



***Sleeping Bags Instructions Manual***  
**(How to make a sleeping bag from scratch)**

**Fresh Youth Initiatives**  
505 W. 171 Street  
New York, NY 10032  
Between Amsterdam & Audubon Ave.  
Phone (212)781-1113  
Fax (212)781-1151  
[www.freshyouth.org](http://www.freshyouth.org)  
e-mail: [info@freshyouth.org](mailto:info@freshyouth.org)

**"Taking Responsibility For Things That Matter"**



*Fresh Youth Initiatives (FYI) is a non profit organization committed to helping the Washington Heights Community.*

*How does FYI do that?*

*First of all, FYI is a youth organization which supports the community service efforts of neighborhood youth. It is the energy and the commitment of the young people of Washington Heights that keeps FYI running.*

*In 1995 participants got together for the FYI's first ever annual Serve-A-Thon, and one of the service activities was making "sleeping bags", where participants put together a sleeping bag from scratch, to later be distributed to the needy and homeless population.*

*Since then, FYI's unique service activity "Sleeping Bags Group" has been running twice a week from September-April. Every year the number of sleeping bags made by participants at FYI increases.*

*We have put together a manual that we hope will help you make a hand-made sleeping bag from scratch. We hope these instructions can give you a better idea on how to do it yourself or as a group.*

*We give you all a special THANKS, because we know that if you are reading this manual, it's because you want to make a difference and are thinking of making a sleeping bag to help the community.*

*In the spirit of service,*

*The young people of FYI*

## Sleeping Bags History / Evolution

*Sleeping Bags project first began in the summer of 1995 when Ms. Dynashal Gross, FYI leader at the time, brought a group of participants to a local soup kitchen to do community service.*

*While at the site, Dynashal noticed an elderly lady named Ms. Flo who was giving out hand-made sleeping bags. She became highly interested and approached the lady who was part of a sewing group from P.A. that visited NYC once a month to deliver home made sleeping bags and teach a lesson about it at the soup kitchen.*

*Dynashal picked up all information necessary to basically start our own project, she was willing to give it a try and see if it would develop into a regular service activity that FYI could adopt permanently.*

*Dynashal contacted several companies that helped out and donated materials necessary to start the project. For example, Material For The Arts donated pieces of materials that were used as top part for a sleeping bag. Patagonia Company donated fleece for the inner part of the sleeping bags, which helps keep a body warm.*

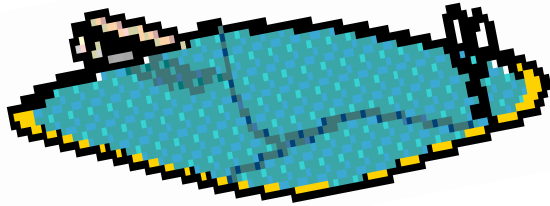
*FYI decided to do sleeping bags as a service activity during their First Serve-a-Thon. At that time FYI created only 2 sleeping bags from scratch, which was great. The young people felt good about themselves just knowing that they had worked on something that would help someone who needed to stay warm. That alone made a real difference to them.*

*FYI realized that this was a project that was real important and had to be adopted. Over the years our sleeping bags project service activity has been conducted in places like in the local Washington Heights library and the PS 128 cafeteria where kids met twice a week to help sew the bags from scratch that will be delivered to homeless people.*

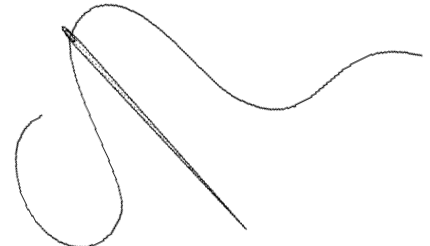
*Sleeping bags project has developed into an important and historical community service activity for FYI. By 1996, FYI moved to 280 Ft. Washington Ave. #5, where we made a total of 53 sleeping bags from scratch.*

*In the program year 2000-2001, FYI broke our own record and completed a total of 110 sleeping bags and is still going strong!*

