

## Creating a form of ground insulation

*At night it is important to maintain your body heat. Most of your body heat is lost through your head and to the ground. Using a well insulated ground mat and covering your head will help to warm and insulate you.*

### MAKING A GROUND MAT

*Making a ground mat, you will need:*

- string
- binliners (large)
- newspapers
- blanket.

#### *Guidelines*

1. *Fill the binliner with crumpled newspaper. Pack newspaper tightly into binliner. Squeeze the air out of the bag and tie the top with a piece of string using a reef knot.*
2. *Slip the binliner inside another one to waterproof it. Tie string around the top of this bag, again using a reef knot. Ideally you should slide the knotted end of the filled bag into the empty binliner.*
3. *You may need to fill two or three binliners depending on your height.*
4. *Lay the binliners end to end and put a blanket on top tucking it in under the binliners to keep them snugly together for comfort. When you sleep on your ground mat the newspaper will absorb the cold from the ground and keep you warm. It is important to keep the ground mat dry.*

### Card 3

**MAKE A FORM  
OF GROUND  
INSULATION  
FOR YOUR  
CAMP WITH  
THE  
MATERIALS  
PROVIDED**

### Card 3

#### **CHECKLIST GROUND INSULATION**

- *Is the ground mat well insulated?*
- *Is it waterproof?*
- *Does it feel comfortable to lie on?*