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sheets) are fabric coverings of the deceased. draped around the body winding-cloths or winding-Burial shrouds (also called burial sheets, grave clothes,

the body of the dead. the important work of swaddling fabrics, all of which are able do elaborate garments, and many animal skins, a bedsheet, Shrouds might be made from can be relatively affordable. Shrouding at it's most simple

a covering with low choose it out of desire, some environmental impact option, and some are seeking for some are looking for a low-cost faiths require or encourage it, Always unique, some people

> many reasons! personal creations. There are world in religious, ecological, and been used through all parts of the In human history, shrouds have

time and touch. of someone you care for is a connect to the deceased through powerful ritual to honor and Washing and shrouding the body

give the community more time have been sudden or traumatic, to to slow down and acknowledge with the person's physical body. grief when a person's death may This practice can also offer a way

a sense of dignity and honor to covering. For some, it may provide Shrouds are often used as a person who has died

transportation and during the view if desired or swaddling for the body while shielding it from disposition process The shroud covers and protects

> Consider keeping points of contact available (head/face, limbs, etc.)

shroud so it is swaddled around

dry ice use, or use alternatives like

Make sure there is ventilation for

re-freezable blocks, or Techni-Ice.

Drape body and table with

moving the body & refreshing ice.

Lay out sturdy draw sheets for

sores, autopsy sutures, etc.

decorations and plants as desired.

Change ice as needed, 6-10 hrs.

Close the shroud as needed.

places that may leak fluid: wounds

Place cotton and/or towels in any

 Slide strips of fabric beneath the fold the shroud over the head.

When ready to cocoon the body,

Repeat the previous step on the opposite side of the body. Fold

opposite shoulder. Then fold from the shoulder to the from lower fourth to the opposite lower fourth.

the lowest portion of the body to wrap the lower fourth.

Begin by folding the shroud over Cover the body:

body at a time, washing the body

and then re-covering that area.

Uncover only one portion of the

limbs and torso.

Oils, skin balm, or lotion can be used for moisture, or offering

care as a last massage. Cut clothes to fit. Choose a space for the body to lay in honor, such as a table or

coffin (cardboard, wood)

Ongoing Body Care:

Place the body onto the shroud.

flat, and safe dressing space.

Unfold the shroud onto a clean, blanket) is under the shroud

It can be helpful if a firm surface

Using a Shroud (no handles):

Examples of Religious Shrouds:

burial garments in which some deceased burial group in Jewish traditions. people are dressed by the designated Tachrichim (Hebrew: תכריכים) are white

practice called Ghusl in Islam. that are made of white cotton or linen Al-Kafan (Arabic: الكفن) burial shrouds The kafan is used for the traditional

shroud of a Christian prophet. garment believed by some to be the Shroud of Turin, a specific buria

Examples of Shrouds around the World:

the fetal position, stood on the cliffs sometimes mummify their dead and wrap them in woven cloth shrouds in Chachapoya people of Peru would

shroud the body in fabrics died in herbs like cedar, or coriander covering the bodies of those who had Egyptians have historically practiced

wild plants, such as Nettles or grasses. created textile shrouds of natural fabrics such as wool, linen, or hemp and Northern Europeans have historically

during a vigil or life celebration. the body of the deceased.

 Gently and securely fasten the shrouded body to tie closed

the sides over the body.

 Then, starting on one side and diagonally folding the corner

If there are hemmed edges, face them upward.

supplies (i.e. water, wash towels,

Gather materials and prepare

care in your experiences, lineages, or traditions.

bowl, castile soap, oils, shroud).

One way is to begin with the face, head, and hands, then

(cot, plank of wood, thicker

Nonmedical Washing a Body:

There may be guidance for body

Where to get a shroud:

cost. Research your options and options for burial shrouds which community. There are several asking someone in your local from a local funeral home, or by a large bed sheet, purchase one practice media literacy! death care group or spiritual You can make one from fabric or range in design, material, and

For Medical & Funeral Care:

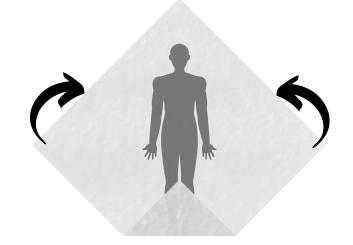
- Take time to research the processes for organ donation,
- Each of these practices may be autopsy, or embalming the body different depending on the location and institution.



USING A SHROUD (NO HANDLES):

- . IT CAN BE HELPFUL IF A FIRM SURFACE (COT, PLANK OF WOOD, THICKER BLANKET) IS UNDER THE SHROUD.
- UNFOLD THE SHROUD ONTO A CLEAN, FLAT, AND SAFE DRESSING SPACE.
- . IF THERE ARE HEMMED EDGES, FACE THEM UPWARD.
- . PLACE THE BODY ONTO THE SHROUD.
 - . COVER THE BODY:
 - BEGIN BY FOLDING THE SHROUD OVER THE LOWEST PORTION OF THE BODY TO WRAP THE LOWER FOURTH.
 - THEN, STARTING ON ONE SIDE AND DIAGONALLY FOLDING THE CORNER FROM LOWER FOURTH TO THE OPPOSITE SHOULDER. THEN FOLD FROM THE SHOULDER TO THE OPPOSITE LOWER FOURTH.
 - REPEAT THE PREVIOUS STEP ON THE OPPOSITE SIDE OF THE BODY. FOLD THE SIDES OVER THE BODY
 - . WHEN READY TO COCOON THE BODY, FOLD THE SHROUD OVER THE HEAD.
 - SLIDE STRIPS OF FABRIC BENEATH THE SHROUDED BODY TO TIE CLOSED.
 - GENTLY AND SECURELY FASTEN THE SHROUD SO IT IS SWADDLED AROUND THE BODY OF THE DECEASED.
- CONSIDER KEEPING POINTS OF CONTACT AVAILABLE (HEAD/FACE, LIMBS, ETC.) DURING A VIGIL OR LIFE CELEBRATION.







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