

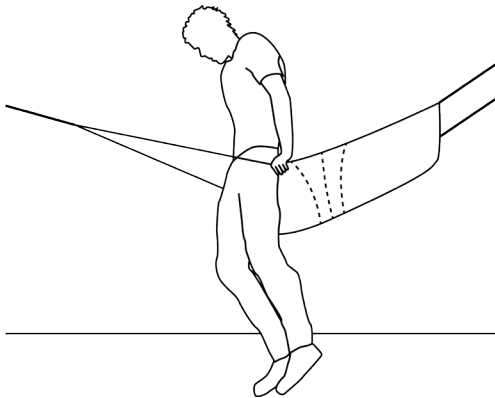
## Setup:

1. Attach the two suspension ropes at the head end of the hammock to two trees or similar secure points. Never use the MadTree spreader clasps for main suspension. They are only for fastening a spreader bar! (see figure 1., clasps sold seperately)

Alternatively you can use a single tree that is at least your shoulder width thick or a spreader and 2-point attachment straps.(see figure 2.)

You should try to set up the Core hammock so that the head end is as close to the suspension points as possible. Also, because of its unique structure, **you should fasten the Core hammock between the trees as tightly as possible.**

Figure 3.



The easiest way to climb in to the Core is to stand in the triangle, formed at the foot end of the hammock by the attachment ropes, with your back facing the Core and with the Hammock pulled up slightly towards the head end. Then you just lift yourself up and sit in.

2. Attach the foot end around a tree slightly higher than you attached the head end. The further away the foot tree is, the higher you have to tie the cord.

3. Hop in and enjoy, sweet dreams! (see figure 3.)

## General usage tips:

The packaging of the Core hammock doubles as a handy pocket when the hammock is pitched. You can use it to store for example your keys or other hard objects which might otherwise damage the fabrics of the Core.

We recommend the use of a pillow for achieving the best possible sleeping position in the Core hammock. You can fashion a pillow out of a thicker clothing layer for example a fleece pullover.

Figure 1.

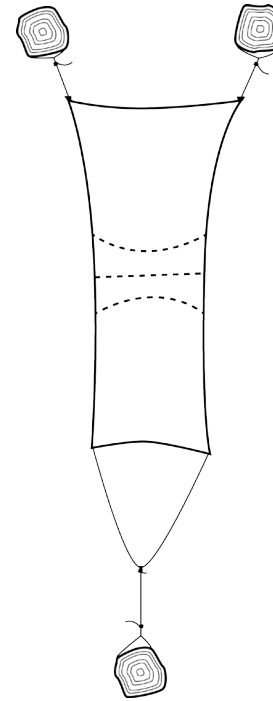
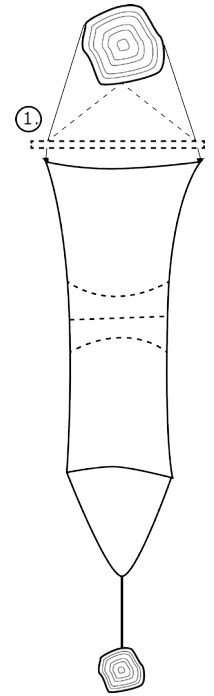


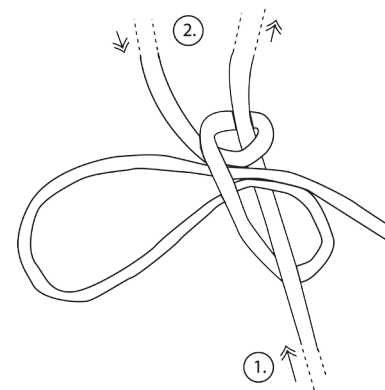
Figure 2.

1. The use of two attachment points and a spreader bar.



We recommend that you use pull knots to tie the Core for quick and easy operation. Always make sure your knots are properly made and can hold your weight before hopping in the hammock.

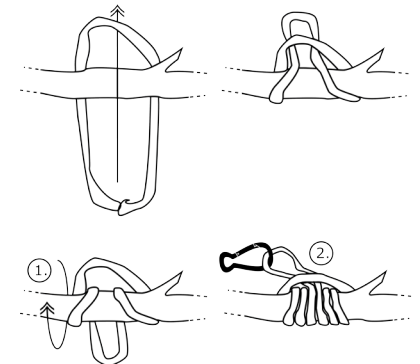
## Recommended knot:



1. Rope coming from the hammock  
2. The Loop going around a tree

## Two-point attachment:

We recommend the knot described below for the installation of a spreader bar. You can use any long enough object as a spreader bar. Most likely this will be a fallen branch.



1. Make as many loops around your chosen spreader bar as the rope allows  
2. Do not use the spreader clasps to attach the Core, only the spreader

## Packing:

As you are packing the Core, insert the head end and the foot end of the hammock in the packaging bag first and the middle part last.

## Care instructions:

Should the Core hammock get dirty, you should try to brush the dirt off and avoid washing.

However, if washing the Core is necessary, use 40°C water without detergent and do not tumble dry.

### CAUTION:

Never set up the Core over 80 cm high from the ground or above such surfaces that falling on them might cause you harm.

The Core is not a climbing accessory and may not be used in any circumstances as one.

Never wear any sharp objects to the Core. Sharp objects such as knives, belt buckles and rivets on jeans may damage the fabrics of the hammock.

**CORE**  
User Manual