

A man and a woman are relaxing in a blue and orange striped hammock strung between two large trees. The man is wearing sunglasses and holding a book, while the woman is leaning against him. They are in a grassy field with mountains in the background. A large yellow leaf graphic is positioned behind the text.

# YELLOW LEAF

////// HAMMOCKS ////

**HAMMOCKING 101: THE ESSENTIAL HANDBOOK**  
THE CLASSIC DOUBLE HAMMOCK



# Do Good. RELAX.

## OUR PHILOSOPHY



We like to think a Yellow Leaf Hammock is a step closer to living the dream. Your hammock is a place to savor a sunset, get lost in a good book or share an inspiring conversation.

Making time to connect and relax shouldn't be a guilty pleasure—it should be a part of your daily ritual.



In a Yellow Leaf Hammock, you also know your nap is having a positive impact halfway around the globe.

Each handwoven hammock directly empowers artisan weavers + their families.

By supporting sustainable job creation, customers like you help these communities rise from extreme poverty and transform their future.



# welcome to THE HAMMOCK NATION

(GLAD YOU MADE IT)

As an ambassador of relaxation, your first duty is getting your hammock strung up. Your second is kicking back and letting your worries drift away!

This Hammocking 101 Guidebook will help you hang your hammock and give you some tips on adjusting to the hammocking lifestyle (hint: you'll want a refreshing beverage within reach).

On behalf of our weavers + our team, we sincerely thank you for your purchase. You are directly creating a positive impact: saving forests from destruction, helping young kids go to school and building a brighter future for hard-working families in rural Thailand.

We're looking forward to staying in touch! We'd love to see your hammock pictures, read your reviews + hear your stories.

Maybe you'll even be a highlighted hammocker soon—let us know if we can share your adventures as we grow!

*send us your questions, reviews + pics!*

#yellowleafhammocks // [hello@yellowleafhammocks.com](mailto:hello@yellowleafhammocks.com)



# OUR ORIGINS

## A LIFE-CHANGING NAP

From the moment I discovered these hammocks on a remote island in Thailand, I knew I had to share them with the world. It was “love at first swing!” As a lifelong hammock enthusiast, I’d never experienced anything like the comfort of that first handwoven hammock. When I heard the story of the weavers behind my blissful relaxation, I felt a powerful pull.

I cajoled a cab driver into driving me 600 miles through the jungle to meet the hill tribe artisans who handcraft each intricate Yellow Leaf Hammock. There in the village, I learned how hammocks brought hope to the hill tribes for the first time. I heard their dreams for the future, saw how precarious their progress was, and realized we could create the missing link to bring these hammocks to the world—and vastly increase their positive social impact by creating many more jobs.

With your support, we are building an enterprise that will provide a long-term, sustainable economic opportunity to vulnerable ethnic groups like the Mlabri weavers. From the comfort of your hammock, you are supporting a hammocking revolution!

*Joe Demin*  
Chief Relaxation Officer

## KNOW WHO MADE IT



Yadi



Chapai



Yalana

Every one of our weavers has their own story—Yalana has a beautiful singing voice and Yaton is a brilliant teacher. What do they all have in common? They are all incredibly proud of their beautiful weaving work!

Each Yellow Leaf Hammock is signed by the weaver who created it.  
Visit our site to search for your weaver and learn their story!



# OUR MISSION: CREATING JOBS

## EMPOWERING COMMUNITY TRANSFORMATION

### What's the Impact of a Job?

Weaving work is stable, safe, flexible and well-paid.

The impact of a long-term job is momentous: it **breaks the cycle** of extreme poverty and changes the trajectory of families for generations.

We are committed to nourishing whole communities through comprehensive sustainable development.

Here are a few examples of our **"Four Pillars of Sustainability."**

#### ECONOMIC HEALTH



**650% INCREASE IN INCOME FOR WEAVERS.**

A weaver earns more in one week than her whole family could earn in a month of back-breaking field labor.

