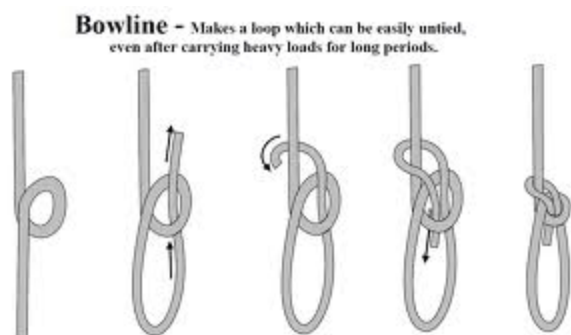


How to replace your Hammock Spreader Bar.

1. RUN A GUIDE ROPE THROUGH THE LOOPS OF THE HAMMOCK THAT THE RING KNOT IS TIED TO ON THE SIDE WHERE YOU WISH TO REPLACE THE SPREADER BAR
 - a. GUIDE ROPES are a length of rope that prevents your hammock from unraveling when the knots are untied
2. Look at how the knots are tied (this is a bowline knot from figure below) and how each knot contains two loops of the hammock
3. Untie the knots that connect the ring knot to the hammock.
 - a. These knots may be stiff and difficult to remove and might require pliers
4. Remove old spreader bar from ring knot
5. Run the ring knot through the new spreader bar. Be sure not to mix up the order of the ropes
6. Retie the knots (each knot should encompass two of the hammock loops)
 - a. The knot used is a bowline knot (see figure or google videos if having trouble)
7. Once ALL knots are retied hang hammock and test. If the hammock feels right remove the GUIDE ROPE
8. Lay in you newly restored hammock and take a nap



Thank you!