

Sleeping Pad: DIY!



If you plan to sleep on the ground with a sleeping bag, you'll quickly discover the very tiny rocks and sticks under your sleeping bag. You'll also discover that the cold ground can suck the heat out of your body. Worse still, your sleeping bag can get wet and very cold! **Experienced campers use sleeping pads that fit under their sleeping bags. Now, you can make your own!**

1. **Buy a piece of carpet underlay material.** This is a multicolored foam that comes in a sheet. Buy a piece longer than your height and wider than your sleeping bag.

2. **Spread your sleeping bag out on the sheet and trim the foam.** The result will be a foam rectangle.

3. **Buy some transparent builders plastic,** used by painters to protect areas that should not receive paint. Buy a roll of clear mailing tape about 2 inches wide. A hardware store or department store sells these.

4. **Spread out the plastic. Put your foam rectangle on top. Trim the plastic** so it will totally enclose your foam rectangle with a couple inches left over. "Enclose" means the plastic will cover both sides of your foam, using just one piece of plastic.

5. **Center the foam rectangle on the plastic, pull in the sides, and tape them together neatly with the mailing tape.** The result is shown at the top left.

6. **Then tape the ends,** as shown at the top right.

That's it! **You now have a sleeping pad that you can put under your sleeping bag and use it for years!** The one shown above is more than 10 years old!

Another Tip: If you want a good, cheap ground cloth to go under your tent, use an old shower curtain. Or, more of your transparent builders plastic!