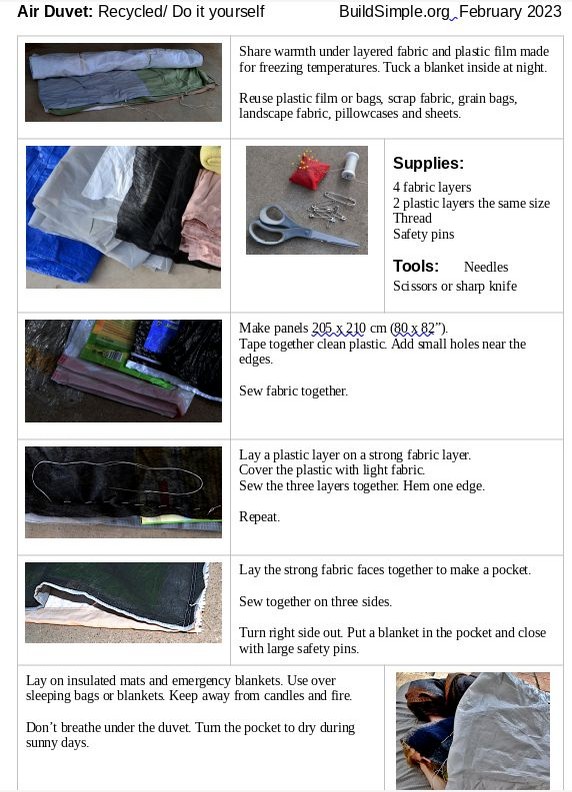
### ***This is how the images will look….***

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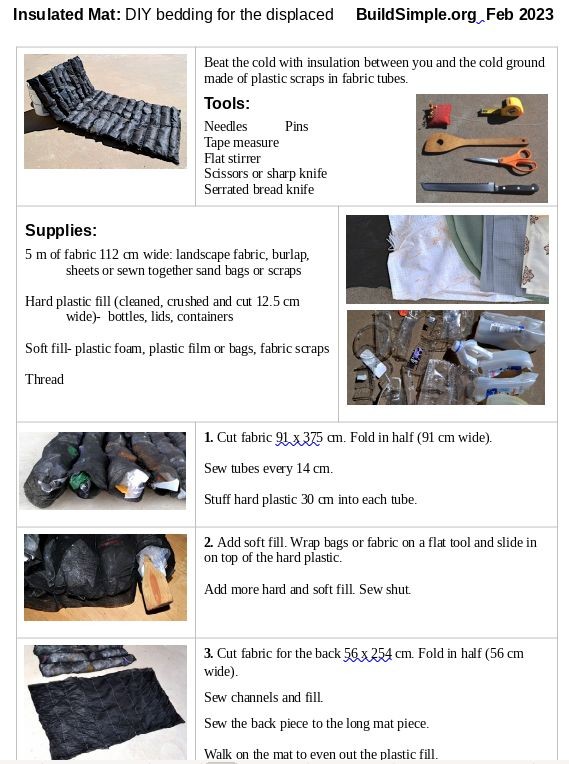
### ***It’s easier if you work in this table without any images.***

***The hardest part is to use as few words as possible but still be clear! Some languages require longer phrases, and that’s ok.***

### **A****ir Duvet****:** Recycled/Do it yourself BuildSimple.org February 2023

|  |  |  |
| --- | --- | --- |
| English | Translation | |
| **Air Duvet:** Recycled/Do it yourself |  | |
| Share warmth under layered fabric and plastic film made for freezing temperatures.  Tuck a blanket inside at night. |  | |
| Reuse plastic film or bags, scrap fabric, grain bags, landscape fabric, pillowcases and sheets. |  | |
| * + 1. Supplies:   4 fabric layers  2 plastic layers the same size  Thread  Safety pins |  | |
| Tools:  Needles  Scissors or sharp knife |  | |
| Make panels 205 x 210 cm.  Tape together clean plastic.  Add small holes near the edges. |  | |
| Sew fabric together. |  | |
| Lay a plastic layer on a strong fabric layer.  Cover the plastic with light fabric.  Sew the three layers together.  Hem one edge. |  | |
| Repeat. |  | |
| Lay the strong fabric faces together to make a pocket. |  | |
| Sew together on three sides. |  | |
| Turn right side out.  Put a blanket in the pocket and close with large safety pins. |  | |
| Lay on insulated mats and emergency blankets.  Use over sleeping bags or blankets.  Keep away from candles and fire. | |  |
| Don’t breathe under the duvet.  Turn the pocket to dry during sunny days. | |  |

### ***This is how the images will look….***

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### ***It’s easier if you work in this table without any images.***

### **Insulated Mat:** DIY bedding for the displaced BuildSimple.org Feb 2023

|  |  |
| --- | --- |
| English | Translation |
| Insulated Mat:  DIY bedding for the displaced |  |
| Beat the cold with insulation between you and the cold ground made of plastic scraps in fabric tubes. |  |
| * + 1. Tools:   Needles  Pins  Tape measure  Flat stirrer  Scissors or sharp knife  Serrated bread knife |  |
| * + 1. Supplies:  1. 5 m of fabric 112 cm wide: landscape fabric, burlap, sheets or sewn together sand bags or scraps |  |
| 1. Hard plastic fill (cleaned, crushed and cut 12.5 cm wide)- bottles, lids, containers |  |
| * + 1. Soft fill- plastic foam, plastic film or bags, fabric scraps |  |
| Thread |  |
| 1. Cut fabric 91 x 375 cm.  Fold in half (91 cm wide). |  |
| Sew tubes every 14 cm. |  |
| Stuff hard plastic 30 cm into each tube. |  |
| 2. Add soft fill.  Wrap bags or fabric on a flat tool and slide in on top of the hard plastic. |  |
| Add more hard and soft fill.  Sew shut. |  |
| 3. Cut fabric for the back 56 x 254 cm.  Fold in half (56 cm wide). |  |
| Sew channels and fill. |  |
| Sew the back piece to the long mat piece. |  |
| Walk on the mat to even out the plastic fill. |  |
| Lay a plastic film or tarp on the mat under a foam mattress.  Keep away from candles or fire. |  |

Thank you so much for any help!

If either of the documents is more than one page, that will be ok.