

Congratulations on your purchase of a traditional Mexican Hammock. You can look forward to many years of enjoyable use. Please find below some information about the care and use of your hammock. Following these simple steps will enhance your hammock's longevity.

### **Instructions for your Hammock**

#### **Hanging your Double, Queen, King or Resort Style Hammock**

Hammocks are very versatile and can be hung nearly anywhere, through attaching to a strong wall, tree, fence, post and so on...

For Double, Queen, King and Resort Hammocks

1. First unwrap (for Resort Hammock unroll) and stretch out your hammock. Ensure there are no twists/turns in respect to each end.
2. Only hold the loops of the hammock to prevent tangling.
3. Tie each end using the given knots so that each end is approximately 180cm (6 feet) from the ground. This should allow the hammock to hang down to a level between your knees and your hips.
4. The correct height for the centre of the hammock can be found by sitting in it with feet flat on the ground and with knees slightly bent (Drawing 3)
5. You should always use rope, chain, or strong cords when tying your hammock as this reduces wear on the eye of the hammock. Don't use the eye directly on a hook. It is much better to use a rope tie as rope can easily be replaced if it becomes worn.
6. For solid wood walls you can use 'screw eye' hooks or bolts (Fig 1 & 2) screwed directly into studs or joists, giving you a solid fixing point to attach your rope and hammock.
7. For concrete walls you can drill a heavy duty hook (Fig 3), or use a dyna bolt (Fig 4). Hardware stores have a variety of these. You may wish to speak with your local hardware store guru as to what will suit you best.
8. When tying your hammock check our knot tying guide for the best knots to use.

**Note:** A new cotton hammock stretches overtime. Assume that when the hammock is first used it will come to hang about 50cm lower in the centre.

#### **Hammock Chair Only**

Hammock chairs only require one fixing point. This can be a tree branch, a beam, etc. You can tie directly onto this using rope. Attach one end to the eye of the hammock and the other onto the beam or branch. You can also use 'screw eye' hooks or bolts (Fig 1 & 2.) screwed directly into a ceiling beam giving you a solid fixing point to attach your rope and

hammock. Once in the hammock chair move around to change your centre of gravity and find the most comfortable position.

### **Using your Hammock**

To enter the hammock spread it out with your hands and then sit/lie in it (Drawings 2, 3, 4, & 5). The ideal position is often lying diagonally (Drawing 5). The hammock is also great fun and very comfortable when sharing with a friend(s) (provided it is large enough - the King size is ideal for this). While it is perfectly fine to gently sway in your hammock, remember a hammock is not a game. Heavy swinging is not only dangerous but will shorten the life of your hammock (Drawing 6). Never step in the hammock (Drawing 7), and ensure children are supervised or instructed on how to use safely. Do not overload (Drawing 8).

**Tip:** Climb into the hammock by sitting on one side of it with your back to one of the suspension points. From there you can stretch out and adjust your position with ease.

### **Looking after your hammock**

Your hammock will last for many years given proper care. It should be sheltered from the elements where possible when not in use. We also suggest wearing appropriate clothing while you are resting in your hammock. Try to avoid buttons, jewellery, shoes, watches or any other object that might grab or cut cords. Nevertheless cut, broken or burned cords can be repaired by knotting the ends. If you want to leave your hammock outside for extended periods of time, try our [hammock cover](#). Both nylon and cotton need proper care

### **Folding Your Hammock**

If you are storing or travelling with your hammock it is important to fold or tie it to prevent damage or tangling. An easy way to do this is to hold both loop ends together and slowly twist in the opposite direction; this brings all the cords together. From there you can create one or two big knots by bringing the bottom up and folding it across your arm creating a big knot in the midsection. It doesn't need to be tight. Gently feed the ends back through when untying.

With the **Resort Style Hammock** the easiest way to pack this up is to just roll the hammock around the wooden bars. Go to the middle from each end. You can then tie a piece of string or rope around to hold it tight.

With the **Chair Hammock**, you can also easily wrap the hammock around the bar, and secure with string.



## Hanging Your Hammock

Fig 1 - Screw Eye Hook

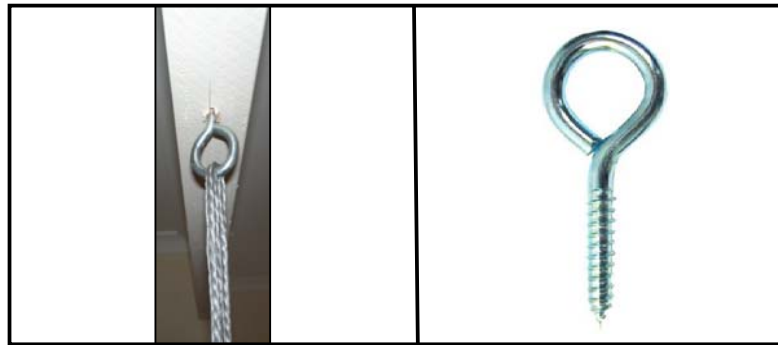
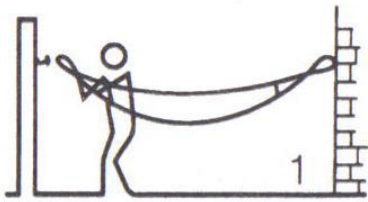


Fig 2 - Eye Bolts

Fig 3 - Concrete Hook

Fig 4 - Dyna Bolt

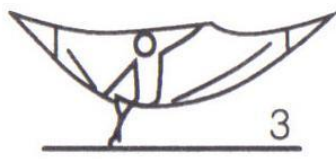




1



2



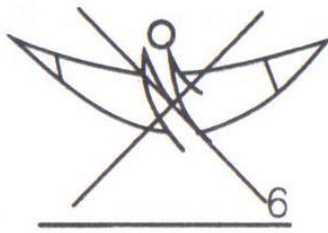
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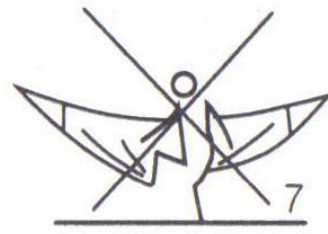
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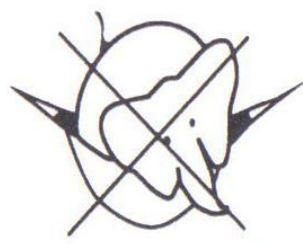
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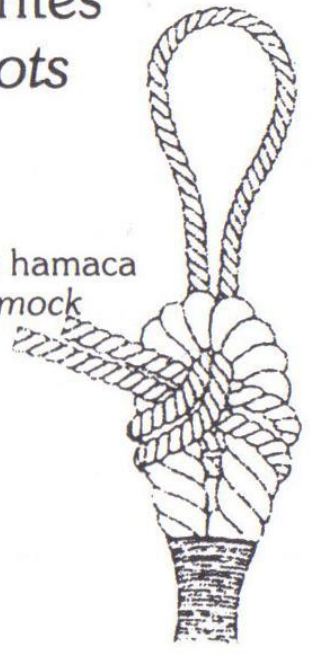
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# Nudos Importantes *Important knots*

Previene el deterioro de la hamaca  
*prevents wear of the hammock*



## Ballestrinque para postes *Mast-knots for poles*



## Ballestrinque para postes *Mast-knots for poles*

