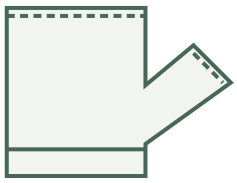
Simple wool mittens

Cuff-up mittens with a sewn top

A practical pair with a thumb opening, an easy sewn finger end and measurements taken from your own hands.

Modern, measurement-led project. Not physically test-made. This is not an exact reconstruction of a Viking-Age object. Use the fit checks throughout.



Sewn top. Thumb position mirrors for the pair.

Construction sketch, not a full-size template.

Use your measurements and frequent fitting.

Prepare your materials

Smooth, medium-weight wool. Allow roughly 100-150 g for a pair for planning, plus a swatch; consumption has not been measured.

You also need a blunt large-eyed needle, scissors, a tape measure, paper, a sewing needle and removable markers. Use one nalbinding stitch you already know; Oslo stitch is a practical option. The linked videos teach the loops and joins.

Make a sample first

Make a small tube with the same stitch, yarn and tension you will use. Wash it according to the yarn label, dry it flat, then measure. Test a yarn join. With feltable wool, overlap teased-out ends, dampen with water and rub them together; check the join holds before continuing. Superwash yarn needs another joining method.

Your measurement worksheet

Measure	How / your chosen target	cm
Palm circumference	Around knuckles, excluding the thumb	_____
Hand length	Wrist crease to longest fingertip	_____
Thumb circumference	Around the base of the thumb	_____
Thumb length	From thumb web to tip	_____
Cuff depth	Your preferred wrist coverage	_____
Finished palm circumference	Start with about 1-2 cm comfort room; fit it	_____

Trace each hand with the thumb relaxed, then write the measurements beside the outline. Add room for the thickness of the fabric, rather than treating the tracing as the outer mitten size. Mark left and right. Make the pair together, alternating a few rounds at a time.

First fit check: The cuff must pass over the whole hand, including the tucked thumb. A cuff measured only around the wrist can be too small.

Make it, fit it, finish it

1. Start both cuffs. Make a foundation chain that passes over the hand comfortably. Join without twisting and work in a spiral to your chosen cuff depth. Count and record both cuffs. Check their fit after the first two rounds.

2. Reach the thumb base. Continue towards the palm. Increase where needed for a relaxed fit: work two stitches into one new edge loop. Do not rely on pulling a narrow tube wider. Try the mitten on with the cuff in its intended position.

3. Leave the thumb opening. Mark the thumb position while wearing the mitten. Work an unattached chain across that area, skip the matching section of the existing edge and reconnect. Chain plus skipped edge form the opening. Begin with roughly half the intended thumb-opening circumference for each edge; adjust before continuing so the opening surrounds the thumb base comfortably. Mirror its position on the other mitten.

4. Complete the hand. Work around the hand and over the new bridge, keeping the palm width comfortable. Continue until the fabric covers the longest fingertip with a little free space. This project uses a sewn top, so no rounded-top decrease sequence is required.

5. Close the finger end. Flatten the top with the thumb in its natural position. Sew the two edges together with a flat, flexible seam. Keep the seam on the inside and check that fingers can move freely. Adjust before securing the tail.

6. Add the thumb. Start a new length of yarn at the opening and attach stitches around both edges. At the corners, use sound fabric slightly below the edge if necessary to avoid a hole. Work a tube that fits the thumb. When the tip is covered with a little room, flatten and sew its end. Close any small corner gaps with the tail.

7. Finish the pair. Compare both mittens, weave in ends and wash as for your sample. Dry flat. Test opening the hand, bending the thumb and holding a handle; correct any tight spot before regular use.

Colour and your own notes

Grey with a narrow rust-coloured cuff, or one solid colour. Use the same yarn thickness for both colours.

Yarn / dye lot: _____ Stitch: _____

Measurements, changes and yarn used: _____

Technique help and construction references

Sanna-Mari Pihlajapiha: hand outlines and fit

Thumb construction and corner gaps

Sanna-Mari Pihlajapiha: stitch and finishing videos

Joining wool yarn

Increasing and decreasing

See the cuff-up and thumb videos in the linked video collection. This sheet uses a simple sewn top and contains no copied outline template. Links checked 19 October 2026. Original wording and diagrams by Nordic Viking History.

Enjoyed this project?
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