

How does Castille make their RBG bands?

Here's how!



You'll need some surgical tubing (5/16 or 3/8 O.D.), scissors, some thick upholstery thread and some electrical tape.



Cut a section of surgical tubing to about 9 inches (23cm).



Cut a section of thread about 12 inches long and tie a "slip knot" on one end with a tail of about 2 inches. Overlap the surgical tubing about an inch and lasso the overlap, pulling the knot tight.



Wrap the thread tightly around the overlapped surgical tubing in at least two areas and even though and around the loops, pulling it tight the whole time. Finally, when you have only about 2 inches of the tail left, tie that in several knots to the other tail left by the original slip knot. This will hold very well if you kept all of the thread loops tight.



Last, wrap the tied area relatively tightly with about 6 inches of electrical tape. If you expand the band, the tape should accordion down and sinch up.