



How to Repair Your Torn Sleeping Bag

Learn how to fix a tear in a sleeping bag.

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INTRODUCTION

Have you ever ripped your sleeping bag when you were camping and had no way to fix it? This guide explains how to fix a tear in a sleeping bag with everyday items (that you probably have with you!)

This fix works better than simply placing duct tape over the tear because it is less noticeable and will prevent the duct tape from peeling up.



TOOLS:

- [Needle](#) (1)
- [Thread](#) (1)



PARTS:

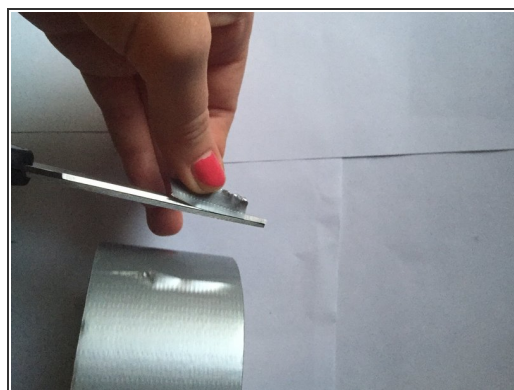
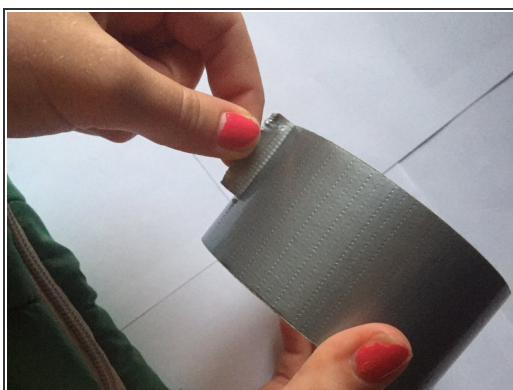
- [Duct Tape](#) (1)

Step 1 — How to Repair Your Torn Sleeping Bag



- Push any stuffing/down filling back into the hole.
- ⓘ You can use your finger, but depending on the size of the hole you may want to use a smaller object so that it doesn't tear further.

Step 2



- Take your roll of duct tape and cut off a small amount (about as long as the tear)

Step 3



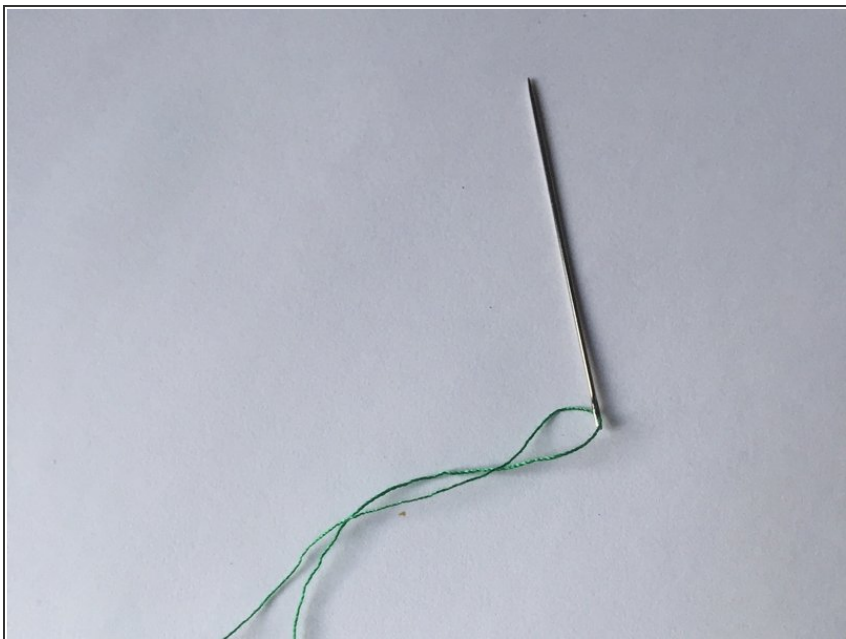
- Fold the edges of the tear back towards the stuffing so that you create a clean edge with no fraying.
- ⓘ This makes it easier to apply the duct tape.

Step 4



- Apply the duct tape to each half of the tear and fold it under, creating a cuff/edge of duct tape
- ⓘ This will allow you to sew the fabric without tearing it.

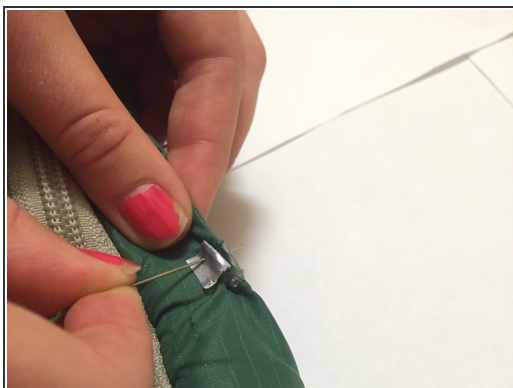
Step 5



- Take a small needle and thread it with thread of similar color to the sleeping bag material (can be any color but a similar one makes the fix less noticeable)

