

CRISP PACKET PROJECT

How to guide



**COLLECTING
CRISP PACKETS
TO HELP
SAVE LIVES.**

**TOGETHER WE
CAN MAKE A
DIFFERENCE.**

Types of crisp packets can and cannot be used

For best results use the ✓ ones shown below. Only use silver lined packets and not too thick. ANY sized packets will do including multi packs, but please *sort them according to size.* (Place same sized packets together.)



Finding and using the right plastic

This is for the outer protective layer, fusing the crisp packets together to make the blanket waterproof and durable. You will need the plastic to make a *full blanket*. You will also need a **well ventilated room e.g. garage, or open all windows in room and wear half face mask (A2-P3)***

Which plastic?

- Only use **land fill** 'non recyclable' plastics, so we can give new life to one use plastics!
- Your plastic should **not be any thinner than a bread bag** but can be slightly thicker. Too thick will take longer to fuse, and the blanket won't be able to roll or fold for carrying.
- Needs to be **clear plastic**. Coloured plastic will not fuse well together and will cover the silver reflecting the body heat.
- Small bits of plastic works just as well and these can be fused together, it will just take more time.

Places to look: supermarkets, clothes shops/warehouses, furniture shops, dry cleaners

Plastic examples: outer layer of toilet roll and kitchen roll, dry cleaner's bag, clothes bags

(If you're struggling to find the plastic or equipment, you can still make strips of blanket out of crisp packets which can be contributed towards LaiHa's blanket. Have a go of steps 1-2 on [page 5](#) then get in touch with laiha.diamond@kcl.ac.uk)



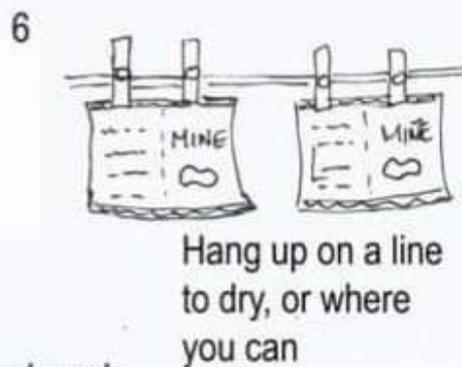
1. Preparing your crisp packets

Equipment required: scissors, soapy water, washing line or clothes airer

Ensure there's enough time to dry your crisp packets before the next step.

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HOW TO PREPARE YOUR CRISP PACKETS



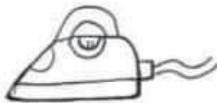
2. Making the blanket

Equipment required: 44 x clean and dry crisp packets and sorted in similar sizes, iron (set to **no steam**), grease proof paper, ironing board or hard surface e.g. dining table or non-carpeted floor, scissors, tape measure

*** You will need a well-ventilated room for step 5 - fusing the plastic - e.g. a garage or open all windows in room or/and wear half face mask (A2-P3) Otherwise, please just make strips of blanket without the plastic.**

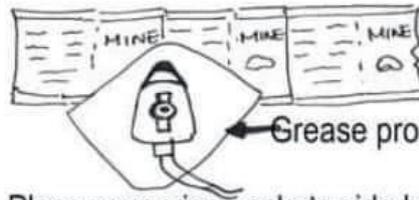
HOW TO MAKE A SURVIVAL SHEET

1



Put your iron on a medium heat setting to start. If you notice its too cool & not fusing turn it up, or down if it melts the packet.

2



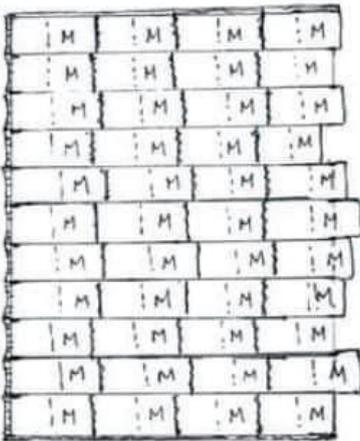
Place your crisp packets side by side, overlap by 1cm. Take greaseproof paper & iron for 1 second not too long! Keep them as straight as possible in a line, repeat until you have 4 in a row.

