It is common in forensics for DNA samples to be limited in quantity and quality which means that it is important to be aware of the most efficient method for the recovery and extraction of the DNA. As there is little consensus in the literature, we set out to determine the recovery of DNA from blood spattered clothing under controlled conditions. The most difficult materials to work with are natural fibres because of their absorbent properties. Our study was therefore limited to cotton and wool. The quality of the DNA was evaluated by performing PCR of a 900bp amplicon and the quantity of DNA recovered was measured using picogreen reagent and fluorimetry. A comparison was made of tape lifts, scraping and swabbing as recovery methods for DNA. Data will be presented to show that recovery method influences quality and quantity of the DNA.