

# TRACE ULTIMATE HAMMOCK SET



## Content:

- Hammock (with integrated mosquito net) with two pre-attached carabiners
- Two elastic cords
- Main cord (ridge line)
- Two cord loops with black plastic carabiner
- Two slings with daisy chain loops
- Tarp
- Six guylines
- Six tent pegs

## Hammock set-up instructions

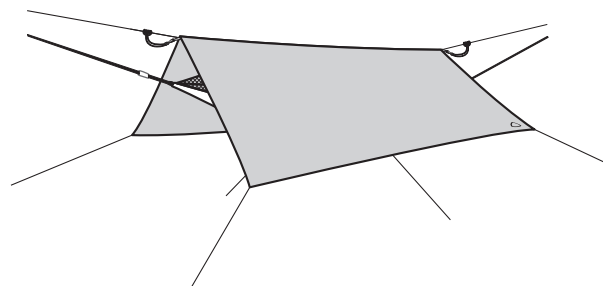
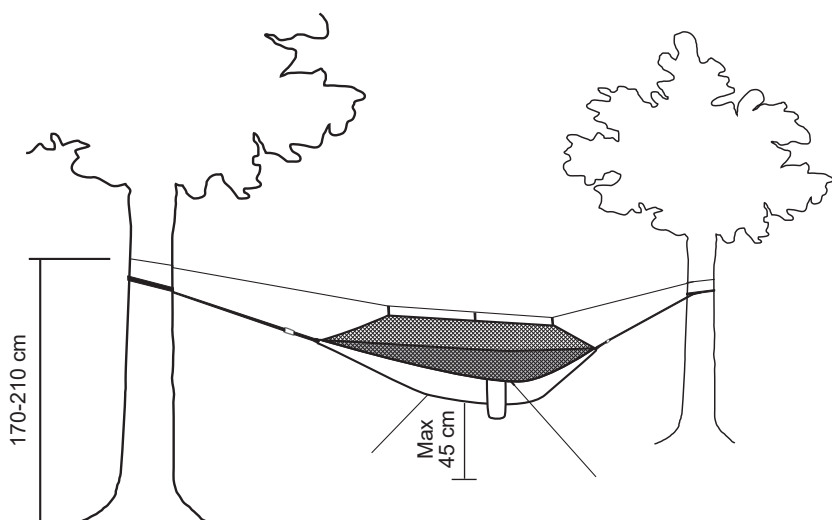
1. Pick two trees separated by the distance of the hammock plus 2m-2.5m
2. Place a sling around a tree and pull it through the fixed loop opposite end to the daisy chain.  
Note: For safety, the sling should be placed between 170cm and 210cm so the hammock sits a maximum of 45cm above the ground when in use.
3. Attach one end of the hammock to a daisy chain loop using a carabiner  
Note: Ensure the carabiner and carabiner are tightly placed for the system will stretch when in use.
4. Repeat 2 and 3 using the other sling
5. Take the black main cord (ridge line) and run it through the three loops on top of the mosquito net
6. Tie each end of the black main cord (ridge line) above the slings on the trees.

## Setting up the tarp above the hammock

7. Place the tarp across the main rope so it follows the main seam stitch line.
8. Take one of the cord loops with black plastic carabiner and attach it to the black main cord with a Prusik knot on one side of the hammock.  
See drawing below on how to tie Prusik knot.
9. Repeat this with the other cord loop on the other side of the hammock/mosquito net.
10. Take one of the plastic carabiners and attach it to the metal eyelet on the tarp ridge and repeat at the opposite end of the tarp.
11. Tighten/adjust the plastic carabiners and cord loops on each side to tension the tarp.
12. Attaching an elastic cord to the loops each the side of the hammock and peg out to open the hammock sides.
13. Attach the six guylines to the tarp eyelets (three on each side) peg out and adjust.

## Comfort tip:

For a flatter lay in the hammock you should angle yourself app. 30-45° from the center, so you are sleeping diagonally.



How to tie Prusik knot (friction hitch knots) onto the main cord (Ridge line).

