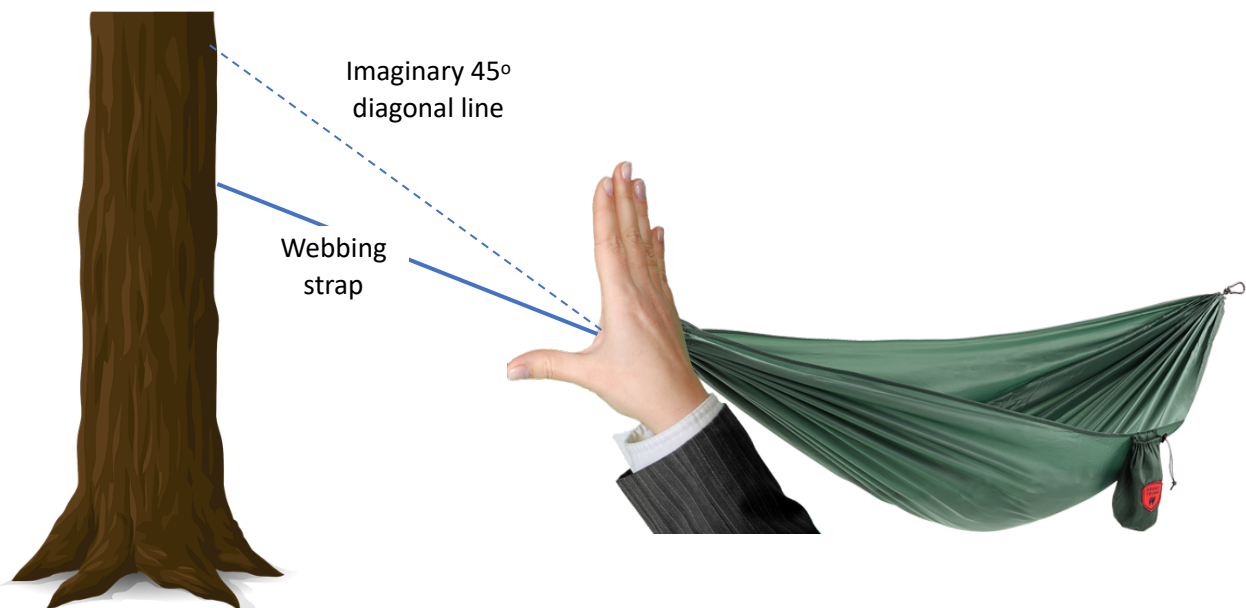


## How to hang the hammock

- 1) Find two living trees at least 4 inches/10 cm in diameter about 4-5m apart. Check the trees for obvious hazards such as dead wood or branches or significant evidence of bird roosts (cleaning the hammock afterwards is not a fun task!)
- 2) The webbing straps supplied with the hammocks are to protect the tree. They have a loop on one end and multiple loops on the other. Wrap once around the tree and thread the multiple looped end through the single loop. If the tree is quite small and the gap between trees is narrow the strap can be wrapped around more than once before threading the end through the loop.
- 3) The carabiner on the hammock can then be connected to a loop at the correct height to get a good hang. Aim for a 30° angle to the ground for a comfortable night. This can be estimated by using a hand to make a right angle and holding it up to view the rope. If it is slightly under the diagonal then it is about right. The angle should be 30° with the hammock loaded, it will sink a lot the first time that you sit in it. When first hung the hammock will look far too high and very tight. When sat in it should be at chair height.



- 4) Hang the flysheet over the top of the hammock. The ridgeline should be about the same height as the webbing straps. If particularly poor weather is expected this can be attached lower to bring the flysheet closer to the hammock. In midsummer when no dew is likely and the forecast is good the flysheet can be omitted at your own risk!
- 5) The hammocks have integrated insect mesh. This can be zipped away into a pocket during the day but overnight it is strongly recommended to return it!

The picture below gives some good tips.

More information can be found at <https://theultimatehang.com/>

**1.** Look for sturdy trees 12–15 ft (4–5 m) apart (About 3 paces/6 steps)

**2.** Attach 1 in (2.5 cm) webbing straps around the trees (to protect bark) about 6 ft (1.8 m) high to create anchors

**3.** Connect suspension rope to straps via a carabiner, lashing, or toggle system, attempting a 30° angle to reduce load strain

**4.** Add a tarp for weather protection and a bug net to avoid biting insects

Keep the hammock about chair height (20 in/50 cm) off the ground

Add a ridgeline to clip gear, attach a bug net, and set a perfect "sag"

Generally speaking, the hammock should be hung evenly between the trees and at the same relative height on uneven terrain.

Looped webbing can be threaded through each other (or through a carabiner, etc.) to attach to a tree.

The tarp ridgeline should be tied below the hammock straps so the tarp will be close when the hammock sags while occupied.

A simple 10x10 ft (3x3 m) tarp in a diamond pitch.

# THE BASICS of Hammock Camping

More information about hammock camping at [hammockforums.net](http://hammockforums.net)

Illustration by Derek Hansen ©2011

## How should I sleep in the hammock?

The same bedding as for camping in a tent (sleeping bag, pillow, blanket) is best. A pillow is not necessary but can increase comfort and make it more cosy.

