

## Bedrolls

### **Ground Sheet:**

A ground sheet is any kind of waterproof material. You can buy a heavy-gauge plastic ground sheet, tarp, or you can use builder's plastic or an old shower curtain. The ground sheet is laid on the ground (or the inside of a floored tent) to protect your sleeping pad, sleeping bag and you from ground moisture.

### **Insulite, Sleeping Pad, or Air Mattress:**

You will need an Insulite (thin very dense foam) Pad, a Roll-up Sleeping Pad or an Air Mattress for your bedroll. Avoid foamies that are large and bulky as they will not pack well and take up too much room in the tents. If you choose to bring an air mattress be aware that you are responsible for blowing it up!

### **Sleeping Bag and Blankets:**

Your sleeping bag may be useful for all-year camping, three season camping or summer camping only. If your sleeping bag is not a very warm one or you are unsure of how cold the nights will be at the camp, please bring two blankets instead of one. We would rather you be too hot and have something to take off, than be too cold!

### **Pillow:**

An inflatable pillow takes up little space and is quickly blown up. Some people just put extra clothing in a small pillow case. Others have a special camp pillow or bring their own pillow from home. Any of the above is acceptable.

### **Clothing:**

You will need warm pyjamas, woolly sleeping socks and a toque. None of these articles of clothing is to be worn during the day. Please do not omit any of the sleep clothing even if it sounds silly. Most of the heat your body loses is through the head and the feet. If you keep these two areas warm, you will be warm!

## **When You Need More Warmth**

You can be shivering when your friend in the same kind of sleeping bag is hot. People are different. If you're the kind who's always cold, or the nights are particularly cold at camp, one of these ideas might help keep you warm.

1. Have twice as much under you as on top. Remember that lying in your sleeping bag removes some of the underneath heating value. Place a folded blanket under your sleeping bag.
2. Wear bed socks (not the ones you've worn all day!) and something on your head, like a woolly toque.
3. Can you knit? Make a sleeping bag liner using baby wool (not synthetic yarn) and very large needles. This knits up quickly (because of the large needles), looks very lacy, takes up little space but is amazingly warm.
4. Once you're in your sleeping bag, stay there! Every time you get out, you expose it and you to night dampness and chilling.

5. Try a hot water bottle. Make sure the stopper is in tightly or you'll have a wet (and eventually cold) bed!
6. Air your pyjamas in the morning sun and roll them up in your sleeping bag so that they are cosy when you get into them.. Don't run around the camp in your pyjamas because they'll get damp.

### Airing Your Bed Roll

When you get up in the morning, open up your sleeping bag. As soon as the ground is dry outside, lay your sleeping bag on the ground sheet, in the sun so that it will dry out thoroughly. When it is dry and warm, roll it up and tie it in your ground sheet.

Leave your bed roll tied up until you are ready to get into bed. That way you keep it warm. If you open it early in the evening, it will be damp at bedtime because of the cool, moist, night air...or it might get dirty by being walked on!

If it is raining when you get up and you know that you won't be able to air your sleeping bag, roll it up to keep it dry. Air it as soon as possible.

### Making Your Bedroll

1. Place your groundsheet, sleeping pad, sleeping bag, extra blanket(s), pillow, pyjamas, woolly sleep socks and toque on the floor as though you will be going to bed. (The pillow needs to be near the middle.)
2. Starting at one end roll the bedroll as tightly as possible keeping the plastic on the outside.
3. Tie the bedroll with a piece of sturdy rope (preferable not string as knots are hard to get out and it becomes useless for the return trip).
4. Tuck the ends of the plastic in so the bedroll is as waterproof as possible.
5. Make a handle with the remaining rope so your bedroll is easy to transport.

