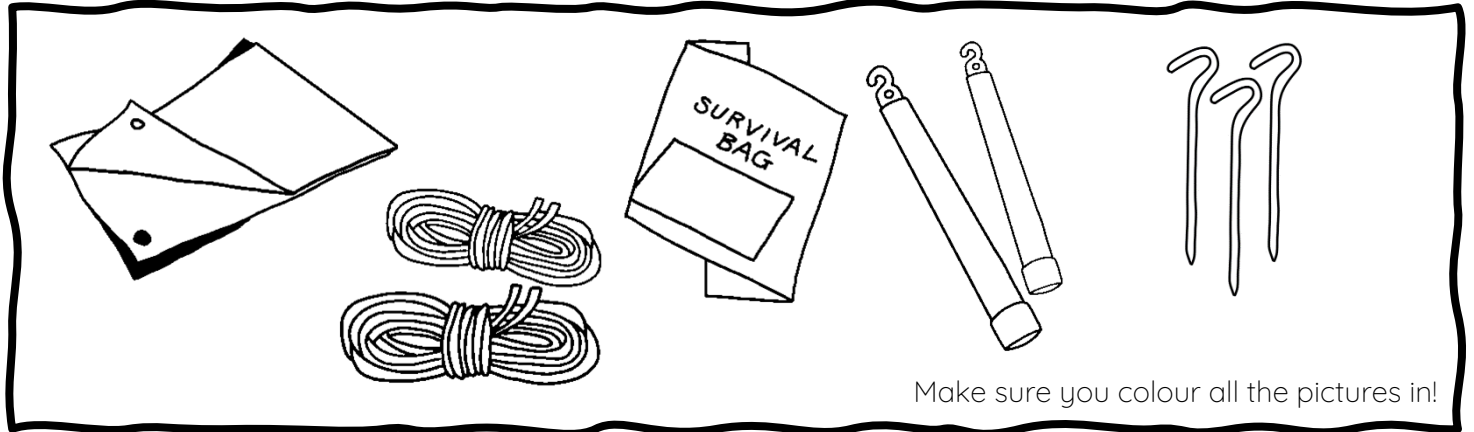


STAY AT HOME ADVENTURES

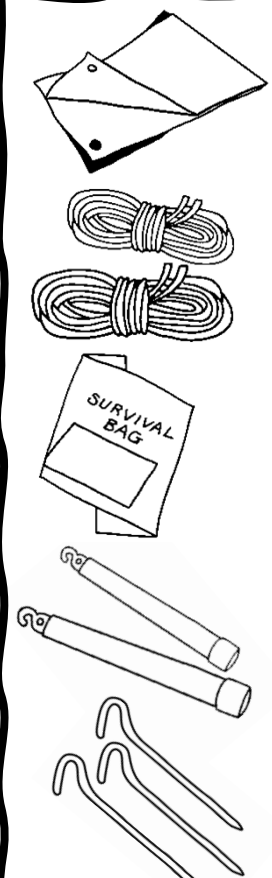
SHELTER BUILDING KIT

Adult supervision is required when using the equipment included in this kit

THIS KIT INCLUDES:



ACTIVITY 1 – LEARNING THE NAMES OF YOUR EQUIPMENT – MATCH THE PICTURE AND NAME



PARACORD - for tying up your tarp

TENT PEGS - for pegging down your tarp

GLOWSTICKS - to help you see in the dark

TARP - for creating your shelter

SURVIVAL BAG - perfect to get into with
your sleeping bag to keep you warm and stops
you getting damp!



ACTIVITY 2 – IMPORTANT KNOTS FOR SHELTER BUILDING – FILL IN THE GAPS AND TRY THE KNOTS

Clove Hitch

A clove hitch is a simple hitch which is easy to _____ and untie. It is usually used for _____ off a lashing. It is _____ tied around something, like a pioneering _____, post or _____ handle.

