

# How To Make a PLARN Bed Roll

A PLARN Bed Roll is simply an insulating sleeping surface, perfect for the homeless. The plastic bags create a layer of protection from the ground that save people from getting cold and can even prevent hyperthermia. It is lightweight, and does not attract bedbugs or lice.

- Go through your grocery bags. Good sizes are from CO-OP, No Frills, etc. Do not select shiny bags or bags that are hard to crochet with).
- Turn all bags into Plarn by straightening the bags. Fold bags lengthways 2 times, cut off top and bottom of bag, then cut rest into four.
- Loop together to form chain.
- Crochet half double stitch with 15 or higher hook (making mat thicker).
- Crochet plarn 36"x 72" to make mat.
- Chain approximately 40 - 44 stitches until you reach 36", then turn and crochet half double stitch until you reach 72" in length.
- Crochet around mat twice, giving the mat strength.
- Make 3 straps all 36" long.
- One, three layers wide for holding strap. Two, 2 layers wide for ties (in case one breaks).
- Turn mat in half lengthwise, attach ties and strap to the same side. As for the ties, just find a hole in the mat about 2" in on each side, pull through, then pull through hole on tie; it's then attached. Then attach strap close to the inside of each tie. Attach strap by using pieces of plastic, weaving in and out and knotting it, then weave a little more knotting it again. Giving it lots of strength.
- See video at [https://youtu.be/yr\\_WHW\\_tGSE](https://youtu.be/yr_WHW_tGSE) on how to crochet straps directly to mat. The video shows her doing a single crochet stitch although we prefer to use the half double stitch.

