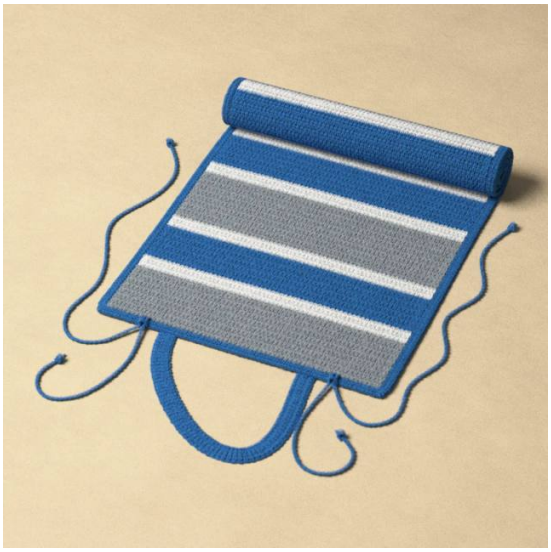
Plastic bag sleeping mat

Standard · US terms



Finished size
About 30 × 71½ in (76 × 182 cm) with the border; strap about 37¼ in (95 cm) long before it is sewn on

Skill
Easy
One stitch, stripes, a border and sewing

Yarn
Super bulky (6), 3 colors

Hook
10 mm (US N/P-15)

Gauge
9 stitches and 9½ rows to 4 in (10 cm)
In single crochet (UK double crochet).

What you need

Yarn A: gray plarn	**about 570 yd (521 m), an estimate**
Yarn B: white plarn, stripe	**about 220 yd (201 m), an estimate**
Yarn C: blue plarn, stripes of the mat, the border and the strap	**about 470 yd (430 m), an estimate**

Hook: 10 mm (US N/P-15), or the size that gives you the gauge. Also: a yarn needle with a large eye, scissors, a tape measure and 2 stitch markers.

Sizes

Size	Finished size, about	Yarn, an estimate
Standard (this file)	**30 × 71½ in (76 × 182 cm), 37¼ in (95 cm) long**	**about 1,260 yd (1,152 m)**
Wide	36¼ × 71½ in (92 × 182 cm), 37¼ in (95 cm) long	about 1,510 yd (1,381 m)

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Gauge

9 stitches and 9½ rows to 4 in (10 cm) in single crochet. Along a row, count every stitch and every chain between stitches as one.

Work the test piece, lay it flat without stretching it, and measure in its middle. If it has more stitches and rows to 4 in (10 cm), use a larger hook; if it has fewer, a smaller one. A mat need not be exact: if your pieces differ a little, the mat is a little larger or smaller.

> **The swatch.** A test piece to measure and pull out. It is not the start of the pattern. The test piece takes about 25 yd (23 m) of A, which the amounts do not count. Undo it when you have measured it and use its plarn again, or cut about 10 bags more.
>
> | | | |
> |---|---|---|
> | **Swatch foundation** | With A, ch 15. | |
> | **Swatch row 1 (RS)** | Sc in 2nd ch from hook and in each ch across | (14 sc) |
> | **Swatch rows 2 to 14** | Ch 1, turn; sc in each st across | (14 sc) |

Instructions

Standard. US terms.

sc single crochet (UK dc), **ch** chain, **sl st** slip stitch, **st** stitch.
3 sc in first st: **all three in that one stitch**. Sc in next 62 sts: one in each.
The ch 1 is not a stitch. Work in the **very first stitch**.
(64 sc): the row now has 64; a check, not a step. Not 64? **Pull it back**.
Also: RS right side, yo yarn over.
Every stitch, drawn: flossfield.com/crochet/stitches.

Mat

☐ **Start**	With A, make a slip knot and ch 65.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(64 sc)
☐ **Rows 2 to 16**	Ch 1, turn; sc in each st across	(64 sc)

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Stripe in B, white plarn

☐ **Row 17**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 18 to 20**	Ch 1, turn; sc in each st across	(64 sc)

18 19 20

Stripe in C, blue plarn

☐ **Row 21**	With C, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 22 to 32**	Ch 1, turn; sc in each st across	(64 sc)

22 23 24 25 26 27 28 29 30 31 32

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Stripe in B, white plarn

☐ **Row 33**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 34 to 36**	Ch 1, turn; sc in each st across	(64 sc)

34 35 36

Stripe in A, gray plarn

☐ **Row 37**	With A, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 38 to 54**	Ch 1, turn; sc in each st across	(64 sc)