broom tie always starting pole

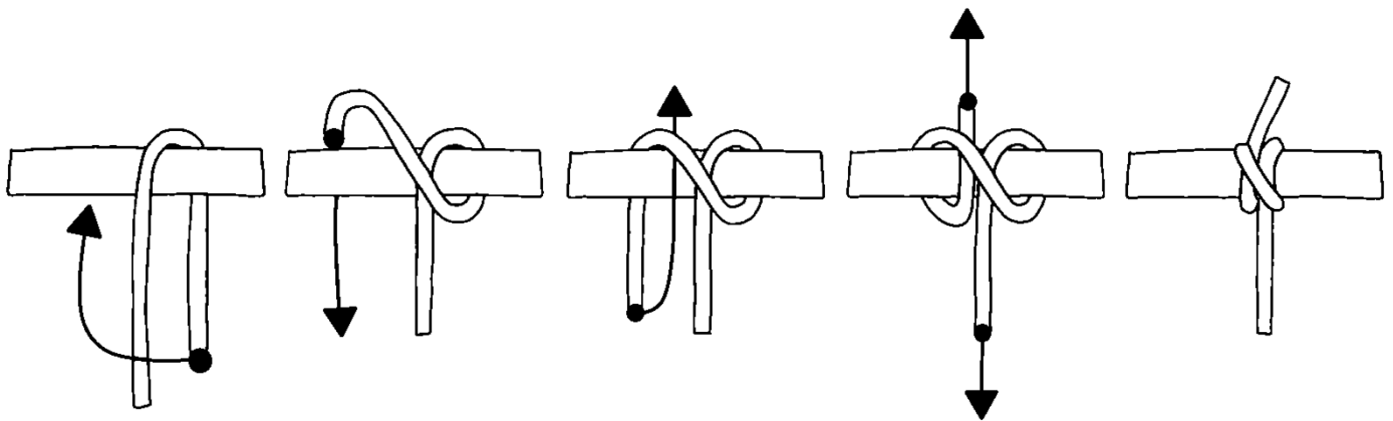
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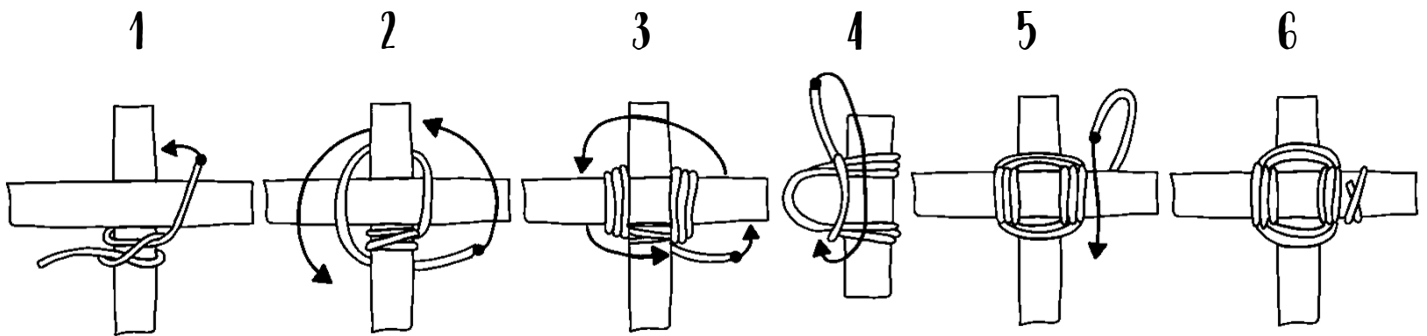
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Square Lashing

A square lashing is used to bind two poles together. This lashing works _____ when the _____ cross over each other at a _____ angle to make a _____. It is used for making A-frames for _____, rafts and camp gadgets.

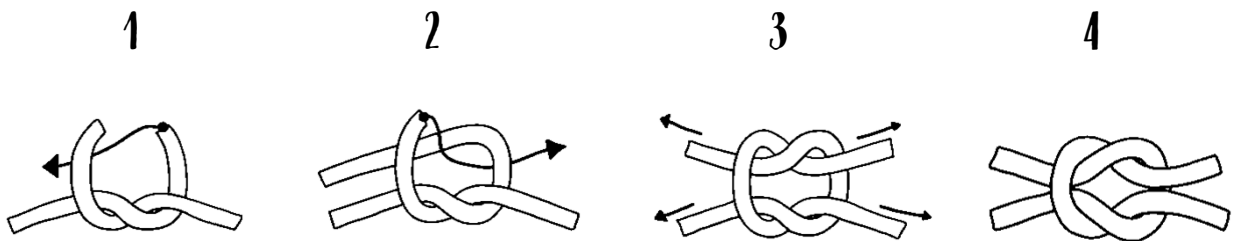
cross shelters right poles best



Reef Knot

A reef knot is perfect for joining two pieces of rope together – this could be _____ ends of the same thickness or material. It is often used for tying _____ in first aid. If you are building a shelter and one of your ropes isn't long enough you could use a reef _____ to tie two ropes together for added _____.

