

CARE AND USE OF YOUR MAYAN HAMMOCK

Refer to your Hammex™ "Hang It Up" hanging suggestions (see reverse) for tips on how and where to hang it. Some general precautions:

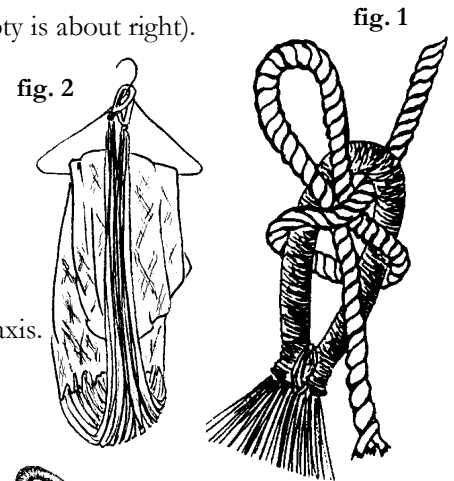


Hanging Your Mayan Hammock

- 1 Be certain your supports are strong enough for you (and, size permitting, whoever may be joining you). Screw hammock hooks into studs or rafters indoors. Use a strong, soft rope to span any gaps between the hooks and the hammock (we suggest 3/8" braided nylon rope and 5/16" hammock hooks... both available from Hammex™).
- 2 To reduce wear on the end loop, use the knot shown in **figure 1** to tie the rope to the loop.
- 3 Test your supports and knots before getting in. Grab the hammock with both hands and bear down with your entire weight. Allow enough clearance so you won't touch the ground (2-1/2 feet when empty is about right).

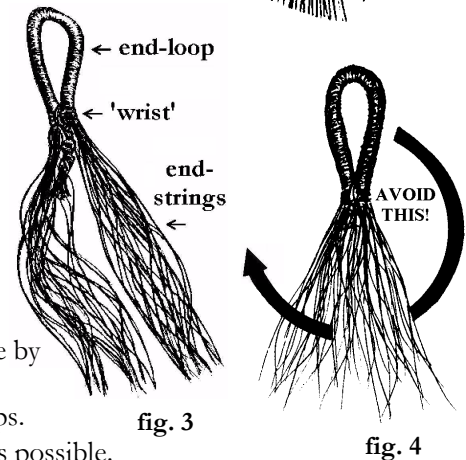
Getting in Your Mayan Hammock

- 1 Back into the hammock, lowering yourself into the center as you would to sit in a chair. As you sit, reach behind you and spread out the weave. Raise your legs and swing them in.
- 2 Be careful of anything you're wearing (buttons, watches, shoes) that could snag. It's best to remove such things. When camping, be aware of sleeping bag zippers as you settle in for the night.
- 3 It's possible to lie comfortably flat if you lie slightly angled to the end-to-end axis. Some prefer to use a small pillow for neck support.



Storage of Your Mayan Hammock

- 1 Don't leave it out in the weather. You can add years to the life of your hammock if you take a few minutes to store it.
- 2 Hang it in the closet or on a hanger as shown in **figure 2**.
- 3 When transporting your hammock, we recommend putting it in a bag. You can also use a large stuff sack as follows: hold the hammock by the end loops and feed it into the sack bed-first. Stuff all of the hammock in except the end loops. Tie off the sack with the end loops hanging out.



Repair and Cleaning

- 1 Never allow the end-loops to pass between the end-strings that support the woven section (as seen in **figure 4**). If this happens, it is possible to untangle by passing the end-loops back through the end-strings, in the reverse manner. It's a little tricky, so avoid it by handling your hammock **only** by the end loops.
- 2 If a thread should break, repair it with a square knot, leaving as little excess as possible.
- 3 If a thread should happen to snag, begin at the point where it "loops out" of the weave. Follow the thread along the weave, pulling most of the loop back into the weave at the nearby cells, and a little bit less as you move away from the point of snag. Brush and shake the weave as you go. The hammock should be hanging when you do this.
- 4 Hand wash by immersing in a bucket of cool water and a little mild soap. Hold the hammock by the end loops and dunk it repeatedly. Knead the hammock in the soapy water, but keep the end loops out of the wash (tie them to the bucket handle, your belt, whatever). Squeeze out the soap, string it between two posts, and rinse with a hose or a bucket of water. Allow to air dry by spreading it apart with a long stick.
- 5 If your end loops begin to show excessive wear, the **figure 1** knot can be tied through the end strings. Part the end strings as shown in **figure 3**, along the seam created by the wrap of the "wrist." Pull your rope through the part and tie the **figure 1** knot as though each half of the end strings is one side of the loop.

One More Note

Yucatan hammocks are strong and durable, but do require care and attention. We are not responsible for injuries received through improper use, overloading, neglect, or inappropriate hanging methods. Always take care when using **any** hammock, and remember to put safety first!