# Items you will need to make a sleeping bag from scratch

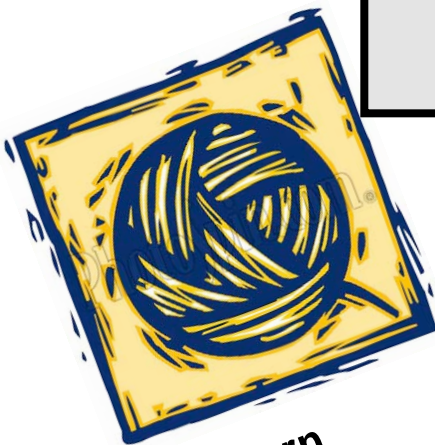


Outer Fabric

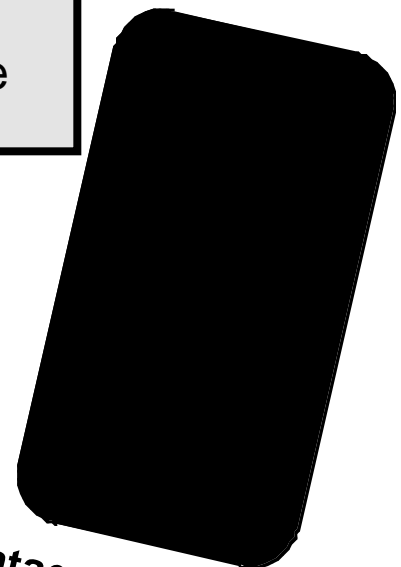


Sewing Needle

- Rolls of size 10 crochet yarn
- Large sewing needles (size 14 or 16)
  - Scissors
  - Fabric (top) for outer layer 14 ft. long by 7 ft. wide
  - Fleece for inside layer, 7 ft. long - by 7 ft. wide



Yarn

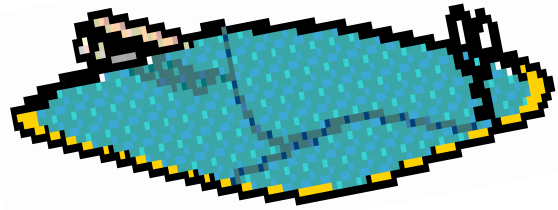


Patagonia (fleece)

# Where can you get the materials for a sleeping bags project ?

## Outer Fabric

The outer fabric of a sleeping bag is made of the same material that's used for curtains, bed sheets and table cloths. This can be found at any local fabric store around your community. However, if you are planning to make a large number of sleeping bags, your best bet is to buy the fabric in bulk.

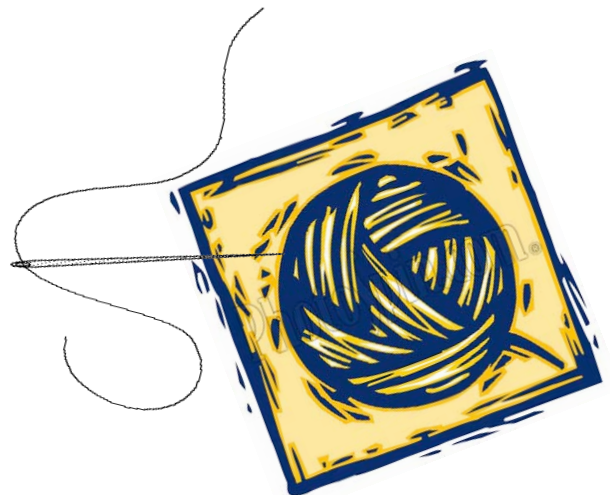


## Patagonia (fleece)

Fresh Youth Initiatives purchases fleece (inner material) by the bulk from a company called "Big Four Pile Fabric Inc." You can contact Big Four Pile for more information at (212) 966-2466. They are located at 359 Broadway, New York, N.Y. 10013 and will ship the fleece via UPS.

## Yarn & Needles

The yarn and needles can be purchased from a local sewing and fabric store around your community. Again, if you are looking to get a large number of yarn rolls, a suggestion is to order it online from [Herrschners.com](http://Herrschners.com), "Aunt Lydia's" brand or South Maid crochet yarn, size 10. You will find it in assorted and single colors at a moderate price.



# Instructions

Step 1

\* Cut fabric to 14 ft. x 7ft.

Step 2

\* Cut fleece to 7ft. x 7 ft.