#### ENVIRONMENTAL STEWARDSHIP



**FOR EACH WEAVER, 5+ PEOPLE (A WHOLE FAMILY) ARE FREED FROM SLASH + BURN FARMING**

Weaver families can explore sustainable farming + entrepreneurship instead!

#### SOCIAL EQUITY



**75-100% OF CHILDREN IN HILL TRIBE FAMILIES WORK IN THE FIELDS ALONGSIDE THEIR PARENTS**

Children of weavers can attend school instead—without going hungry.

#### CULTURAL VITALITY



**<300 MLABRI ARE LEFT IN THE WORLD**

Celebrating cultural autonomy is key to preserving community heritage and traditions.

### YOUR HAMMOCK IS MAKING A DIFFERENCE!

Since launching, we have grown from creating jobs for about 20 people to more than 200 weavers! This empowering opportunity is rippling out to deeply transform hundreds of families across the region.

Our growth is directly due to the support and excitement of our hammock community. Your purchase is truly changing lives!

# Change the World... from the Comfort of a Hammock!

## YOU'RE A HAMMOCK AMBASSADOR!

You can spread "Do Good. Relax." and have a positive impact  
just by kicking back in your Yellow Leaf Hammock.

You could...



Take a  
Nap!

BE SURE TO LOOK  
SUPER COMFY

Snap a  
Pic!

SHARE IT TOO!



@yellowleafhammocks







Send a  
Review!

TELL YOUR STORY

Give a  
Gift!

YOU KNOW  
THEY'LL LOVE IT



Stay in  
Touch!

FOR NEWS, TIPS +  
GIVEAWAYS



/yellowleafhammocks

# HAMMOCKING 101

## CONSTRUCTION OF A HAMMOCK



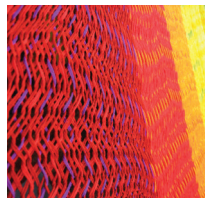
Each Yellow Leaf Hammock is 100% handwoven. To create a single hammock, a weaver can use more than **150,000 loops** and **4 1/2 miles** of yarn!

Our specially designed hammock weaves contour to your body and cradle you cozily, while always giving you plenty of room to stretch out.

Our hammock yarn is soft, vibrant, durable and weathersafe, so your hammock will always look and feel great!

## IMPORTANT REMINDERS FOR *happy hammocking*

- Take care when setting up your hammock and check the strength of your hanging structure and hardware regularly to avoid injury.
- Do not leave children unattended.
- Make sure your hammock is hung out of reach of puppies or pets that like to chew on interesting new “toys”.
- Always handle by the eyes of the hammock to avoid tangling the scale lines.
- To avoid damage, hammockers must avoid wearing clothing and accessories that can catch on the yarn (buttons, exposed zippers, key chains, shoes with buckles, etc.).
- If you accidentally pull a loop out of place, repair it before further use. Spread the hammock and study the pulled loop. Trace the yarn that was pulled and gently tug on the surrounding weave to ease the yarn back into place.

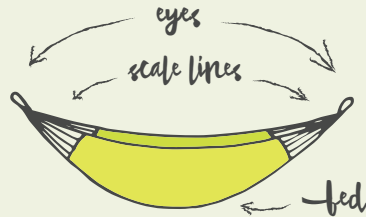




# HAMMOCKING 101

## ANATOMY OF A HAMMOCK

Brush up on your hammock vocabulary—here are the three parts of a hammock you need to know!



## HOW TO CARE FOR YOUR HAMMOCK



Hand-wash in cold water with non-bleach detergent. Tie a string around the scale lines to prevent entanglement. Rinse thoroughly and hang to dry (spread open). Don't ever put hammocks in the dryer.

If you have squirrels or critters who might nibble your hammock, we highly recommend treating your hammock with a product called “bitter apple spray.” It is a non-toxic taste-deterrent spray (often used to train puppies).

## HOW TO STORE YOUR HAMMOCK

Your Yellow Leaf Hammock arrives packaged in a reusable “hammock tote”—make sure to keep your tote for travel and storage!

