Use a roll of Kapton sheet that is 6.3 cm x 40 cm and 7 um thick.

Wrap it around two time to make a 14 um thick tube and glue together the inner and outer edges (use 3M DP190 epoxy).

Wrap around a 1 cm diameter rod, to help maintain shape while the epoxy cures. May also need to use removeable Kapton tape to hold edges in place while the epoxy cures.



The ends of the tubes will be glued to metal sleeves as shown below