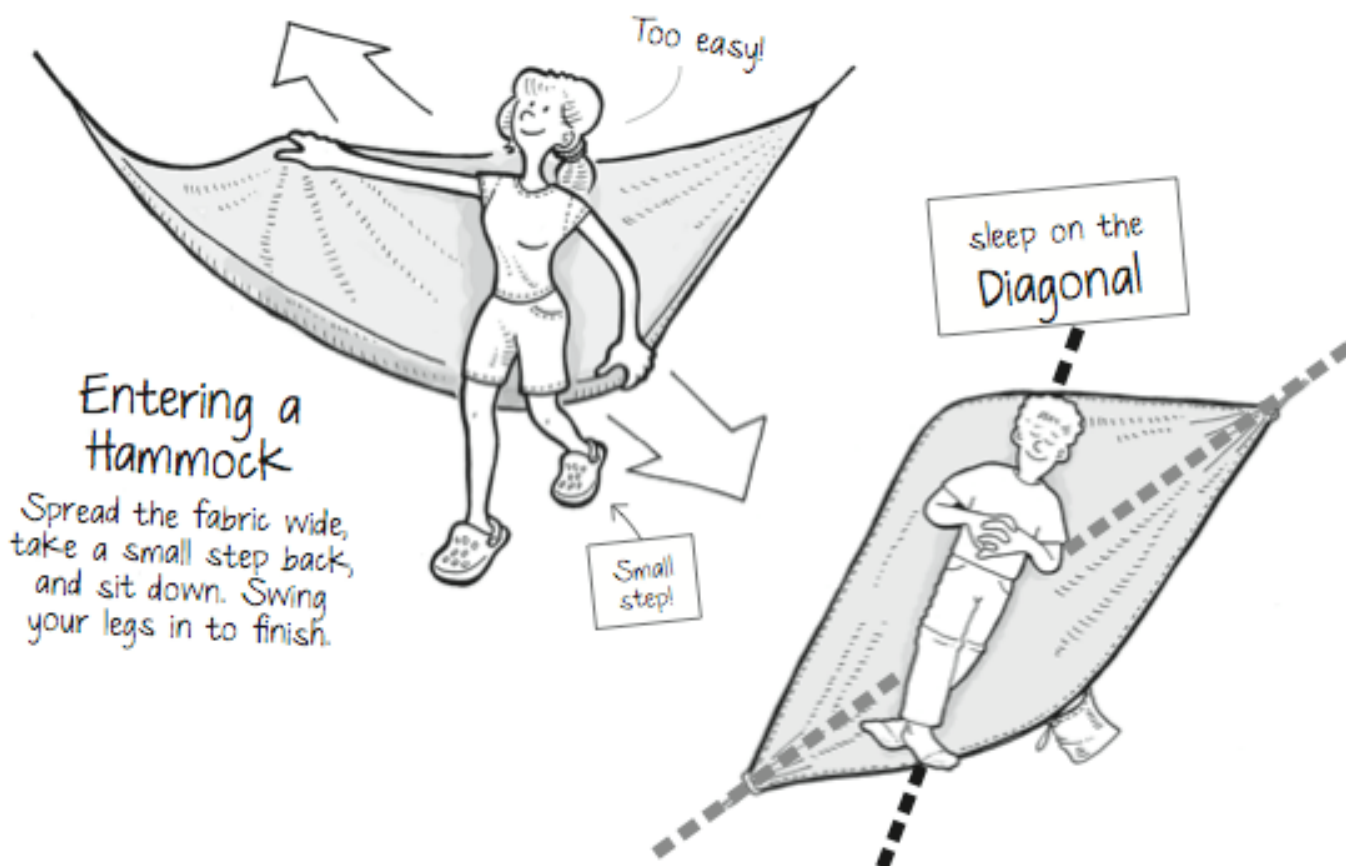
At night cold air from underneath the hammock will make the sleeper cold so it is best to have a camping mat inside the hammock unless it is very warm. This can be a foam mat or a self-inflating mat with the valve left open. If the valve on a self-inflating mat is closed it becomes too rigid and will slip out from underneath the occupant overnight.

The hammocks have a bag on the side. This can be used for torch, book, glasses case etc. overnight. Do not put too much weight in the bag or it will cause the hammock to be lopsided. Shoes should be left underneath the hammock.

It is best to sleep on a slight diagonal in the hammock. This will provide the flattest sleeping position.

## How to get into the hammock

- 1) Spread the hammock fabric out. If you are getting into bed, open the sleeping bag first so that you sit inside. It is easiest if the zip of the sleeping bag is on the side closest to the hammock entrance.
- 2) Put your back to the hammock and sit down into it. Remove shoes.
- 3) Swing the legs in and zip up the net.





Hammock with Mosquito Net

## How to hang a hammock?



### Suitable campsites to use the hammocks

- Ferny Crofts (lots of sites)
- Lyon's Copse (North Field)
- Sandy Acres
- Foxlease (Birches, Appletrees, Woodpeckers)
- Pinsent (need to book a bivouac site)