Step 3

\* Lay fabric on flat surface

Step 4

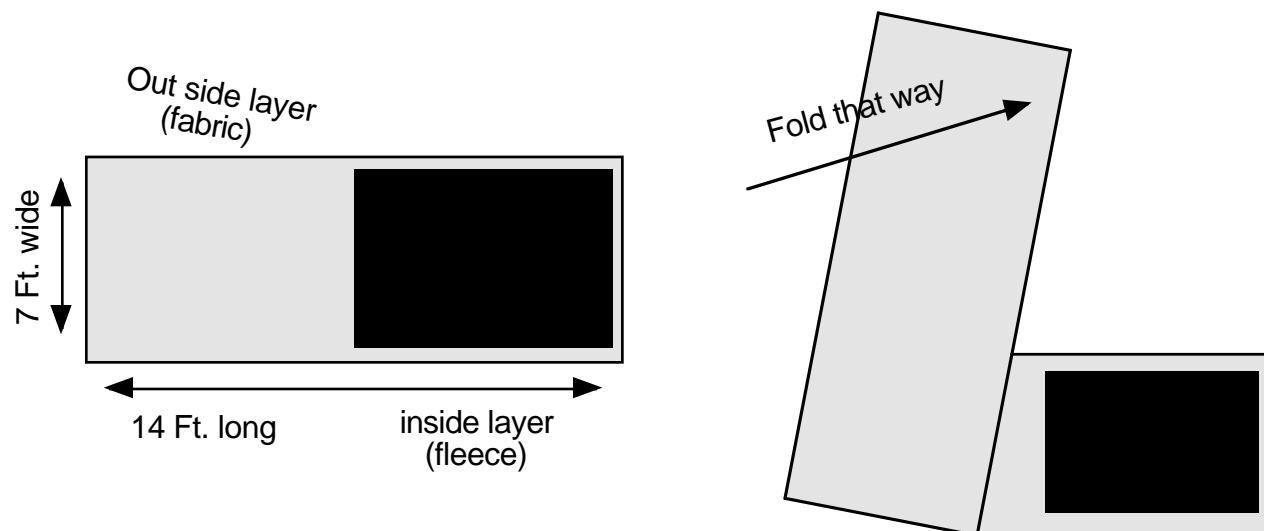
\* Center fleece over half of fabric. (see diagram below).

Step 5

\* Pick up opposite ends of fabric. Folding it in half and connect it to the end. You should end up with a 7ft. x 7ft. layed out fabric.

Step 6

\* Double thread needles, with knitting yarn approximately 1 yard long. **(Do not make knots at the end of threaded needle).**



## How to make sleeping bags from scratch, cont.

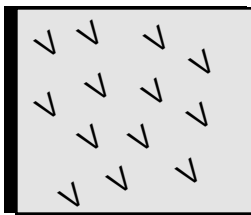
### Step 7

\* Insert needle all the way through both materials (fabric & fleece), pull thread all the way, leaving about 1 inch. Bring the needle back up as close as possible through the same stitch, cut both pieces of thread the same length and tie three simple knots. (This is a bow knot).



### Step 8

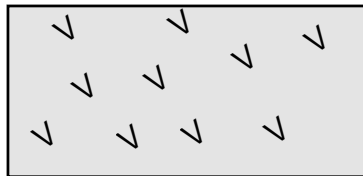
\* Make bow knot stitches all around the layed out fabric, approximately 8 inches apart from each other.



Folded sleeping bag with bow knot stitches.

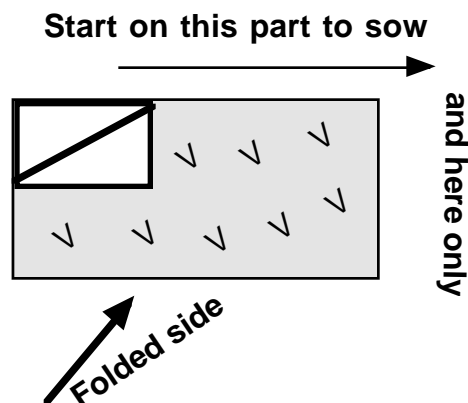
### Step 9

\* After filling up fabric with bow knot stitches, fold in half again ending with a 7 ft. by 3.5 ft.



### Step 10

\* After folding it in half, sew with regular stitches the outer part of the bag, connecting it together. (Leaving a small opening for a person to be able to slide inside).



## How to make sleeping bags from scratch cont.

### Step 11

\* Insert an 'I care kit' in side the sleeping bag.

An I care kit is a prepared bag with bare necessities items, including: soap toothpaste, toothbrush, towelettes, lotion, razors, bandaids, tissues etc.

### Step 12

\* Have every participant who volunteered in the process of making the sleeping bag make a wish. As they say their wish out loud, they roll the bag once and it goes around until is completely rolled up.



And that's how we make a sleeping bag from scratch.



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