To pack your hammock back up, fold it in half, holding it by the eyes. Stuff the bed into the tote, followed by the scale lines. The eyes of the hammock should always go in last, at the top of the tote. Be sure to store your hammock somewhere safe + dry.



# HAMMOCKING 101

Classic Double Hammock

## PRODUCT INFORMATION



### HAMMOCK BED WIDTH

72 in/6 ft

### HAMMOCK BED LENGTH

84 in/7 ft

### WEIGHT CAPACITY

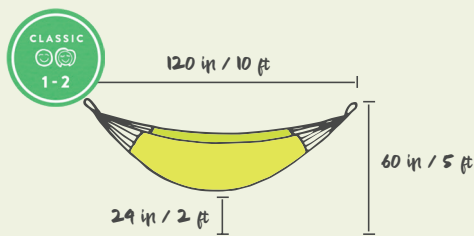
400 lbs

### Important Note

Always check the strength of your trees or hanging structure!

## IDEAL HANGING DIMENSIONS

This diagram shows the optimal hanging dimensions for your hammock.



### OPTIMAL HANGING DIMENSIONS

If your hammock environment doesn't match up to these measurements perfectly, don't worry!

You can hang it using our recommended ranges:

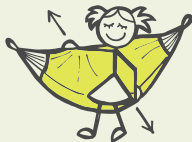
### RANGE OF WIDTH

8 ft - 11 ft

### RANGE OF HEIGHT

4 ft - 6 ft

## HOW TO GET IN YOUR HAMMOCK



Stand to one side of the hammock and spread it open, then sit down in the center.

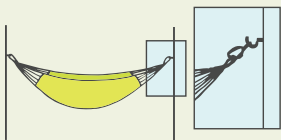
Gently lay back on a diagonal and swing your legs in.



# HAMMOCKING 101

## Classic Double Hammock

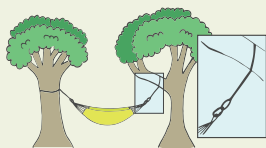
### HOW TO HANG YOUR HAMMOCK



#### INSIDE YOUR HOME

Drill two hooks (or a “porch swing kit” from the hardware store) into a ceiling or wall beam. Use a rope or carabiner to link each hook with the eyes of the hammock.

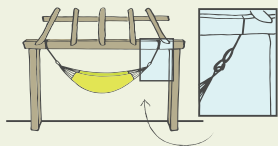
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#### BETWEEN TWO TREES

Wrap a rope or hammock strap securely around each tree trunk and attach the ropes to the eyes of the hammock using a knot or carabiner.

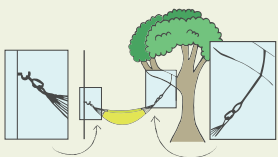
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#### FROM AN OVERHEAD BEAM

By wrapping two ropes securely around the beams or posts and attaching the ropes to the eyes of the hammock (using a knot or carabiner).

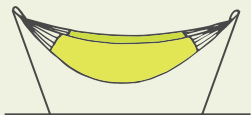
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#### A HYBRID APPROACH

You can also use a combination of structures to hang a hammock—for instance, a porch post and a tree. Secure a rope to the porch by drilling a hook or wrapping it around. Secure the other rope to the tree. Make sure the two sides are hung evenly!

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#### HAMMOCK STAND COMPATIBLE

Our hammocks are compatible with most hammock stands on the market—if you are considering a hammock stand, double check our product measurements with the stand manufacturer’s recommendations.

\*We want to be sure you are able to hang your hammock hassle-free, so don't hesitate to visit our site for more Hammocking 101 tips or to LiveChat with a hammock expert!

A woman is lying in a white hammock strung between two palm trees. The scene is a tropical beach with several other palm trees, a clear blue sky, and the ocean in the background. The overall mood is relaxed and peaceful.

# DO GOOD. RELAX.

## PASS IT ON!

*in partnership*



&

**kiva**

