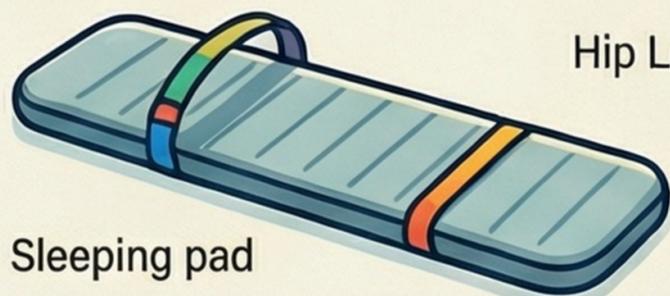


Mastering Backpacking Quilt Straps:

Stay Warm and Secure

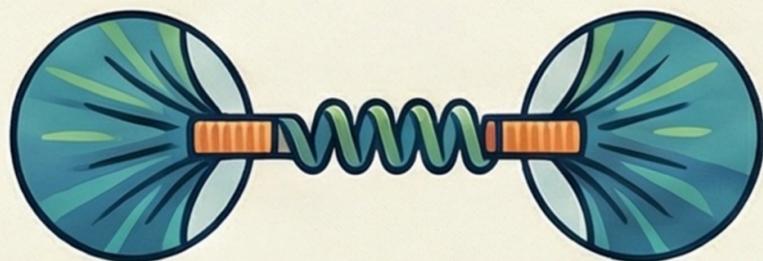
Core Setup & Materials

- **The Standard Two-Strap System**



Use a loop strap for the hips and a flat strap for the torso.

- **Elasticity Prevents Fabric Stress**



Use bungee or stretchy straps to allow movement without damaging the quilt.

- **The Under-Body Alternative**



For quilts without wrap systems, place straps directly under your body only.



Strategic Positioning & Use

- **Target Hips and Shoulders**



Place one strap near the buttocks and another near the armpits for stability.

- **Ventilation via Tucking**



In warmer weather, tuck quilt edges under you instead of using straps.

- **The Intuitive Learning Curve**



Practice strap placement to make the setup quick and muscle-memory based.