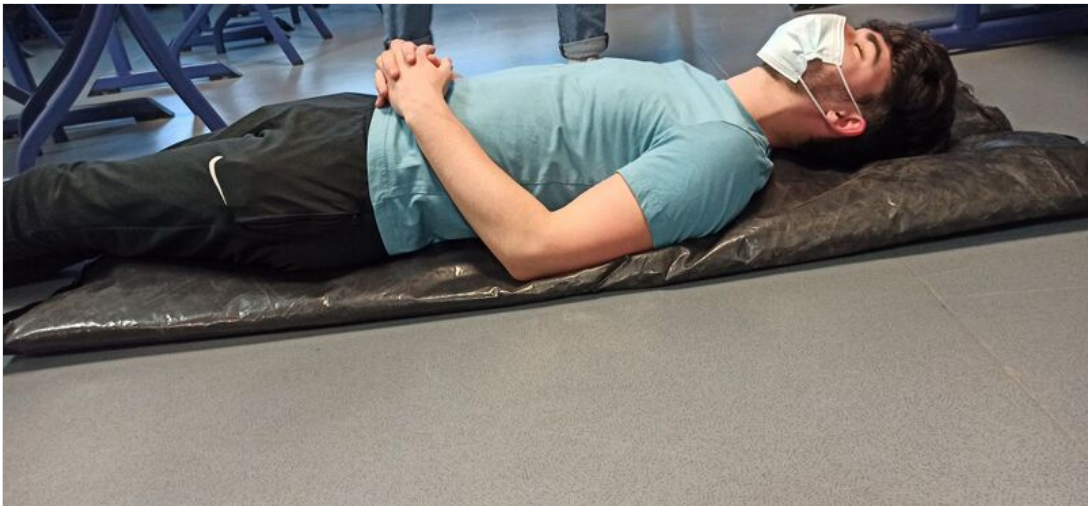


Low-tech mattresses

EKO!



https://lowtechlab.dokit.app/wiki/Matelas_low-tech/en

Dernière modification le 10/02/2026

Difficulté Facile

Durée 1 heure(s)

Coût 0 EUR (€)

Description

Creation of an insulating, compact, waterproof and comfortable mattress. The mattress can be made from recycled materials. Creation of an insulating, compact, waterproof and comfortable mattress. The mattress can be made from recycled materials

