

# Simple Sit-Upons

## What is a sit-upon?

A sit-upon protects you from the dirty, cold and wet while sitting on a log, the ground or other outdoor surface. 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, or a deliver service envelop, heavier plastic is best
- duct tape
- scissors



## Steps:

- 1:** Place 2 or 3 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 (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 into nature.



## Tips:

- sit-upons are great for damp park and picnic tables benches, keep them handy
- recycle colourful oil cloth or plastic table covers, old shower curtains or other waterproof material to personalize your sit-upon.
- for fun use colourful duct tape
- fiber fill, quilt batting, retired towels all make fine replacements for newspaper

