

How to Crochet a Plastic Sleeping Mat



Step 1: How to Make Plarn

1. Start with about 10 plastic bags at a time. Straighten out each bag by pulling at the end and the handles, so that it becomes as nice, smooth and flat as the plastic bag in the picture. Cut off the plastic bag handles and the bottom of the bag.
2. Now, for a plastic grocery bag that's standard in size and in thickness, cut each bag into 4 rings. Loop these rings together, so that you will have one long plastic chain. This long plastic strip is called 'plarn', short for plastic yarn.
3. Note how the decision to cut each bag into 4 rings is 'just right'. If you make more rings, you'll get a longer but thinner plarn, which takes longer to crochet and creates a mat which is not as cushiony.

Step 2: How to Crochet a Mat

1. You'll need a crochet hook size 10 or above. If you get a really large crochet hook, you will find that it's easier to crochet looser, making the mat more cushiony, and making it more comfortable to crochet with the plastic.

Mat Crochet Pattern

Set-up: ch 42. This is the width of your mat (minus 2 st) and should be approximately 2 1/2 feet-wide.

Row 1: sc into the 40th st, and sc all the way across. ch 2. Turn over work. Now, check that your mat is indeed about 2.5 feet wide.

Row 2: ch 2 (this helps keep the edges square), sc in first sc and to end of row. Turn

Rows 3 - ??: repeat row 2 until your mat is approximately 6 feet-long mat. inches in length. Cast off.

How to make a Strap for your Sleeping Mat

Make a 6-foot chain. Single crochet down the entire length of the chain. Put the two ends together (no twists!) and join. Fasten off.