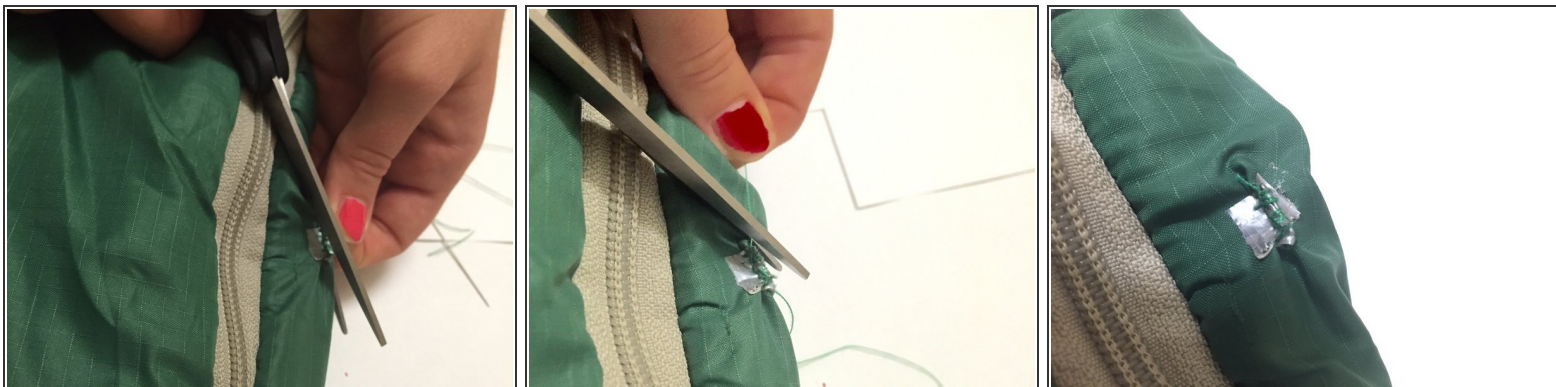
⚠ Working with needles can be dangerous.

Step 6



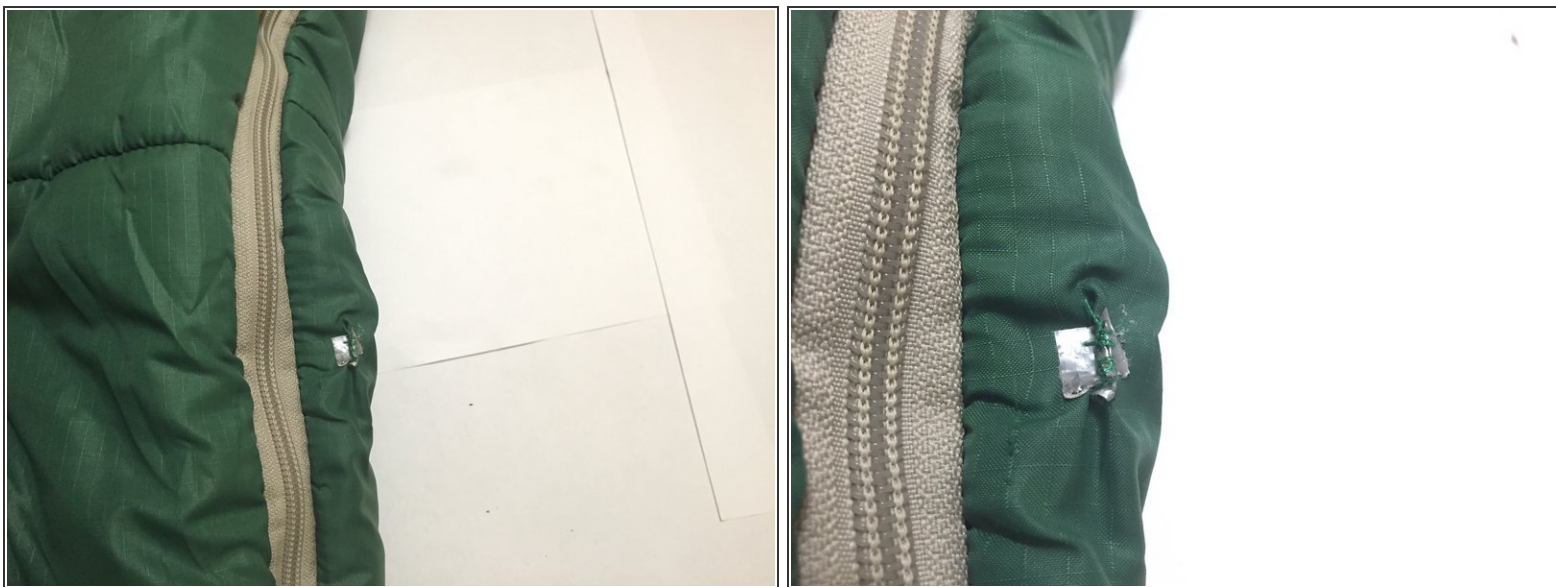
- Push the two pieces of duct tape together and use the needle and thread to sew them together with a [whip stitch](#).

Step 7



- Pull the thread tight when you reach the end of the tape and tie a knot in the string
- Cut off any remaining thread.

Step 8



- Cut off any remaining duct tape.
- ❗ Be wary of a sticky residue that may be left behind from the duct tape if pulled off to remove excess
- Enjoy your newly patched sleeping bag!