Things You'll Need to Make a Bedroll

| Military Poncho (has snaps) or Groundsheet | Sleeping bag |
| Rope and Detachable Shoulder strap /w clips | Small pillow |
| Two blankets (optional) | Foam Mattress |

Spread out the poncho or groundsheets flat on the ground. Typically made of a waterproof canvas or polyester material, the poncho or groundsheets protects your bed from a damp or moist ground and rain. Use a poncho long ways or groundsheets that is twice the width of your mattress.

Place your mattress to side of center of the poncho or groundsheets. Any size mattress may be used for a bedroll. Still, a smaller mattress will be easier to carry when hiking to the sleeping site.

Position the zippered sleeping bag lengthwise on the mattress. If using blankets, lay each blanket on top of the sleeping bag. Blankets can be made of fleece or wool, depending on your personal preference. Fold large blankets in half vertically for a compact and tidy bedroll.

Tuck a small pillow inside the top of the sleeping bag. Though you want to minimize your load, bringing a small pillow can allow for a more restful night’s sleep.

Fold the poncho or groundsheets over the top of the blankets. The poncho can be snapped to hold it closed. Make sure you snap the top over the bottom. Groundsheet can be pinned /w blanket pins or tied placing an overhand knot on each side of the matching grommets. Again make sure top over bottom. Roll up the entire bed, keeping the mattress, sleeping bag, blankets and poncho or groundsheet intact, from head to foot.

Fasten the bedroll with two pieces of rope around the roll toward each end. Snap the shoulder strap to each rope, which can now be used to carry the bed roll over your shoulder keeping hands free. Tie the rope with slipknots, which allows the bedroll to be secure. When you untie and open the roll at night, your bed should be intact and ready for sleeping.

In the morning reroll and tie the bedroll to be carried back to meeting area.

If you have any questions please contact Mr. Helcoski, ken.helcoski@nachanimat.org or 845-223-5386.