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Introduction

Creating a mattress



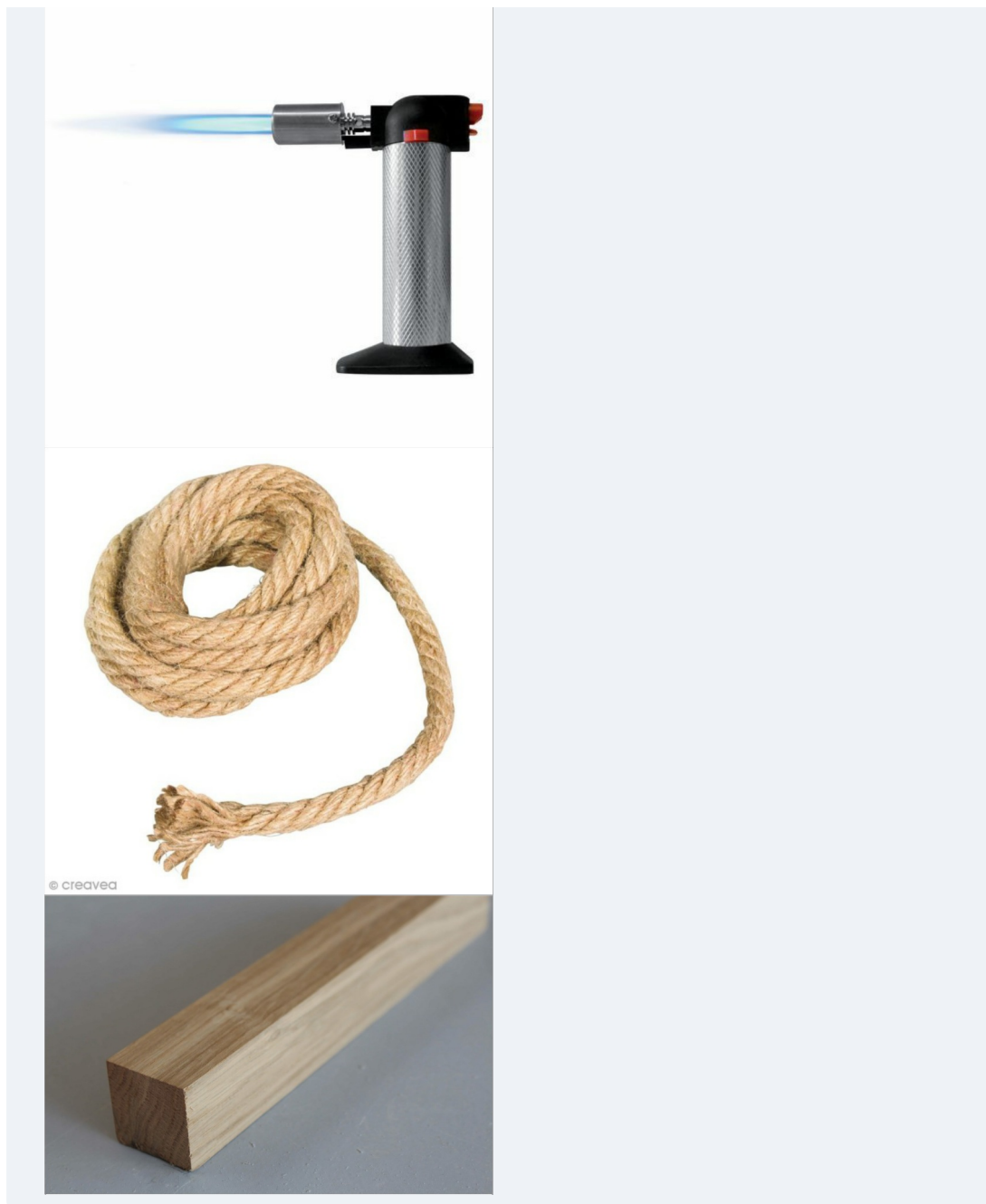
Matériaux

Tarpaulin : Farmer
Bubble wrap : Removal company
Rope

Outils

Soda can or aluminium
Blowtorch
Rectangular piece of wood





Étape 1 - Fitting bubble wrap in the tarpaulin

Stretching the tarpaulin over a table
Place several layers of bubble wrap* to form a compact rectangle.
Bubble wrap can be replaced by different materials such as blankets, but bubble wrap is water-resistant and very light.



Étape 2 - Fold the tarpaulin in on itself

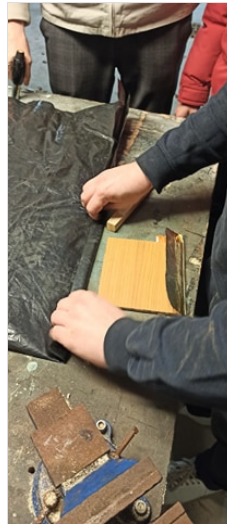
Cover the bubble wrap with the other part of the tarpaulin so that the bubble wrap is no longer visible.



Notes et références

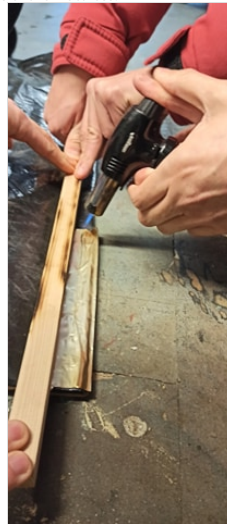
Étape 3 - Fold the sides of the tarpaulin

Fold the sides of the tarpaulin to make the welds



Étape 4 - Making the welds

- Place the fold of the tarpaulin in the folded can and place the piece of wood to hold it together.
 - Heat the whole can with the blowtorch for 30 seconds
- The can must be folded like a sheet of paper
Be careful not to heat the tarpaulin directly with the torch.
- Apply pressure with the piece of wood on the can to complete the weld for about 30 seconds.
 - Carefully peel off the can
 - Carry out this step and the previous one as often as necessary on all the contours of the mattress.



Published

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Étape 5 - Bonus

You have your matresse !!!

You can roll it on itself and hold it in place with a rope.