38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54

Stripe in B, white plarn

☐ **Row 55**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 56 to 58**	Ch 1, turn; sc in each st across	(64 sc)

56 57 58

Stripe in C, blue plarn

☐ **Row 59**	With C, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 60 to 70**	Ch 1, turn; sc in each st across	(64 sc)

60 61 62 63 64 65 66 67 68 69 70

Stripe in B, white plarn

☐ **Row 71**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 72 to 74**	Ch 1, turn; sc in each st across	(64 sc)

72 73 74

Stripe in A, gray plarn

☐ **Row 75**	With A, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 76 to 92**	Ch 1, turn; sc in each st across	(64 sc)

76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92

Stripe in B, white plarn

☐ **Row 93**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 94 to 96**	Ch 1, turn; sc in each st across	(64 sc)

94 95 96

Stripe in C, blue plarn

☐ **Row 97**	With C, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 98 to 108**	Ch 1, turn; sc in each st across	(64 sc)

98 99 100 101 102 103 104 105 106 107 108

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Stripe in B, white plarn

☐ **Row 109**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 110 to 112**	Ch 1, turn; sc in each st across	(64 sc)

110 111 112

Stripe in A, gray plarn

☐ **Row 113**	With A, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 114 to 130**	Ch 1, turn; sc in each st across	(64 sc)

114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130

Stripe in B, white plarn

☐ **Row 131**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 132 to 134**	Ch 1, turn; sc in each st across	(64 sc)

132 133 134

Stripe in C, blue plarn

☐ **Row 135**	With C, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 136 to 146**	Ch 1, turn; sc in each st across	(64 sc)

136 137 138 139 140 141 142 143 144 145 146

Stripe in B, white plarn

☐ **Row 147**	With B, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 148 to 150**	Ch 1, turn; sc in each st across	(64 sc)

148 149 150

Stripe in A, gray plarn

☐ **Row 151**	With A, ch 1, turn; sc in each st across	(64 sc)
☐ **Rows 152 to 166**	Ch 1, turn; sc in each st across	(64 sc)

152 153 154 155 156 157 158 159 160 161 162 163 164 165 166

☐	Fasten off.	

Border

Yarn C, blue plarn.

Hold the piece with the right side facing you and the last row at the top; the first st is the one at the right-hand corner.

☐ **Start**	Work around the edge of the piece, right side facing: the 64 sts of the last row, the ends of the 166 rows, the 64 chs of the foundation, the ends of the 166 rows.	
☐ **Round 1**	Join C with sl st in first st, ch 1, 3 sc in first st, sc in next 62 sts, 3 sc in next st, sc in end of each of next 166 rows, 3 sc in next ch, sc in next 62 chs, 3 sc in next ch, sc in end of each of next 166 rows; join with sl st in first sc	(468 sc)

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☐ **Round 2**	Ch 1, sc in same st as join, 3 sc in next st, sc in next 64 sts, 3 sc in next st, sc in next 168 sts, 3 sc in next st, sc in next 64 sts, 3 sc in next st, sc in next 167 sts; join with sl st in first sc	(476 sc)
☐	Fasten off.	

Strap

Yarn C, blue plarn.

☐ **Start**	With C, ch 85.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(84 sc)
☐ **Rows 2 to 4** 2 3 4	Ch 1, turn; sc in each st across	(84 sc)
☐	Fasten off, leaving a tail of about 36 in (91 cm) to sew with.	

Assembly

1. Weave in all the ends but the long tail of the strap. Lay the mat with its wrong side up and the last row toward you. The edge of the border along the last row is the end that is outside when the mat is rolled. Its corner stitches are the middle ones of the 3 sc worked in one place in round 2; between the two corner stitches it has 66 sts.

2. Markers: from each corner stitch count 14 sts along this edge, the corner stitch not counted, and put a marker in the next st, number 15. The end of the strap covers this st and the 3 sts after it, toward the middle of the edge.

3. Strap: lay one end of the strap on the wrong side of the mat, over the 4 sts from one marker, so that 2 in (5 cm) of the strap lies on the mat and the rest points away from it. Thread the long tail of the strap; if it hangs at the other end, begin there with the other marker. Whip stitch that end of the strap down all the way around the part that lies on the mat: 4 stitches along the edge of the border, 5 up one side, 4 across the end and 5 down the other side, 18 stitches, and fasten off. Without twisting the strap, sew its other end down in the same way at the other marker, with a length of C about 36 in (91 cm) long. Take out the markers.

