

Treem Hammock User Guide

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Specifications

- 1) Treem hammock comes in 2 sizes: narrower „Side Sleeper” version and wider „Back Sleeper” version.
- 2) Treem hammock includes: hammock, 2 spreader bars, suspension ropes, rigging rings, 4 tree hugger straps (2 upper and 2 lower), packing bag and a user guide (in digital format).
- 3) Total weight is: 2.8 pounds (1.3 kg) for „Side Sleeper” version and 3 pounds (1.4 kg) for „Back Sleeper” version (while including hammock, spreader bars, suspension ropes, rigging rings, tree hugger straps and packing bag).
- 4) Safe static load capacity of the hammock is: 440 pounds (200 kg).
It is limited by the strength of spreader bars. Use stronger custom spreader bars to increase load capacity.

5) Dimensions:

„Side Sleeper”

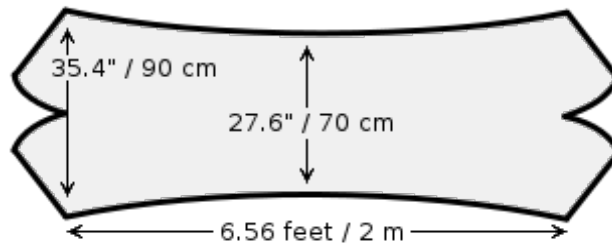
Hammock length: 6.5 feet (2 meters) + some extra space created by the head and foot end being round.

Hammock width in the ends: 35.4" (90 cm). This extra width converts into extra depth.

Hammock width in the middle: 27.6" (70 cm). Up to 25" (63 cm) wide sleeping pads fit inside.

Spreader bars length: 29.5" (75 cm).

Packing bag size: 12.2" x 4.7" x 4.3" (31 x 12 x 11 cm).



„Back Sleeper”

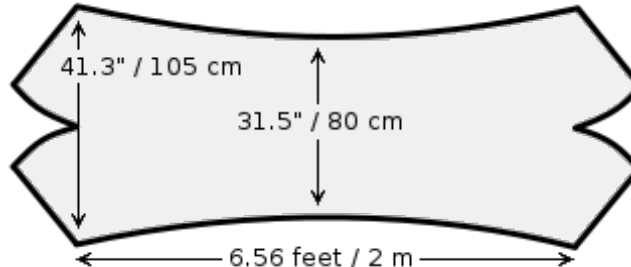
Hammock length: 6.5 feet (2 meters) + some extra space created by the head and foot end being round.

Hammock width in the ends: 41.3" (105 cm). This extra width converts into extra depth.

Hammock width in the middle: 31.5" (80 cm).

Spreader bars length: 33.5" (85 cm).

Packing bag size: 14.1" x 5.5" x 5.1" (36 x 14 x 13 cm).



Tree hugger straps length: 8.8 feet (2.7 m).

Suspension ropes (excluding triangular part) length: 7.9 feet (2.4 m).



Setting Up the Hammock

1) Find 2 reliable trees that are about 4 or 5 steps apart. Straight trees are better than sideways leaning ones.

2) Put upper tree hugger straps (gray color, made of UHMWPE) about your shoulders height and lower tree hugger straps (black color, made of polyester or polypropylene) close to the ground as low as you can.

The straps should normally go 2 loops around the tree (and through its rigging ring). Start the first loop like this:



and then connect the remaining loose end of the strap to the cam buckle on the second loop.



In case of large trees, only 1 loop around the tree would also do but then abuse tolerance is reduced (static load of 440 pounds / 200 kg is still safe).

3) Put one suspension rope through upper tree hugger strap rigging ring **A** and then through suspension ropes ring **B** and repeat the process one more time to get the **pulley effect** for tensioning.



Then wind the remaining end of the suspension rope about 4 or 5 times around the bundle of ropes near the ring and stick the remaining rope through the bundle of ropes to prevent unravelling.



4) Unroll the hammock and connect the second upper suspension rope at the other side.



5) Place spreader bars.
Stick the ends of the spreader bars into dedicated small pockets in hammocks corners.



6) Attach lower suspension ropes to lower tree hugger straps (at this point the hammock does not need to be exactly level yet).

7) Sit on the hammock and jump on it **gently** to make the upper tree hugger straps slide a bit downwards and the lower straps upwards.

8) Now do the final height adjusting, levelling and tensioning of the hammock by releasing and tensioning various suspension ropes. Good tension is what gives the hammock a flat lay.

9) Done. Set up time is about **10 minutes**. Feel free to retension the hammock whenever it loses its tension and sags too much.



Packing the Hammock

- 1) Release lower suspension ropes and put them inside the hammock (between top and bottom layer).
- 2) Remove spreader bars.
- 3) Release one upper suspension rope and put it on the hammock (on top layer) while holding the hammock off the ground.
- 4) Let the hammock fold itself in half by putting the little spreader bar pockets of one end together and pulling the hammock straight.