length two knot bandages



Alpine Butterfly

An alpine butterfly is a fixed loop knot, this means you tie a loop that will not move, _____ or tighten. It doesn't interfere with the lay of the rope – so it stays in a straight line like picture 3! Usually this knot is used in rock _____, but is also great as a tensioning knot. You can use it to create _____ - tying this knot and _____ the end through and pegging.

guylines

fixed

looping

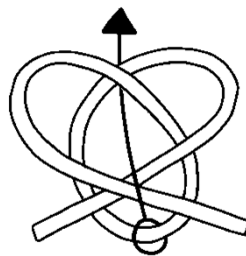
slip

climbing

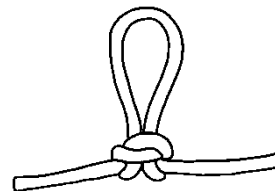
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Bowline

The bowline is a simple knot creating another _____ loop. It is great for climbing, securing ropes to an object and tensioning. No matter how _____ the knot has been tied, you will always be able to _____ it easily if there is no _____ on the knot.

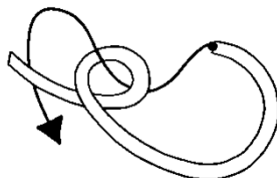
undo

tight

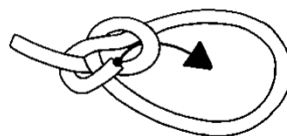
fixed

tension

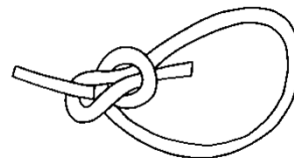
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3



ACTIVITY 3 – PARACORD AND HOW TO CUT IT

Facts about paracord:

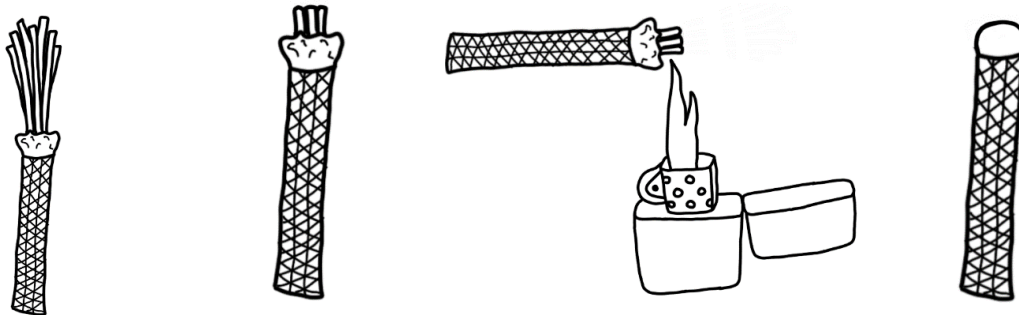
- Paracord has been used by the military for decades, its main use was for suspension lines for American paratroopers during the Second World War.
- Paracord is made up of a core of 7 threads, which is inside of a woven nylon or polyester jacket.
- Paracord is very lightweight and strong.
- You can cut paracord without a blade! It can be cut using nothing but itself and some elbow grease.
- You can use paracord for all sorts of things including:
 - o Shelter building
 - o Crafting: bracelets, keyrings, lanyards
 - o Bigger Crafting: DIY Hammocks, chairs, steering wheel cover
 - o Injury: arm sling and securing a splint

Safely Melting Ends

You may need to cut your paracord into different lengths to help you build your shelter. Once you have cut your paracord, you'll be able to see the core of threads inside. You need to melt the end to ensure that the core threads do not pull all of the way through – weakening your cord.

You will need adult supervision when melting the ends!

1. You've cut your paracord to the right length. The core threads might be poking out of the end. You need to trim them, so they are much shorter.
2. Using a lighter, candle or gas ring – hold the tip of the cord almost, but not quite in the flame. The ends will start to melt.
3. Keep melting until you get a dome shape of the end. The end will be very HOT and will stick to your skin, so do not touch it.
4. Dunk the end in a glass of water to cool and set it.



Top Shelter Building Tips:

- Think about the wind direction – you want to build your shelter so the wind doesn't blow inside.
- Make sure the ground is dry, so you won't get damp in your shelter.
- Choose somewhere with even ground – if there are dips in the ground and it rains you may end up with puddles!

