

## HOW TO HANG YOUR HAMMOCK USING POSTS

### Equipment Needed

2 4x4 posts  
2 (or 4) 1/4 inch diameter S hooks  
2 large screw-in type eye bolts or hammock hooks  
2 lengths of 500 lb. test welded link chain  
measuring tape  
drill and bit slightly smaller than eye bolt diameter  
(optional) cement, post hole digger

First, stretch your hammock out by hanging it up and bouncing on it with the sides bunched together. Test the position of your hammock before permanently installing the posts. You should be able to put your feet flat on the ground while sitting upright in it. The measurements below are approximate since the hammocks can vary somewhat in length.

width of opening	* total post length required	above ground height of anchor	length of chain each side
10 ft	8 ft	6 ft 6 in	0
11 ft	8 ft 9 in	7 ft 3 in	9 in
12 ft	8 ft 8 in	8 ft 2 in	1 ft 8 in
13 ft	10 ft 7 in	9 ft 1 in	2 ft 7 in
14 ft	11 ft 7 in	10 ft 1 in	3 ft 8 in
15 ft	12 ft 8 in	11 ft 2 in	4 ft 9 in
16 ft	15 ft 1 in	13 ft 7 in	7 ft 2 in
18 ft	16 ft 5 in	16 ft 4 in	9 ft 10 in
20 ft	19 ft 3 in	17 ft 9 in	11 ft 4 in

\*post length allows for 1 ft underground and 6 in. above eye bolt. Subtract this amount to determine how high to hang it from a tree.

These measurements should result in the rings of the hammock hanging approximately 6 ft. above the ground and 9 to 10 ft. apart for the arc that is most comfortable.

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