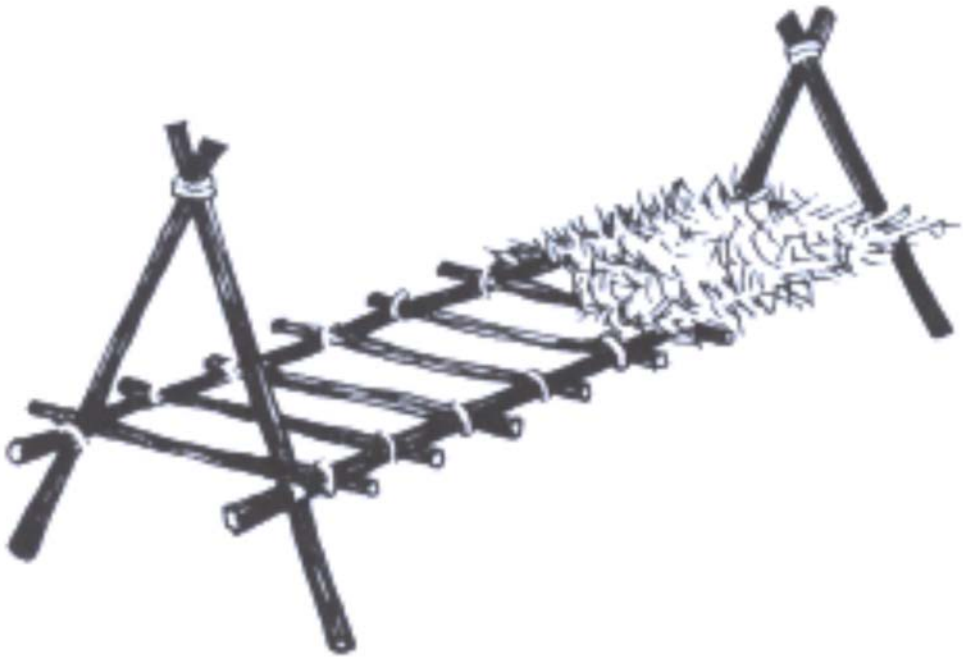
LADDER BED

Using natural resources and cord, a ladder bed can be constructed. Steps to constructing a ladder bed:

1. Collect the natural resources, including:
   a. four poles 75–100 cm long to construct the A-frames,
   b. two sturdy poles approximately 180 cm long to make the frame (length will depend on the height of the person), and
   c. several crosspieces 50–60 cm long, the more flexible the better; length will depend on the width of the person.
2. Construct two A-frame supports using round lashings.
3. Attach the two frame poles to the A-frames, ensuring that the knots and wood are strong and will hold the weight of the individual.
4. Tie the crosspieces making a ladder along the frame.
5. Lay a bedding of boughs, leaves or moss, as desired. Ensure there is enough material to prevent heat from being transferred away from the body during the night.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 309)

Figure V-1 Ladder Bed

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