3

Repeat this process until you have 11 rows of 4 crisp packets.



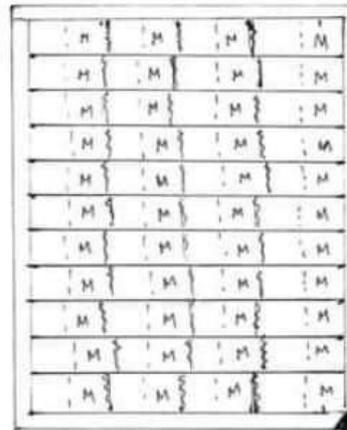
4



Then fuse together all your strips to form a grid. You will have one neat edge unless your crisp packets are all the same length. So you can trim the messier side down. Your grid will be 100cm wide by 200cm long. 44 crisp packets in total



5

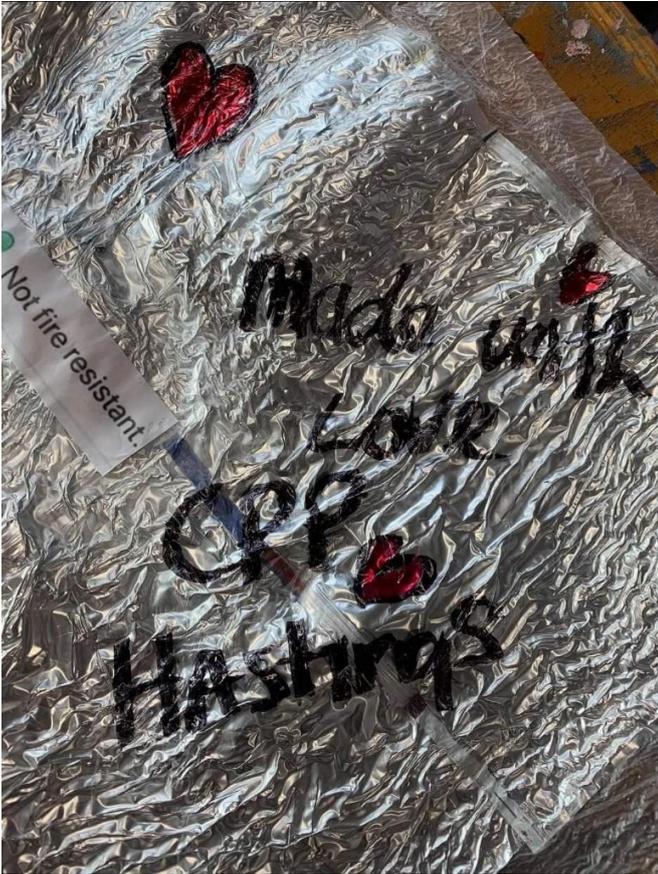


Leave a 2 inch edge of plastic.

Take your plastic sheeting and grease proof paper (do not iron directly onto crisp packets or pastic) Start to fuse plastic over the crisp packets, & leave 4cm edge all the way round. of plastic. The 1st side is just to get the plastic on. Then turn over and start the 2nd side, this time spend more time fusing. Turn over a fuse any bits you missed. Write a lovely message with a permanent pen.

NOT FIRE RESISTANT

Please attach one of these labels on each survival blanket you make. You can fuse them under one side of the plastic at the top or bottom of your item.



Not fire resistant.



Not fire resistant.



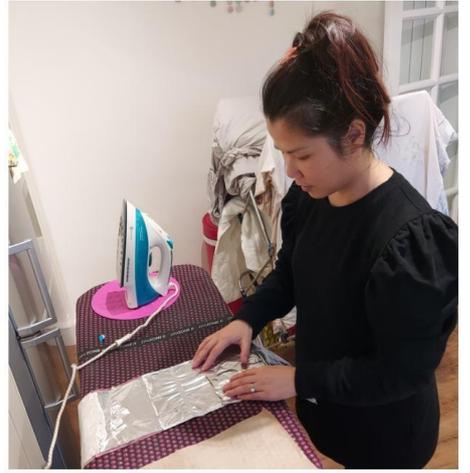
Not fire resistant.



