

How to make a Bedding Roll

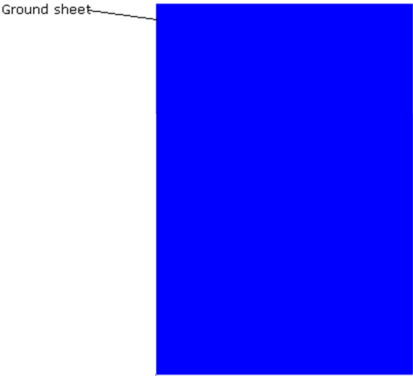
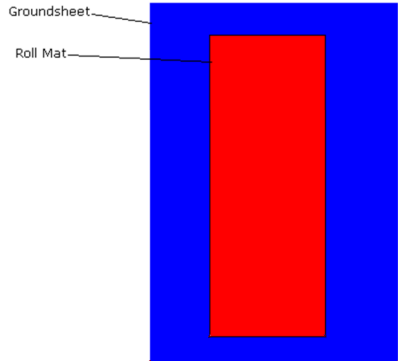
Bedding rolls are used to make it easier to set up at camp. They should keep your sleeping bag and pyjamas clean and dry, and ready to use when bed time comes. If you make yours properly it will keep your bed dry even if thrown into a river!

You will need:

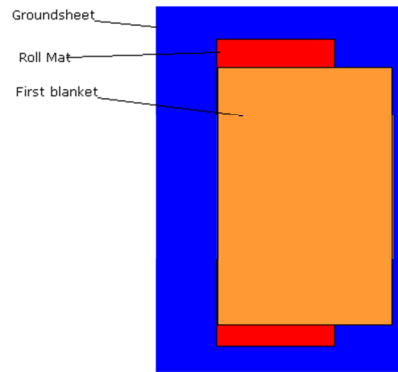
- Sleeping bag
- 2 blankets
- Pyjamas (woolly hat and socks optional)
- Small pillow or inflatable pillow if desired
- Roll mat
- Waterproof ground sheet
- Approx. 4 metres of rope or string

All of the above should be clearly labelled with your name!

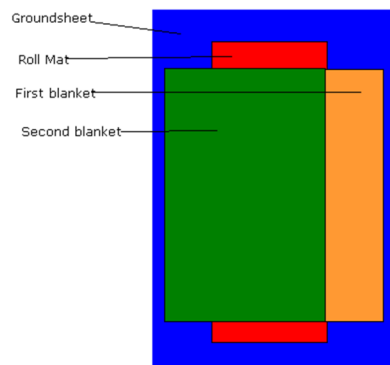
Instructions

<p>1. Lay your groundsheet flat on the floor.</p>	
<p>2. Place your roll mat in the middle of the groundsheet.</p>	

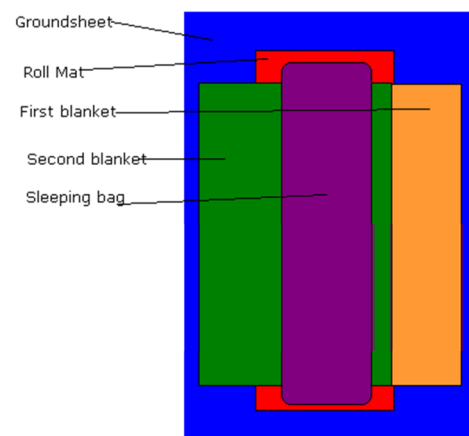
3. Place 1 blanket on top of the roll mat, with the left edge of the blanket against the left edge of the mat.



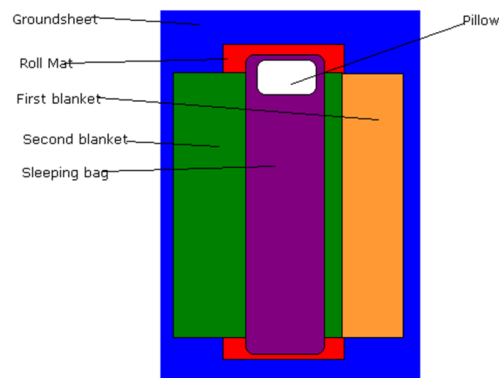
4. Place the second blanket on top of the first, with the right edge of the blanket at the right edge of the mat.



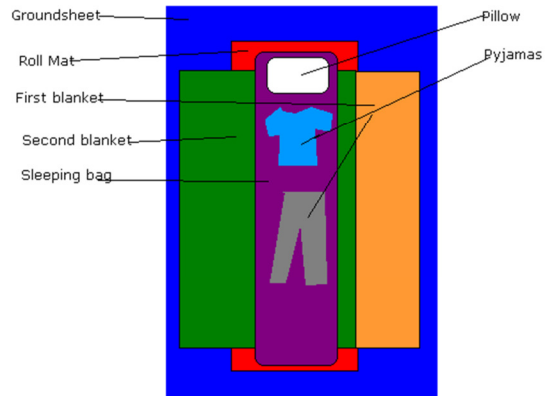
5. Place an unrolled sleeping bag on top of the blankets.



