

Girl Scout Sit-Upon



Sit-Upons are a long-time Girl Scout tradition. What is a Sit-Upon? It is something you sit-upon to keep dry and warm. Sit-upons are usually home-made, and are a great craft for your girls to make in preparation for a hike or camping trip. Girls use sit-upons to protect themselves against the cold and wet when sitting on the ground, a log, or any other cold/wet area.

There are many types of sit-upons that girls can make. Some are more permanent and can be used over and over again, and some are so simple and cheap to make, that they are quick and easy fixes when you're in a bind.

Tablecloth Sit-Upon

Materials:

- Vinyl Tablecloth
- Filling (foam, old t-shirts, newspapers, etc.)
- Sharp Scissors
- Hole Punch
- Yarn/String
- Yarn Needle



Cut a 12 inch square pattern for your sit-upon. Using your pattern, cut your square out on the fold of the table cloth (such that you have one rectangle that folds over to make your square). Cut out your foam stuffing to fit within your square. Punch holes on the open 3 sides, place stuffing inside, and sew together using your string. Tie the end off with a bow.

Plain and Simple Sit-Upon:

Materials:

- Plastic Bag
- Scissors

Cut a 12 inch square piece of plastic and use it to sit upon.

Indoor variation: use a carpet square as a sit upon.



Plastic Bag Sit-Upon:

Materials:

- Thick plastic bag
- Filling (newspaper, foam, etc.)
- Duct tape

Open your bag and place filling inside to the shape and size of your choice. Fold the excess bag over to close off the opening. Duct tape around all sides, making sure to cover any openings, so that water cannot get in.



Blue Jean Sit-Upon:

Materials:

- Old pair of blue jeans
- Needle and thread
- Scissors
- Filling (newspaper, foam, stuffing, etc.)

Cut off the legs of the pants, leaving about 1 inch of each leg. Unzip the pants, turn them inside out, and sew the legs and waist closed.

Using the hole from the unzipped zipper, turn the pants right-side out, then stuff the stuffing through the zipper hole. Zip-up the pants and voila!



Bucket Sit-Upon

Materials Needed:

- 5-Gallon Bucket with Lid
- Waterproof Material
- Fiberfill
- Cardboard
- Sharp Scissors
- Hole Punch
- Yarn
- Yarn Needle



- Package Tape
- Sharpies to Decorate
- Auto Epoxy or Marine Epoxy (better than hot glue)

Directions:

1. Cut a paper pattern of the lid, inside the outer ring.
2. Use the pattern to cut a piece of cardboard the same size. The finished product should fit easily inside of the lid's rim.
3. Cut a circle of waterproof material about three inches bigger than the cardboard.
4. Punch holes around the edges of the material. Baste with yarn.
5. Place the fiberfill on the inside of the material.
6. Place the cardboard on top.
7. Pull the yarn to gather the edges of the material around both the fiberfill and cardboard.
8. Make sure the newly created seat will fit within the rim of the lid. If needed, trim cardboard.
9. Tie off the yarn and use a piece of package tape to hold it.
10. Using auto epoxy or marine epoxy, apply as directed to both the bucket lid and the gathered side of the seat.
11. Press the seat onto the lid. Apply pressure.
12. Decorate bucket.