

# How to Make Sleeping Bags out of Recycled Newspaper

This is an awesome service project/was to be sustainable and help the less fortunate. I learned how to make these in South Africa a few summers ago and have been making them for people in need in my surrounding communities.

Each sleeping bag is **lightweight**, **waterproof**, and **very warm**-plus they fit a child and a mother and they are made from recycled newspapers/magazines!

**Step 1:** Supplies you will need (makes 1 full sleeping bag)

- 150 + or - Sheets of Newspaper (estimation, since it depends on how large your bags are and how big the newspaper is). For smaller school-type newspapers you will need 180 sheets roughly).
  - 2 Industrial-Size Garbage Bags  
(the larger the garbage bags, the larger the sleeping bag will be. I recommend 36" x 60"). See below for price quotations or GET CREATIVE!!!  
S-1759 36" x 60" 2 Mil Industrial Poly Bags-100/carton 1 carton @ \$67.00  
Price Comparison: 36 x 60 2 Mil Flat Poly Bag (100/Case) = \$76.28  
[http://www.bp-pack.com/product\\_info.php?products\\_id=4295](http://www.bp-pack.com/product_info.php?products_id=4295)
  - Packing tape (usually a light brownish color)
    - Pair of Scissors
- Large Black Clips (optional-see steps 7-8)



## Step 2:

Lay out 1 of the large plastic bags and count stacks of 20 sheets of news paper (you are going to cover the entire one side of the bag with news paper-20 sheets in each area).



**Step 3:** Tape newspaper to outside of bag by taping the edges of the paper to each other and the paper to the out edges of the bag (be sure to leave about a 1-2 inch space around the edges for later sealing of the bag).



**Step 4:** Flip bag over and do the exact same thing (steps 2-3) until both sides of the bag are completely covered by 30 sheets.



**Step 5:** Insert the newspaper-covered bag into the 2<sup>nd</sup> empty plastic bag (sometimes it helps if you have a second person to do this). Be sure that the bottom corners of the bag aren't bent.

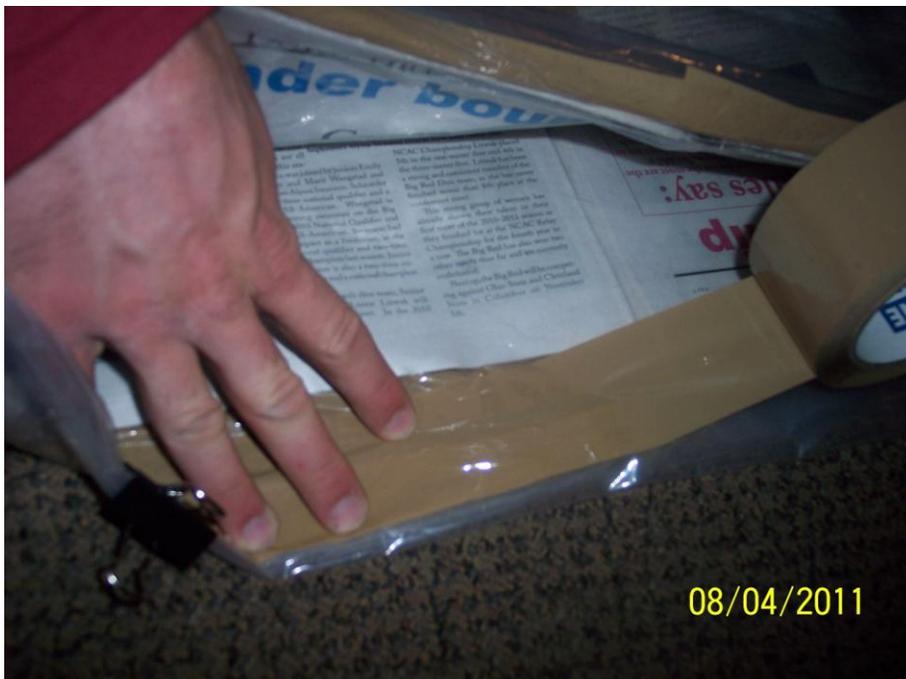


**Step 6:** Starting from the bottom of the bag push out all of the air/flatten the bag so final sealing is easier.



**Step 7:** Seal the bags shut together. This is done best with a second person, one person to hold the openings of the bags and roll them over and the other person to tape along the rolled edges so no more air/moisture can get in or out.

\*Another trick that helps is to have large



**Step 8:** If there is any additional air in bag that makes it difficult to fold up, you can cut a small hole in the plastic bag and push the air out, just be sure to tape over the cut area so air doesn't return.



**Step 9:** Finished!



**Step 10:** Enjoy your homemade, recycled sleeping bag/donate to those in need!  
\*If you really want to get fancy, you can even “decorate” your bag with a certain image from the newspaper, old magazines cut and pasted over the newspaper, drawings, or even recycled posters!\*

