sts rem)
Row 10: (RS) SL1, K9, K2tog, K1, turn. (0 sts rem) and you have a total of 12 heel sts.	Row 10: (RS) SL1, K11, K2tog, K1, turn. (0 sts rem) and you have a total of 14 heel sts.

The Sock Gusset: making a little room for the ankle and instep of your foot...

With RS facing and empty needle, pick up approx ___ on left side of heel. (It's okay to pick up a few more/less)	8	9	10	11	12
Now, knit across those two needles that have been sitting patiently. You can knit both needles onto one and call it needle #2. You should have ___ in total for the instep.	16	18	20	22	24
Still with RS facing and with another empty needle (we'll call this one needle #3), pick up approx ___ along the right side of the heel. (It's okay to pick up more/less)	8	9	10	11	12
Knit first ___ from heel onto 3 rd needle.	4	5	6	6	7
Slip (transfer) rem ___ from heel onto beg of first needle	5	5	6	6	7
You now have approx ___ in total for your sock:	41	46	52	56	62
Start decreasing as follows (for all sizes): Rnd 1: Needle #1: Knit to last 3 sts, K2tog, K1; Needle #2: Knit; Needle #3: K1, SKP, knit to end of needle. Rnd 2: Knit.					
Rep Rnds 1 & 2 until you are back to your cast on number: a total of ___ sts.	32	36	40	44	48
Continue even (no further dec) in stocking stitch until your knitted foot, measured from back of heel, is ___ in.	5"	6.5"	7.5"	8"	8"

Decrease for the toe as follows (all sizes):

Rnd 1: **Needle #1:** Knit to last 3 sts, K2tog, K1; **Needle #2:** K1, SKP, knit to last 3 sts, K2tog, K1; **Needle #3:** K1, SKP, knit to end of needle.

Rnd 2: Knit.

Rep Rnds 1 & 2 until ___ sts rem	16	18	20	22	24
Rep Rnd 1 only (every rnd) until ___ rem.	8	8	8	8	10

Con't to knit across Needle #1 so that you have an equal number of stitches on each of two needles. Cut your yarn, leaving an 8" tail. Thread one end of the tail through a wool needle. Graft the toe sts tog using Kitchener Stitch.

Knitting Abbreviations: **Con't:** continue; **K:** knit; **K2tog:** knit next 2 sts together; **P:** purl; **P2tog:** purl next 2 sts together; **rem:** remaining; **rnd:** round; **RS:** right side; **SKP:** slip 1 st, knit 1 st, pass the slipped st over the knit st; **SL1:** slip (transfer) 1 st as if to purl; **st:** stitch; **WS:** wrong side

Kitchener Stitch (Grafting for Stocking Stitch)

Set up: holding your needles parallel, insert the wool needle into the first stitch of the front knitting needle (the one closest to you) as if to purl (purlwise) and pull the yarn through, leaving the st on the knitting needle. Next, insert the wool needle into the first st on the second knitting needle (back needle) as if to knit (knitwise) and pull the yarn through, leaving the stitch on the needle.

Grafting:

- Insert the wool needle into the **first st** of the **front** needle **knitwise**, pull the yarn through, slipping the stitch **off** the knitting needle as well;
- insert the wool needle into the **next st** on the **front** needle **purlwise**, pull the yarn through but leave the stitch **on** the needle;
- insert the wool needle into the **first st** on the **back** needle **purlwise**, pull the yarn through and slip the stitch **off** the knitting needle as well;
- insert the needle into the **next st** on the **back** needle **knitwise** pull the yarn through but leave the stitch **on** the needle.

Repeat grafting a) - d) until you have only two sts left (one on the front needle and one on the back needle) – then just work steps (a) and (c). Push the needle with the remaining yarn into the toe of your sock and weave the tail into the sock on the wrong side.

- Front Needle (Knit On)
- Front Needle (Purl Off)
- Back Needle (Purl On)
- Back Needle (Knit Off)

While every effort has been made to have these pattern instructions accurate and complete, we cannot be responsible for variance in individual crafters, human errors or typographical mistakes.