



Hammocks

Part of the fun of being outdoors is being able to relax and have fun, and hammocks offer both. Whether you are using it to just hang out during the day or as the place you are sleeping at night, a hammock, [properly and safely used, can be a central part of your scouting experience.](#)

There are 4 basic elements of how to use a hammock for fun and safe adventures.

- 1) **Hammocks should not be hung too far off the ground or on top of other hammocks.** Hammocks should be no more than 1.5 to 3 feet off the ground, depending on the type and manufacturer warnings. This also means that hanging hammocks on top of one another is out as well. This also means no hammock stacking.
- 2) **Hammocks are meant for relaxing and not as a toy.** Misuse of a hammock such as spinning or using it as a makeshift slingshot can be hazardous both for you and those around you.
- 3) **Keep in mind the Leave No Trace principles.** Because hammocks are often tied to trees, we need to be careful with how they are tied to prevent damage to the tree and surrounding plant life.
- 4) **Do not use dead or hazard trees for your hammock** Dead trees/hazard trees likely will not be able to support much weight resulting in injury.

For more information, check out these resources:

- **Hammock Camping** <https://www.scouting.org/health-and-safety/safety-moments/hammock-camping/>
- **Hazard Trees** <https://www.scouting.org/health-and-safety/safety-moments/hazard-trees/>
- **Rest easy with eight expert tips for comfortable hammock**
<https://scoutingmagazine.org/2016/10/expert-approved-tips-sleeping-comfortably-hammock/>