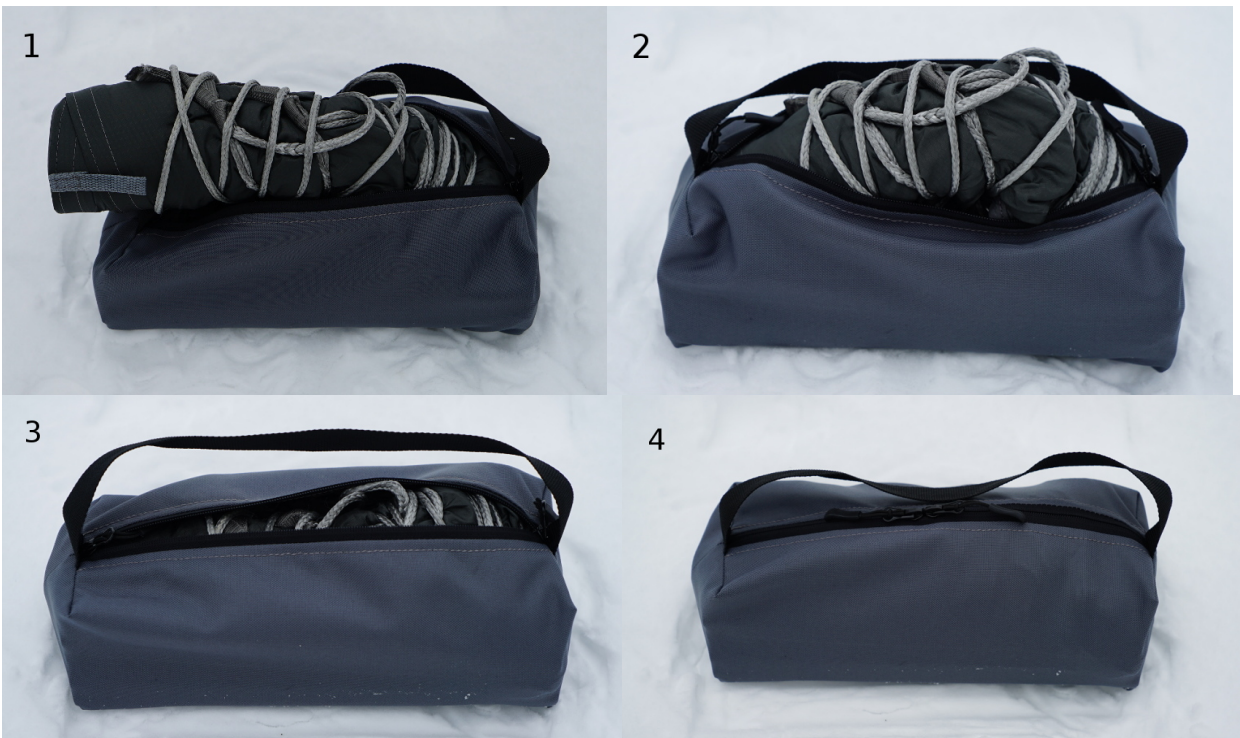


- 5) Roll the hammock and the remaining upper suspension rope until you reach the ring.
- 6) Release the remaining upper suspension rope and wind it around the hammock. Put the rope handle under a wind of a rope to prevent the rope from unwinding.
- 7) Remove all 4 treehugger straps and wind the straps into tight rolls that would fit into 4 small pockets inside packing bag to keep things organized. You may also put the loose straps on the bottom of the bag to save time. Everything will fit in either way.

8) Put spreader bars into spreader bar sack and put the straps and spreader bars inside the packing bag.



9) Put one end of the hammock roll in the packing bag and then bend the hammock roll (upside down "U" shape) so you can put the other end also in the bag. Then push on the center of the hammock roll so that entire hammock gets into the bag.



Useful Tips

1) Selecting the **distance of trees**.

Trees that are about 4 or 5 steps (15-17 feet / 4.5-5 m) apart are optimal.

As a special case you can use trees that are as close as 10 feet / 3 m apart or as far as 20 feet / 6 m apart.

If the distance of trees is **very short** then use an alternative setup1:

Make an exception and use lower (black) tree hugger straps as upper and make sure they go 2 loops around the tree and through its ring on each loop.

Put gray (UHMWPE) tree hugger straps through the hammocks straps (through the loops that are used to connect suspension ropes at the 4 corners).

Close the straps behind the trees and use the straps for tensioning the hammock.



Special case of trees being very close (10 feet / 3 m)



If the distance of trees is **very long** then use an alternative setup2:
Place upper tree hugger straps higher than normal. Crochet suspension ropes of foot end to tree hugger strap rings (without using suspension ropes rings) and then tension from the head end of the hammock.



Special case of trees being far apart (20 feet / 6 m)



2) You can set up the hammock in **sitting configuration**. Use trees that are close to each other, place upper tree hugger straps higher than normal and leave one or both lower suspension ropes unused.



3) A set up hammock tends to lose its high tension when used. Retension the hammock as needed. The more times the hammock is retensioned, the less it loses its tension during use.

4) Leaning trees

Trees leaning forward or backward - doesn't matter.

Trees leaning sideways:

- Left leaning tree - shift the upper tree hugger strap ring to the right and lower ring to the left.
- Right leaning tree - shift the upper tree hugger strap ring to the left and lower ring to the right.

