

## HOW TO MAKE A SLEEPING BAG

You will need 150 crisp foil packets for 1 sleeping bag

### Step 1

- Collect used crisp packets from friends, family, work, church groups etc

### Step 2

- Cut each crisp packet down both sides and open out to show the shiny foil, so it resembles an open page

### Step 3

- Wash the foil in warm, soapy water and then dry

### Step 4

- Place the crisp packets flat and line them up at the edges so they overlap each other slightly, and repeat until you have made two crisp packet blankets that are each 15 by 5
- Put a sheet of **grease proof paper** on top of the crisp packets to form a protective barrier for ironing
- Iron the seams you have overlapped for between 1 to 2 seconds, so they stick together – repeat on both sides of the crisp packet to ensure they are sealed

### Step 5

- You will need a large, **transparent plastic sheet** to cover your crisp packet blankets – this will form a waterproof protective layer
- Iron the crisp packets and transparent plastic sheet together, and fuse the ends to make the shape of a sleeping bag - \*remember to use the grease proof paper when ironing\*
- Cut out a space for the head at the top of one of the blankets
- Pierce 3 holes at the bottom of the bag with a pen or nail to allow for ventilation and prevent a build-up of dampness

Your sleeping bag is now ready to distribute to the homeless! :)