Not fire resistant.



Not fire resistant.





PEOPLE HELPING PEOPLE,



GIVING NEW LIFE
TO ONE USE
PLASTICS,



AND SAVING LIVES.



JUST MAGIC.



Q&A

For further questions and how to make survival sheets, please feel free to contact LaiHa Diamond laiha.diamond@kcl.ac.uk

Q. If I don't have all the equipment, space or packets to make a full blanket, how can I take part?

A. You can make strips of the blanket (4 packets = 1 small strip) and these can be saved and brought on to campus when we are allowed to return, or get in touch with LaiHa. We will try to arrange a future event for people who have made only strips to make a full blanket! You do not need a well ventilated room for the strips, all you will need is minimum 4 crisp packets (ideally same size), an iron on no steam setting, grease proof paper, ironing board, scissors, tape measure.

Q. How many crisp packets does it take to make a full crisp packet project survival sheet?

A. It takes 44 regular size crisp packets or any size crisp packet to make a grid of 100cm by 200cm

Q. What plastic do I use?

A. All plastic should be clear plastic not any colours this is very important as colours have more toxins in it.

Your plastic should be as thick as a plastic bread bag and not any thinner, slightly thicker is ok. You will find if your plastic is too thick it will be too bulky to fold up and will take longer to fuse. Some thicker plastic can be used for.

Cling film and plastic wrap is too thin. Plastic that beds and carpets come in is too thick to fuse. Please make sure when you fuse it does not melt. Make sure you use a sheet of baking paper when ironing the plastic onto the crisp packet sheet.

Use a **very well-ventilated area** (open all windows, or do it in a garage) or an [A2-P3 face mask](#) is necessary.

If you do get plastic on your iron remove by scraping on the side of an old table while hot.

Q. Where can I get the plastic from?

A. You can get the correct clear plastic from most supermarkets, warehouses clothes shops and furniture shops. Just ask businesses if they can donate these to you.

Q. How long does a survival sheet take to make from start to finish?

A. A survival sheet takes about 1 and half hours

Q. What are the best crisp packets to use?

A. The best crisp packets to use are Walkers brands or anything that is fairly soft. You will find the thicker the packets and the thinner the packets are harder to fuse.

Q. What are the worse crisp packets to use?

A. Sensations and lentil curls are some of the worst packets. Anything thick in paint, dark or light in colour. These heat up differently. And once the plastic are fused to them, these can leave holes on the survival sheet.

Q. What equipment do you need?

A. You will need an iron (no steam), baking paper, scissors, tape measure and ironing board/large flat space. A face mask and a well-ventilated room to work in.

Q. How can I help?

A. You can start by collecting and washing crisp packets. When you feel comfortable you can start making the survival sheets

Q. How do you open a crisp packet?

A. To prepare your crisp packet one end will be opened already, then open the bottom end, then cut one side or the middle of the back panel. Then you have a crisp packet opened landscape way.

Q. How do you wash a crisp packet?

A. You can either wash them in warm soapy water then hang out to dry on washing line or clothes airer.

Alternatively, you can put them in your washing machine cut open on a quick wash in a pillowcase tied with an elastic band in not more than 30 degrees cycle. Or you can place them in your dishwasher (crisp packets needs to be pre-cut).

Q. How long do these items last?

A. This really depends on how well you make them. They are very strong when made well. Since the project started Nov 2019 and the first person to be given a survival sheet still has this today.

Q. How do they work?

A. They work because the crisp packet silver side reflects your heat back into your body. With the strong material in the crisp packet plus the plastic fused on to the packets makes this into a supple and strong long-lasting material.

Q. Where can I donate my completed survival sheet?

A. You can contact your local Outreach or Community Centres, or you can contact a CPP area group and they can distribute this out for you. <https://crisppacketproject.com/cpp-groups>

Further information about the Crisp Packet Project (pictures, videos), please refer to CPP website www.crisppacketproject.com