

Sit-Upon Made Simple

All Ages

What is a Sit-Upon? It is something to sit upon to stay warm and dry. A sit-upon protects you from the cold and wet while sitting on a log, the ground or other cold wet places. It is easy to make a sit-upon. Put it together at home so it is ready to take along on your next outdoor adventure. Here are instructions for an easy, inexpensive sit-upon.

Supplies for 1 sit-upon:



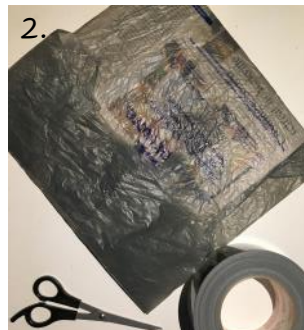
- ◆ a newspaper
- ◆ a plastic shopping bag
- ◆ Duct tape
- ◆ Scissors



2 sizes

Steps:

1. Place 2 or three sections of the newspaper, folded in half, in the plastic bag so that the paper lies flat. The thicker the paper the better the insulation from the cold (but keep in mind you need to pack and carry your sit-upon). To make a smaller sized sit-upon, fold the newspaper in half one more time.
2. Press the air out of the bag and fold the excess bag over to close off the opening. Trim off the handles if you wish.
3. Use the duct tape to seal the opening. Duct tape around all the sides to ensure water cannot get in.
4. Done! Time to plan an adventure in your naturehood.



Tip: Sit-upons are great for damp picnic table and park benches.

