

# How to make a bedroll

## Background

Although the art of tying bedding rolls has been around for a very long time, the information is not passed on, rather re-learned by each new generation. The armed forces teach recruits this valuable life skill, but opportunities for civilians are limited. When Lord Robert Baden-Powell wrote "Scouting for Boys" in 1908, his ideas included camping activities. Similar ideals were adopted when Lady Olave Baden-Powell introduced the Guiding movement for girls.

## Why bother?

If you are asking this question, you have never had to go to camp in the rain! A properly tied bedroll will keep all your bedding dry, even surviving being dropped in water. At camp a dry night's sleep is a valuable commodity.

## What do you need?

Ground Sheet - 6' x 8' tarp  
 Camping Mat  
 Blanket to act as insulation to keep you warm  
 Sleeping Bag (*no, the "character" sleeping bags are NOT acceptable!*)  
 Pillow  
 Night Clothes  
 Strong rope - 3-4 metres long (12' minimum) ¼" thick minimum - **NOT string and NOT a bungee cord and NOT the yellow polyprop rope**  
 A friend to put it all together with

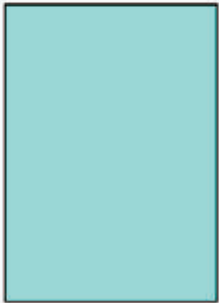
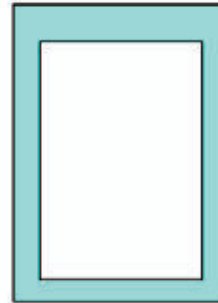
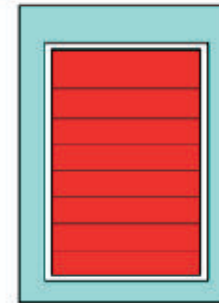
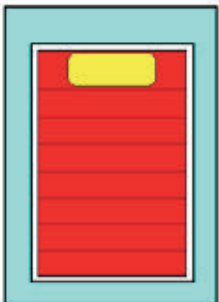
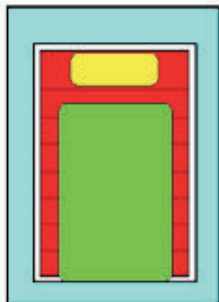
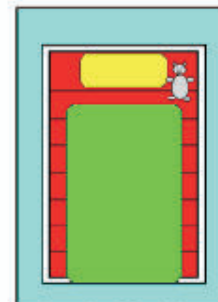
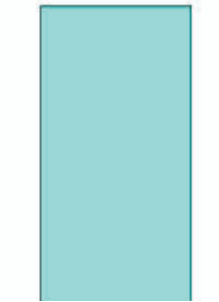
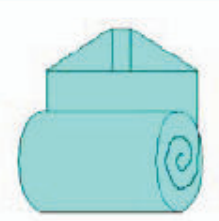

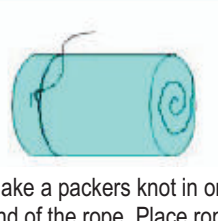
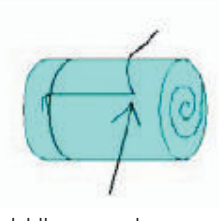
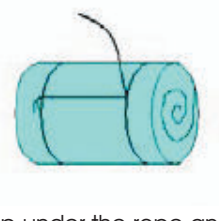
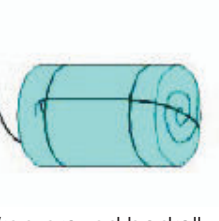
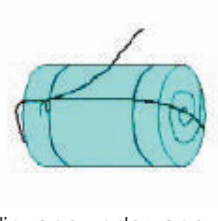
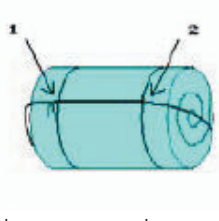
## Ground Sheet

A ground sheet is any kind of waterproof material. A 6'x8' tarp is perfect, and can be purchased at Canadian Tire or Wal-mart for about \$6.00. It needs to be longer and wider than your unrolled (but zipped up) sleeping bag.

The ground sheet is laid on the ground to protect your sleeping bag, pad and you from ground moisture. If you do roll your bedroll properly, it will remain dry even if out in the rain or if dumped in the river from a canoe. The rope should be sturdy, with the ends whipped.

## Pad

You can sleep on the ground without a pad or air mattress, but you will be more comfortable and warmer with more under you than on top of you. A foam pad gives you comfort and insulation with little added weight. An air mattress is comfortable, but doesn't give much insulation in cold weather. It's bulky to pack. It also must be blown up and can puncture.

<p><b>Supplies:</b></p> <p>Groundsheet          Mattress/pad          Sleeping bag &amp; pillow          Extra blanket          Bed buddy          12 ft non-slip rope</p>	 <p>Lay out groundsheet.</p>	 <p>Place mattress/pad on groundsheet.</p>	 <p>Place sleeping bag in centre.</p>
 <p>Place pillow on sleeping bag.</p>	 <p>Place extra blanket on sleeping bag.</p>	 <p>Place bed buddy next to pillow.</p>	 <p>Fold over sides of groundsheet.</p>
 <p>Fold ends like a "present" then roll tightly, tucking the ends inside the roll.</p>	<p><b>Packers Knot</b></p> 	 <p>Make a packers knot in one end of the rope. Place rope around bedroll at one end &amp; slip the rope through the knot. Pull tightly.</p>	 <p>Hold the rope here and then wrap around the end of the bedroll.</p>
 <p>Slip under the rope and pull tight.</p>	 <p>Wrap around bedroll end to end.</p>	 <p>Slip rope under rope. Tie with a packers knot.</p>	 <p>Extra rope can be wrapped from point 1 to 2 to form a handle.</p>