

## A “Neat Frost” Hammock Pad

This pad configuration was inspired by **Shane Steinkamp** and **Ed Speer**. It combines Shane’s Neat Sheet combo pad with Ed’s SPE. The main pad is 50” inched from top to bottom (head to knees) and 27” wide. The “wings” on either side are 10” wide and 28” long. Total dimensions are 50” x 47”. The blue pads in the wings are removable thru the top of each wing so it can then be rolled up for transportation. Check my files and picture folders (Ranger Rick) for the “Frost Neat Pad” description and picture.

It’s made up of three items:

- One 57” x 77” Neat Sheet <http://www.theneatsheet.com/>
- One 3/8” thick Target 27” x 77” (blue) Camping Pad (note the unusual size)
- One Jumbo Max-Reflector windshield sun reflector  
<http://www.auto-expressions.net/Sun%20Protection%2029-35.pdf>

**To make:** take the 6 weights (about the size of a 50 cent piece each) out of the Neat Sheet by carefully cutting their seams out and removing the pockets of material that the weights are in. Fold the Neat Sheet in half length wise, so you have a 28” x 77” main section. Cut two 11” pieces off the bottom of the 77” folded main section. These will become two 11” x 57” pieces (which will be your wings). Sew the top and side of the folded main section and leave the bottom open for now. Fold the wing material in half and to create an 11” x 28” pocket with the fold at the bottom. Sew both sides to complete the pocket (leave the top open). Measure 8” down from the top of the main pad and that is where the top of the wing is attached. (I wanted it to be about where my shoulders start with my head on the pad.) Sew both wings onto the sides of the main pad with the pocket openings at the top. Now, using scissors cut off each black elastic strap (in one piece and save) from the blue pad. Then cut two 10” x 27” segments off the bottom of the blue pad (these are now your wing pad inserts). Also round off (using about a 5” radius) the top two corners of the main blue pad. Then place all the blue pads into the Neat Sheet main section and wings. Trim the pads as needed so as to leave one inch over lap of the Neat Sheet material on the bottom of the main section and the top of the wings. Trim the windshield reflector off to the same length and width of the main section blue pad and insert it with the main pad. Finally, sew the bottom seam of the main section (you should then end up with a few inches of Neat Sheet material at the bottom of the main section that is then neatly trimmed off). Use the extra reflector material for a cooking cozy!

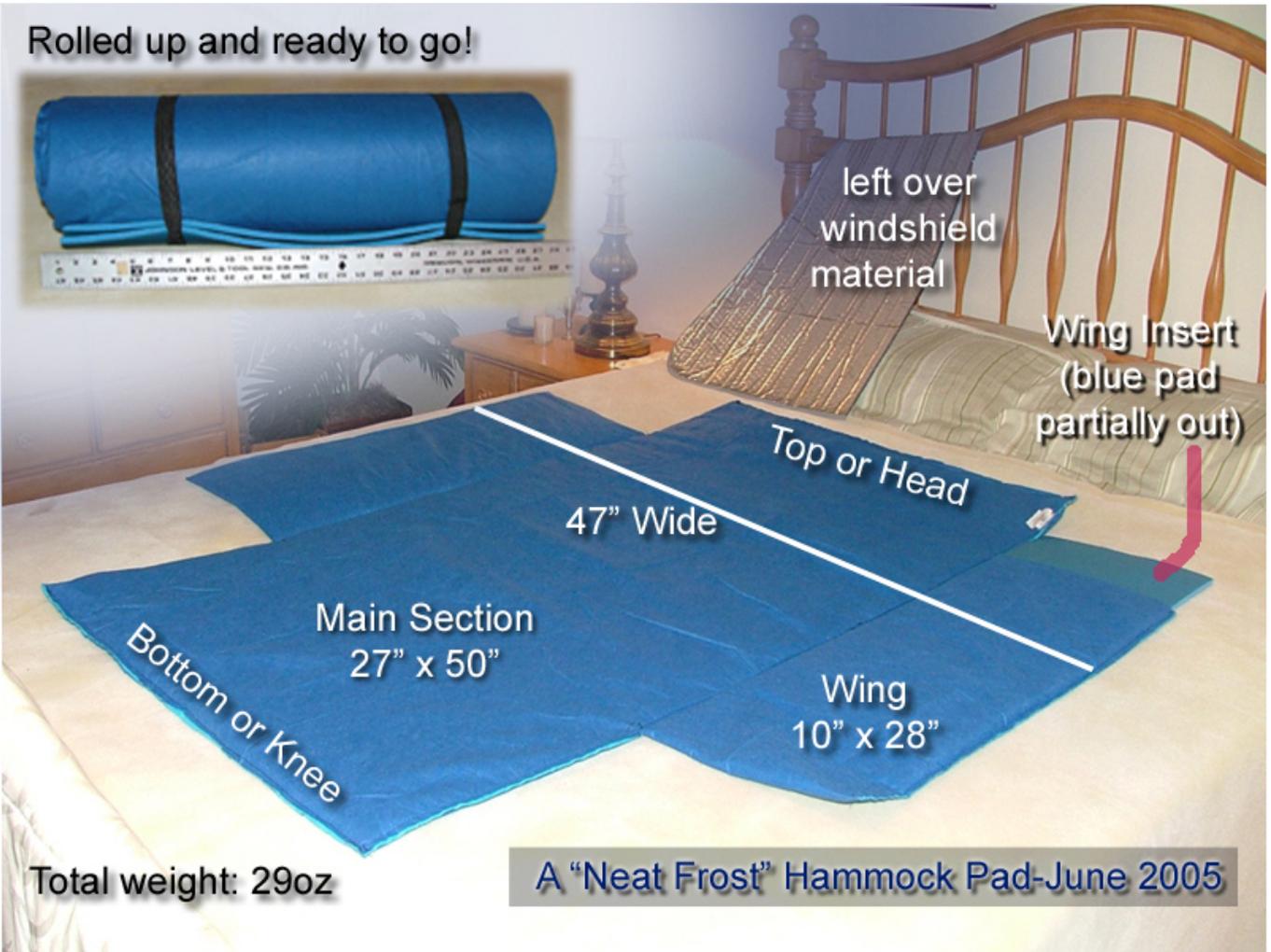
Item costs:	Neat Sheet	\$7.47	at Walmart
	Reflector	\$6.82	at Walmart
	Blue pad	\$9.99	at Target
	Black Thread	<u>\$.72</u>	from wife’s sewing kit
<b>Total cost:</b>		<b>\$25.00</b>	<b>plus tax</b>

FYI... I use a Big Agnes Horse Thief 35<sup>0</sup> down sleeping bag as a quilt. If it is really cold I’ll also take and add a Therm-A-Rest ProLite3 to the Horse Thief (which also will improve the reflector’s efficiency).

Thanks Ed and Shane for the inspiration! I’ll be thinking WARMLY of you in the fall!!

**Ranger\_Rick\_Frost**  
[rickfrost@aol.com](mailto:rickfrost@aol.com)

Rolled up and ready to go!



###