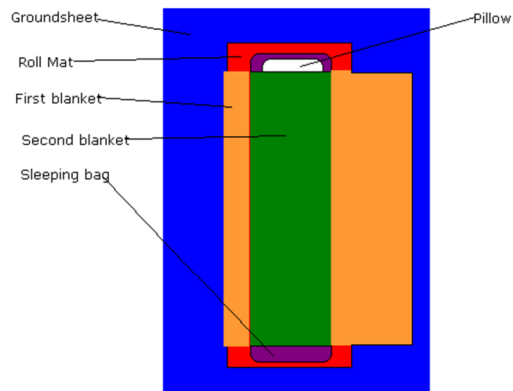
6. Put your pillow at the top of the sleeping bag.



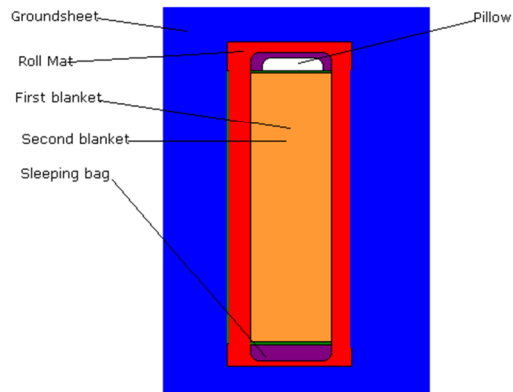
7. Lay out your pyjamas on top of the sleeping bag.



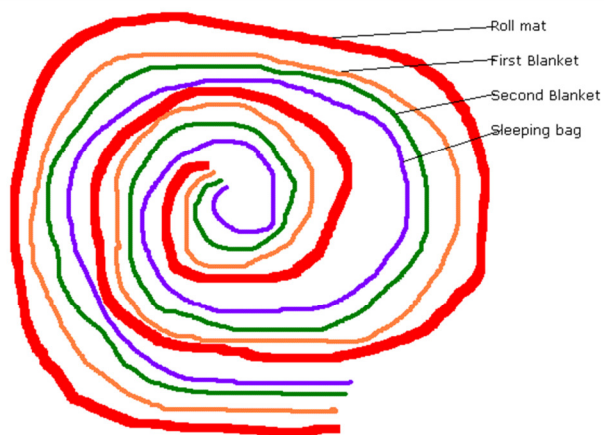
8. Fold the 2nd blanket over the top of your pyjamas and sleeping bag, and tuck any excess underneath the sleeping bag.

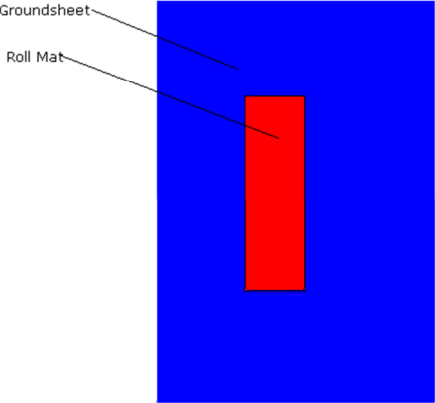

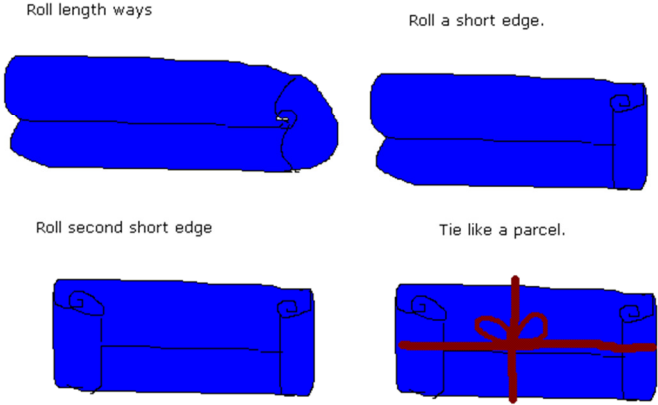


9. Fold over the first blanket and tuck any excess underneath sleeping bag. This should leave you with a neat parcel.



10. Starting from the foot end of the sleeping bag, start to roll up the sleeping bag and blankets inside the roll mat. Roll as tightly as you can to make a small, neat roll.



<p>11. Holding the roll together tightly (you can cheat and tie this with string), place the roll length ways on top of the ground sheet.</p>	
<p>12. Hold the two long edges of the groundsheet together and roll down until the sheet is tightly wrapped around the roll mat.</p>	
<p>13. Either kneel on the bedding roll or ask a friend to hold everything in place for you. Roll up the short edges of the ground sheet until they are neatly against the sides of the bedding roll.</p> <p>14. Using your rope or string, tie around the bedding roll as if it was a parcel – around the middle first and then lengthways. Tightly tie a knot to hold it in place. A reef knot is usually the easiest type of knot to choose.</p>	
	<p>15. Test your bedding roll by kicking it around the room. If it starts to come apart you will need to try again and roll everything more tightly!</p>