

GUIDELINE for How to Roll Up a Sleeping Bag

You need:

- Sleeping bag
- Ground cloth
 - A Ground cloth is a tarp or table cloth made of vinyl. The sleeping bag and anything that will be rolled up in it will be entirely covered by the ground cloth.
- A tying apparatus
 - Tying Apparatus means, rope, bungee cords, shoe laces, etc. This does NOT mean the elastic cords on the end of the sleeping bag.
- A buddy
 - A Buddy: Rolling a sleeping bag is easier with a friend!

Step one:

- ✓ Lay your table cloth, upside down on the ground.
- ✓ Lay the sleeping bag on top, as well as any extra blankets, sheets or clothing you are planning on rolling into your sleeping bag.
- ✓ The bag should be in the middle of the ground cloth.
- ✓ Sheets, etc, should be folded so they run the length of the sleeping bag, but only lay on one side of the sleeping bag.

Step two:

- ✓ Have one person at the head, and one person at the foot of the sleeping bag. There should be 6 inches (or so) of extra ground cloth past the foot of the sleeping bag.

Step three:

- ✓ Fold the sleeping bag in half, making sure that any sheets or clothing are now covered by the sleeping bag.

Step four:

- ✓ If your sleeping bag is longer than the ground cloth, start rolling the sleeping bag. When you have rolled up to the ground cloth, fold the sides of the ground cloth into the middle. This should completely cover the sleeping bag. Your buddy should hold the ground cloth in place while you are rolling.

Step five:

- ✓ Continue rolling. The tighter you roll, the smaller your sleeping bag will be.

Step six:

- ✓ Once you have reached the end of your sleeping bag, fold the extra inches of ground cloth into the roll.

Step seven:

- ✓ One person, wrap your arms around the sleeping bag, keeping it rolled tight. The other person, pick up the rope or bungee cords. Work together to wrap the cords around the sleeping bag. Make sure the cords are tight. Make sure that you wrap around all of the sides of the sleeping bag. You don't want it to come unrolled from the middle.

You should be able to toss your bag from person to person, and have it stay neatly rolled. It should also be completely covered by the ground cloth. Use your ground cloth under your sleeping bag to keep you dry when you are sleeping.

