



Share body heat under a multi-person quilt of layered fabric and plastic film made for freezing temperatures. Tuck a blanket inside at night and take it out for day use.

Plastic film or taped bag layers trap air between fabric layers of scraps, landscape fabric, thin tarps or sheets.



Supplies:

- 4 fabric layers
- 2 plastic layers the same size
- Thread
- Large safety pins
- (Option: rope or strap 80 cm/ 32")

Tools:

- Needles
- Scissors



Make or cut layers 205 x 210 cm (80 x 82").

Tape together clean plastic bags or film.

Leave small gaps when taping or make small holes in the plastic 15, 30 and 45 cm (6, 12 and 18") from the edge.



If using polyethylene sand bags or tarps, sew or tape any cut edges before handling.

Sew fabric scraps or grain bags together, then trim to the layer size.

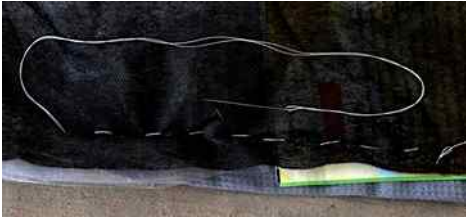


Make a stack:

Lay fabric layer, then plastic film layer.
Cover the plastic with light fabric.



Hem one edge on each stack.



Pin and sew the three layers together.

Make and sew another stack.



Sew the pocket. Lay two stacks with the strong fabric together. Sew on three sides.

Turn the pocket right side out.

To use, tuck a blanket in the pocket. Close the pocket with large safety pins.

Use an Air Duvet over several people in sleeping bags or under blankets.

Not for use near open flames.

If freezing weather continues don't breathe under the duvet. Wrap heads with synthetic or wool hats and shawls.

Turn the duvet inside out and dry on sunny days.



Cotton or jeans hold moisture and feel cold when damp. Use cotton blankets only next to sleepers. Frost will build up in layers further from body heat.



Finished Option:

Sew two loops from rope 9 cm (3.5") long on each hem. Add string on loops to tie blanket inside pocket.

Add more loops 125 cm (50") from one edge to hang on a south facing tent wall during the hot season.



Increased Insulation Option:

Add a strip of mesh 60 cm (24") wide at the center of the layer, between all fabric and plastic layers.

Use a warm mat. Add emergency blankets and layers of corrugated cardboard or an insulated mat.