4. Ties (make 2): with C, ch 158, which is about 60 in (152 cm), and fasten off, leaving tails of 6 in (15 cm). Knot both ends and cut the tails to 1 in (2.5 cm). Fold a tie so that one end is about 40 in (102 cm) long and the other about 20 in (51 cm). Put the hook through the st number 10 of the same edge, counted from a corner stitch, from the underside up, pull the fold of the tie through, pass both ends of the tie through the fold, and draw it tight. Fold and fasten the other tie in the same way in st number 10 from the other corner stitch. They are between the strap and the corners.

5. Weave in the ends that are left. To roll the mat, lay it with its right side up and roll it tightly from the foundation end. The roll is about 6 to 7 in (15 to 18 cm) across and about 19 to 22 in (48 to 56 cm) around. Bring the longer end of each tie once around the roll and tie it to the shorter end in a bow; about 15 in (38 cm) of each end is left for the bow. The strap goes over a shoulder.

Finishing

- Do not iron or steam the mat. Wash it with soap and cold water and hang it up to dry.

In all: 2 pieces; 11,904 stitches (10,624 in the mat, 944 in the border, 336 in the strap).

To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 15 percent added.

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Notes

- Plarn is yarn cut from plastic grocery bags. Take clean, dry bags of about 12 by 20 in (30 by 51 cm), with the side folds still in them. Smooth a bag flat and cut off the handles at the top and the seam at the bottom. Fold what is left lengthwise in half and in half again, and cut it across into strips 2½ in (6.5 cm) wide. Open the strips: each one is a closed loop about 38 in (97 cm) around.
- To join two loops, pass one end of the new loop up through one end of the old loop, so that it stands about 3 in (8 cm) above it. Pass the other end of the new loop down through this standing end, and pull it all the way through until the two loops close in a small flat knot. Do not pull so hard that the plastic stretches. Join loop to loop in this way and wind the plarn into a ball. Both layers of a loop are worked together as one strand.
- A bag of that size gives about 5 loops, which make about 2½ yd (2.3 m) of plarn. Bags differ: join the loops of one bag, measure what they give, and divide the yards by that.
- Where a pattern asks for an end, cut the loop you are in straight across: its two layers are the tail. To begin, make a slip knot with both layers.
- The ch 1 at the start of a row does not count as a stitch.
- The first stitch after the ch 1 goes into the first st, the one right below the hook.
- Right-side rows are the odd-numbered ones.
- The stripes are the same from both ends of the mat: 16 rows of gray at each end, then 4 of white, 12 of blue and 4 of white, with 18 rows of gray between one such group and the next.
- Cut each yarn when the rows of its color are done. To change yarn, work the last yarn over of the last stitch of the row before with the new yarn. Cut the old yarn, leaving a tail of about 6 in (15 cm), and leave a tail of the same length on the new yarn.
- Lay the tails along the top of the row below and work over them, or weave them in at the end with a crochet hook where a needle's eye is too narrow for plarn.
- Border: work along the last row, down the ends of the rows, along the other side of the foundation chain and up the ends of the rows. Begin with the right side facing and the last row at the top, in the first st at the right-hand corner. The chain skipped at the start of row 1 is not worked into.
- The ch 1 at the start of a round does not count as a stitch.
- In the border "same st as join" is the st the joining sl st was worked into; the sl st itself is not a stitch. "3 sc in next st" puts all 3 stitches in that one place and turns a corner.
- To join a yarn with a sl st, make a slip knot of it on the hook, put the hook in the place named, yo, and pull through the place and the loop on the hook.
- Leave a tail of about 6 in (15 cm) when you begin and when you fasten off, unless another length is given. The ends that are not sewn with are woven in.
- Whip stitch: with the yarn on a yarn needle, pass the needle under two strands at the edge of one layer and under two strands of the layer that lies against it, and pull the yarn through. Do the same a little farther on, always in the same direction. Fasten each length where the sewing begins and where it ends: sew 3 times into the same place.
- Keep the mat away from fire, stoves and heaters: plastic melts and burns. Keep loose bags and cut loops away from small children.
- Collect a few bags more than the number given, and keep each color to bags of one shade.
- Bags for this size, at 2½ yd (2.3 m) a bag: about 230 gray, 90 white and 190 blue. This is worked out from the yards and not counted in bags.

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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