

Insulated Mat: DIY bedding for the displaced BuildSimple.org Feb 2023



Stay safer in freezing weather with insulation between you and the cold ground. Use the mat for a leaning chair during the day.

Plastic scraps in fabric tubes make an air gap to keep heat in.

Tools:

- Needles Pins
- Tape measure
- Flat stirrer
- Scissors or sharp knife
- Serrated bread knife



Supplies:

5 m of fabric 112 cm wide (5.5 yards of 44" fabric):
landscape fabric, burlap, sheets or sewn together
sand bags or scraps
(or use 6.3 m of 91 cm/ 7 yards of 36" fabric)



Hard plastic fill (cleaned, crushed and cut 12.5 cm/ 5" wide)- bottles, lids, containers



Soft fill- plastic foam, plastic film or bags, fabric scraps

Thread



1. Crush plastic containers underfoot.

Cut larger ones with a bread knife into strips to fit inside the channels.



2. Cut fabric 91 x 375 cm (36 x 148").

Fold in half (91 cm/ 36" wide). Sew tubes every 14 cm (5.5").

Stuff hard plastic in the first 30 cm (12") of each tube.



3. Add soft fill. Wrap bags or fabric over a flat tool and slide soft fill in on top of the hard plastic.

Add more hard and soft fill. Sew shut.



4. Cut fabric for the back 56 x 254 cm (22 x 100”).

Fold in half (56 cm/ 22” wide).

Sew channels and fill.



4. Sew the back piece to the long mat piece.

Walk on the mat to even out the plastic fill.

Landscape fabric as shown makes a mat for use in tents. Stronger mesh or fabric is needed for outside use.

Straw, rice hulls, fill from life jackets, or twisted, bunched plastic film can be used in the long part of the mat.

Lay a plastic film or tarp on the mat under a foam mattress.

During the day, lean against heavy buckets or a pole.

Keep recycled plastic and fabrics away from candles or fire.



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