The ring on the strap must **not** pull towards cam buckle but has to pull away from it (this way seams on the strap do not get damaged).



5) Levelling

Tilting the hammock:

- Tilting to the left – shift upper tree hugger straps to the left and lower to the right.
- Tilting to the right – shift upper tree hugger straps to right and lower to the left.

Raising or lowering head or foot end:

- To raise – release any other and then tighten one upper suspension rope.
- To lower – release any other and then tighten one lower suspension rope.

6) Too big tree

Use any 1" (25 mm) **cargo lashing belt** with a cam buckle to make a tree hugger strap longer (by connecting it to the end of the tree hugger strap) or stronger (by adding it as an independent parallel strap through a ring).

Serial connection - longer strap. The cargo lashing belt needs to be sufficiently strong, if used on an upper tree hugger strap and everything runs only 1 loop around the tree.



Parallel (unconnected) – stronger (double) strap.



7) It is possible to use trekking poles as spreader bars. Use trekking pole handle adapters to connect trekking pole handle end to the hammock corner. Use something to cover the trekking pole sharp tip to prevent damage to the spreader bar pocket.



8) In case of a broken or missing spreader bar, make a temporary replacement spreader bar from local wood.



9) To make it easier to stick a tip of a spreader bar into the spreader bar pocket, stick a tip of your thumb in the spreader bar pocket first to open it.

10) Avoid forming knots on suspension ropes while unpacking or setting up the hammock. A knot is difficult to untie after the rope has been tensioned.



11) You can easily use a **pop up bug net** on the hammock. Use the hanging loops at the hammocks corners and sides to attach the bug net.



12) Hammocks head end and foot end can be used as big pockets for your clothes.

13) Thick **inflatable mattress** (like Thermarest NeoAir) removes all possibility of **shoulder squeeze** and makes the hammock good for back sleeping. This is how and why it works: your body sinks deep into the hammock and hammock walls hug your body, leaving no room for hands at your sides. Thick mattress prevents such deep sinking, so leaving sufficient hands room at the hammock sides. A disadvantage of using a very thick mattress is: it raises your center of gravity and makes the hammock feel unstable when moving around.

14) Note that there are 2 different types of tree hugger straps - black and gray.

Gray straps are **upper** straps, made of UHMWPE (Ultra High Molecular Weight Polyethylene, the same material that "Dyneema" brand ropes and webbings are made of).

Black straps are **lower** straps, made of polyester or polypropylene, that are less strong and abrasion resistant than UHMWPE.



Always use gray (UHMWPE) straps as upper straps, because upper straps are meant to carry the main load and lower straps are not.

If using a lower strap as an upper strap and it only has 1 loop around the tree, then the strap can break at the location of a cam buckle when you jump on the hammock.

15) You may want to use a small **pillow** in the hammock if you are used to a pillow in a bed.

16) You can hang the hammock from a car. Use a roof rack crossbar and a rear wheel to attach tree hugger straps. The straps don't need to be well tightened. Before using this method, be sure that your cars roof rack can support such a heavy load.



17) Use the **hanging loops** at the hammock corners and edges to hang your boots and gear using small carabiners, attach additional pockets or bags, hang a gear hammock below the hammock or attach an underquilt or a bug net.

You may also use rope and pegs to tie the hammock to the ground for extra stability (useful when using a thick inflatable mattress that raises your center of gravity and makes the hammock feel unstable).



18) List of accessories that are tested to fit well with Treem hammock „Side Sleeper”.

Underquilt: Cumulus Selva 450 in size L

19) To clean the hammock wipe it with a damp cloth or sponge.

Do not machine wash the hammock with suspension ropes or steel rings (or other metal parts) attached to it.

You may remove the ropes from the hammock at your own risk if you are 100% sure that you are able to reinstall all the ropes and rings correctly.

Use a washing program suitable for nylon.

20) Have the latest copy of this user guide in your smartphone. This way you always have access to it, even in regions without cellular reception.

Warnings

1) Do not jump on the hammock!

When the hammock is set up too high so you can't reach it with your butt to sit on it then you are tempted to jump on the hammock. If you have to do it then do it gently.

The only weak point of the hammock system is the middle section of spreader bar that may bend and break when a heavy person jumps on the hammock.

2) Do not misuse spreader bars!

Do not adjust your body position in the hammock by pulling on the spreader bars. Instead grab the sides of the hammock to adjust your body position.

Do not hang packs or other gear from the spreader bar itself as this places unnecessary stress on the spreader bar. Use dedicated loops at the sides and corners of the hammock instead.

Avoid using the spreader bar as a back support or head rest. You may attach a wooden stick to the hammock (using a rope) to have a simple improvised back support.



3) Avoid using dead standing trees!

A dead tree is weaker and may break and fall on you when you pull it towards you with the hammock or when wind picks up in the night.

4) Keep the hammock away from fire!

Sparks from a nearby campfire will melt small holes into the hammock's nylon.

5) Do not leave little children with suspension ropes or tree hugger straps unattended!

Accidents can happen, but accidents can be prevented as well.