

EIDER DUCK

KNITTING PATTERN
BEANIE EDITION



hekla.cwist

POCKET EIDER GOES COUSTEAU

This tiny bird comes with a rather big story.

Around the Vega Archipelago in Norway, people and eider ducks have lived alongside each other for generations. Bird tenders build small nesting shelters, protect the ducks during the breeding season and, once the birds have safely left, collect the precious eiderdown from their nests.

Today, the eiders of Vega are in serious decline.

MEET THE BEANIE EDITION.

The Pocket Eider is part of an ongoing collaboration between **Knit for Wildlife and designer Dominika Katwak/hekla.cwist**, exploring how knitting can carry wildlife stories into everyday life. Small enough to hang from a bag, backpack or keyring, the Pocket Eider becomes a travelling piece of ocean literacy. Taking the story of the eider with it wherever it goes.

The new Beanie Edition launches at CommOCEAN 2026 in Bergen. A new look, and a new reason for the story to travel.

Quick to knit, made for scrap yarn and designed to go wherever you do.

WHY THE BEANIE?

A playful nod to ocean explorer Jacques Cousteau and his iconic red knitted cap. Giving our little eider its own uniform for an adventure into ocean literacy.

KNIT IT. CLIP IT ON. TAKE THE STORY WITH YOU.

A NOTE FROM DOMINIKA

“My goal is to leave a little space for creativity in my patterns, so feel free to play around. Change the colours, make the head darker or lighter, add a tiny embroidered wing, sleepy eyes, bead eyes, a dramatic side-eye, a little scarf - or anything else your eider seems to need. :)”

MATERIALS

- Light or off-white yarn for the body
- Black, dark brown, or charcoal yarn for the details
- Yarn in the colour of the beanie you want your eider to wear
- A small amount of black yarn for eyes, or other eye materials
- A little orange yarn for the beak and legs
- DPNs or circular needles for magic loop
- Stuffing - yarn scraps work perfectly too
- Tapestry needle
- Optional: keyring or lobster clasp

BEFORE YOU BEGIN

Please remember: This is a no-pressure bird. Your eider does not need to be scientifically perfect. It can be soft, strange, sleepy, wonky, dramatic, elegant, or completely unbothered.

ABBREVIATIONS

- k - knit
- p - purl
- m1l - make one left
- m1r - make one right
- k2tog - knit two together
- SSK - slip, slip, knit
- (...)² - repeat the sequence twice, once on each needle
- (k2tog)³/⁴ - repeat the decrease three/four times
- W+T - wrap and turn

W+T · on the right side: Knit the required number of stitches, bring yarn to the front, slip the next stitch purlwise, bring yarn to the back, return the slipped stitch to the left needle and turn your work. You now have the wrong side facing you with the yarn in front, ready to purl the next row.

W+T · on the wrong side: Purl the required number of stitches, bring yarn to the back, slip the next stitch purlwise, bring yarn to the front, return the slipped stitch to the left needle and turn your work. You now have the right side facing you with the yarn in the back, ready to knit the next row.

MORE INFO

- Worked in the round
- Use needles slightly smaller than recommended on the yarn label
- Body is closed with 3-needle bind off
- There is a little short-row section - if you are not familiar or comfortable with W+T, you can just skip round 9; it will also look good!

BODY · START WITH BLACK/CHARCOAL

CO 10 sts using Judy's Magic Cast On (5 sts on each needle)

1: k10 (10)

2: (k1, m1l, k3, m1r, k1) ×2 (14)

3: k14 (14)

4: (k1, m1l, k5, m1r, k1) ×2 (18)

BODY • CONTINUE

Change the colour to white.

5: k18 (18)

6: (k1, m1l, k7, m1r, k1) ×2 (22)

7: k22 (22)

8: k1, m1l, k20, m1r, k1 (24)

9: SHORT ROW

- k3, W+T
- p6, W+T
- k3

10: k24 (24)

11: k1, m1l, k8, k2tog, k2, SSK, k8, m1r, k1 (24)

12: k24 (24)

Now you'll close the body, creating the back and tail part. For this bind off 14 stitches (7 from each needle) using the 3-needle bind off method. You should now have 5 stitches on each needle and one extra stitch. I recommend placing that extra stitch on the back needle to avoid creating a hole. You will knit the last two stitches together in the next round.

HEAD • CONTINUE IN WHITE

13: k9, k2tog (10)

14: k10 (10)

15: k1, m1l, k8, m1r, k1 (12)

16: k12 (12)

17: k1, m1l, k10, m1r, k1 (14)

Change the colour to the colour of the beanie.

The first three rounds will create the folded-looking edge of the beanie - purl rows will imitate the ribbing.

18: k14 (14)

19: p14 (14)

20: k14 through the back loop (14)

21: k14 (14)

FINISH THE EIDER

Stuff your eider - do not put too much stuffing, so the duck stays soft and a little flat.

22: (k1, SSK, k1, k2tog, k1) ×2 (10)

23: k10 (10)

24: (SSK, k1, k2tog) ×2 (6)

Add a little more stuffing to the top of the head if needed, or use it to help shape the beanie.

Cut the yarn, leaving a tail of about 15 cm - or a little longer if you want to make a tiny pom-pom. Thread the tail through the remaining stitches using a tapestry needle and pull tight to close.

Now you have two options:

- For a simple beanie: Insert the needle through the center of the head and bring it out through the body of the bird. Pull gently to slightly flatten the top of the head, then secure the yarn.
- For a tiny pom-pom: Use the yarn tail to make several little knots on top of one another, building up a tiny scruffy pom-pom.

EYES

Embroider small French knots, use beads, or create V-shaped sleepy eyes.

BEAK + LEGS

Take the yarn in beak colour and pick up two V-stitches in the center of the neck, 2 rows below the head colour change (see the picture for reference). Leaving the 15 cm tail, join the yarn. Make 3 rows of 4 stitch i-cord and bind off. Cut the yarn leaving 15 cm tail.

Pull both tails, one by one, through the bird and bring them out at the bottom in the leg position. Trim the legs evenly.

EMBROIDERY

Now it's time to embroider the remaining dark parts. See the photo and/or the chart for placement and pattern.

FINAL TOUCHES

Attach a keyring or lobster clasp if you'd like to turn it into a charm or keychain. You can also add a few beans inside for extra weight.

PROCESS NOTES

Use these images as a quick visual reference for embroidery placement, beak construction and the finished shape.



No two pocket eiders need to look exactly alike. Small differences are part of the charm.

DONE!

Your Pocket Eider has officially gone Cousteau.



It may now guard your keys, decorate your bag, sit quietly on a shelf, keep you company at your desk, or become a tiny worry buddy to squeeze when life feels overwhelming.

This Beanie Edition is part of an ongoing collaboration between Dominika Katwak/hekla.cwist and Knit for Wildlife. Using knitting as an unexpected way to bring wildlife stories into everyday life, spark curiosity and start conversations.

If you make one, we'd love to see it. Tag @hekla.cwist and @knitforwildlife, and use #EiderGoesCousteau

This pattern is an original design by Dominika Katwak / hekla.cwist. Please do not copy, redistribute, or share it as your own. If you share finished eider ducks, repost the pattern, or sell finished items, kindly credit @hekla.cwist.

Thank you for helping this little bird carry its story a little further.

SMALL BIRD. BIG STORY.

Dominika Katwak/hekla.cwist x Knit for Wildlife