ACTIVITY 4 – TRY OUT SOME DIFFERENT SHELTER DESIGNS

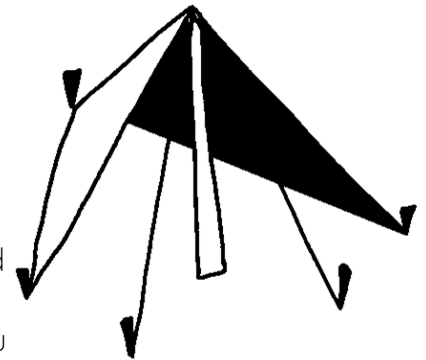
DESIGN 1

Equipment

- 1 x pole (broom handle, branch, etc)
- Tarp, pegs, rope

Method

- Start by laying your tarp out flat and find the middle of one end tarp. Peg this down.
- Find the middle of the other end and lift it up using the pole. You should be starting to see the triangle shape at the front.
- Then peg down the front corners and tuck the back corners inside the shelter. Get someone to hold the pole.
- Then you need to use a clove hitch in the middle of your rope at the top of the pole, then peg each end down to the ground at a 45 degree angle.



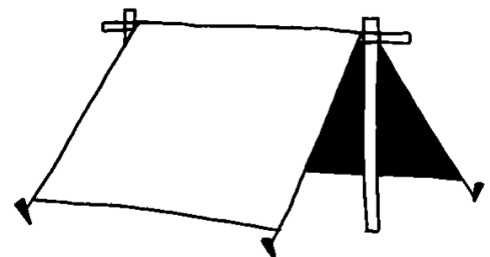
DESIGN 2

Equipment

- 3 x poles (broom handle, branch, etc)
- Tarp, pegs, rope

Method

- Start by laying your poles out – 2 for the uprights and 1 over the top to create a square without a bottom. Now you need to square lash the poles where they cross.
- Now lay your tarp over the top of your frame, try and find the middle line of the tarp and line it up with the cross pole. With some help (you'll probably need two people to help you), lift the frame up.
- Now you need to start pegging one side down to the ground. Once you've pegged one side, make sure everything is looking square, then peg the other side. You can add guylines to each upright pole if it needs more stability.



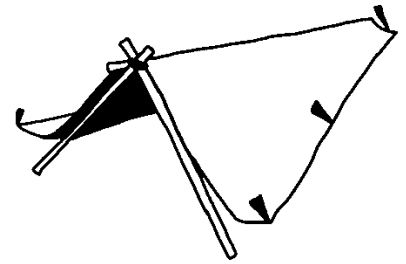
DESIGN 3

Equipment

- 3 x poles (broom handle, branch, etc)
- Tarp, pegs, rope

Method

- Start by laying out 2 poles, making them cross over whilst looking like a triangle – this is an A-frame. Square lash these together.
- Now add the third pole. Do this by standing up the A-frame and getting someone to hold it.
- Then prop the third pole in the top of the cross of your A-frame and lash them all together.
- Now you can lay your tarp over the top. Peg the front corners out and tuck the back corners inside the shelter.



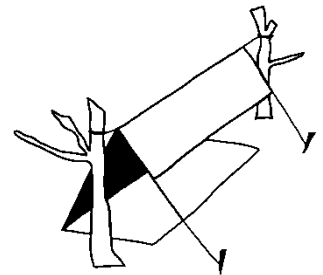
DESIGN 4

Equipment

- 2 trees approx. 1-2 metres apart
- Tarp, pegs, rope

Method

- First thing you need to do is string a rope between your two trees. If your rope is not long enough you can use a reef knot to add length.
- Tie one end of the rope to the first tree, using a bowline.
- Then take the other end down to your other tree. Tie an alpine butterfly in your rope, wrap the rope round the tree and feed it back through the loop you created.
- Pull the rope back towards the second tree – this should be tensioning the rope, now tie it off.
- Now drape your tarp over the top, start pegging the floor corners, like in the picture.
- Then tie a rope to the two roof corners and peg them down.



DESIGN 5

Equipment

- 1 tree
- Tarp, pegs, rope

Method

- First thing you need to do is tie one end of your rope to the tree. Use a bowline for this.
- Now at the other end of your rope, tie a bowline, so you have a loop you can peg down to the ground.
- Drape your tarp over the rope. Peg the tarp down at the back where it touches the ground, then pull the tarp tight and peg the front corners down. You then can tuck the back corners inside your shelter.

