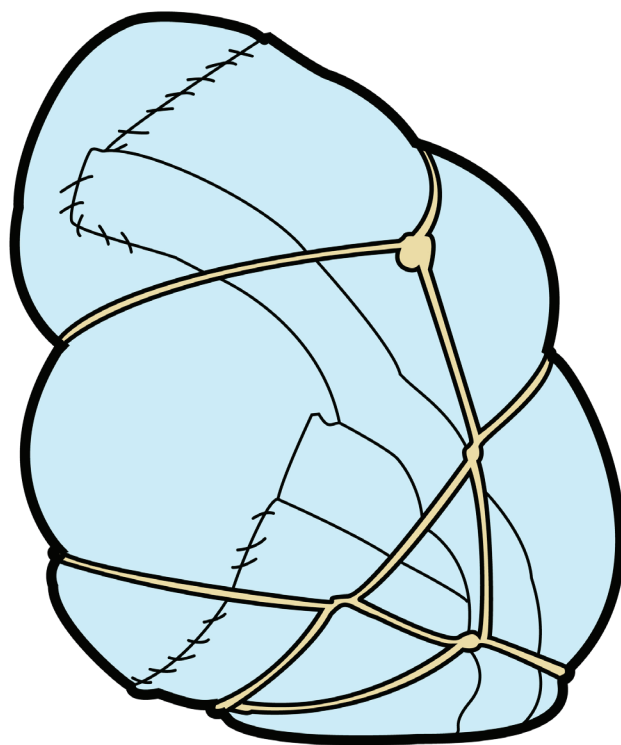


Making Your Own Lump for Guidance



The complete manual

Making a lump in 8 steps

1. Procure the correct set of materials:

- a) A light blue shirt
- b) Soft material: duvet, blanket, mattress, old pillow etc.
- c) Three stones that together weigh between 2,5 - 4,5 kg
- d) String (Hemp or cotton)
- e) Thick sewing thread
- f) A large sewing needle
- g) Safety pins

2. Cut the soft material into smaller sizes

The pieces should be around 40x40 cm. If it is a thick material then smaller.

3. Wrap the three stones in the material

if it is a thick material such as a pillow or foam rubber mattress, you can stuff the stones inside of it. Important is that all the stones are covered, so that no sharp edges can be felt. Continue wrapping until the size of the lump is suitable to hold in your arms comfortably.

4. Cut pieces from the shirt and cover the lump with it.

Secure the pieces of cloth with the safety pins (these will be removed later) Stretch the cloth so that it is not hanging loose over the soft material.

5. Bind the lump with the string to further secure it.

Use smaller pieces of string and tie them together over the object. Use 80 cm - 140 cm string altogether for this moment.

6. Begin to sew all the edges of the shirt in place.

Stretch the cloth more as you do it. Remove the safety pins during the process. Make sure that all loose edges are sewn into place.

7. Fasten all the loose ends of string and thread.

Wrap them around themselves, tie them together.

8. Your lump should now be complete and ready to use.