



Desert Sun Wrap

Turn a flat bed sheet into full-body sun cover with a carry pouch.



Generated October 11, 2026. General education only, not professional advice. In an emergency, call 911 and follow official instructions. Sources are linked throughout; the web version at the site has live links.

Inside:

1. Bed-Sheet Sun Wrap



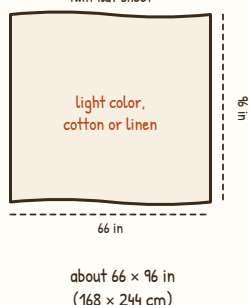


3. Tutorial: turn a bed sheet into a full-body sun wrap

Goal: shade your shoulders, torso, arms, head, and neck with loose, light fabric, keep your legs free to walk, and carry a few small items, using only a flat bed sheet and something to tie with. Practice at home on a cool day first.

You need: a twin flat sheet (about 66 × 96 in) · a cord, belt, rope, or a torn fabric strip for your waist · optional: a knife or scissors, 2–4 safety pins, water to wet the headwrap.

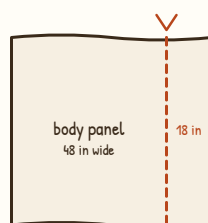
twin flat sheet



1 Pick the sheet

A **twin flat sheet** (about 66 × 96 in / 168 × 244 cm) in a light color. Cotton or linen breathes best; avoid heavy flannel and slick polyester. A full sheet (about 81 × 96 in) also works and gives longer sleeves.

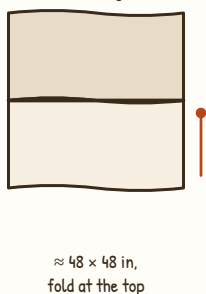
2 Tear off a headwrap strip



snip, then tear along the grain; the 18 in strip = headwrap

Snip the hem about 18 in (45 cm) from one long edge and tear along the grain the full length. You now have an **18 × 96 in strip** for your head and a **48 × 96 in body panel**. No scissors? Fold the sheet corner instead (see the headwrap note).

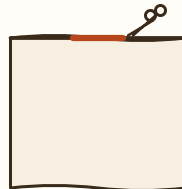
fold in half, short ends together



3 Fold the body panel

Fold the body panel in half with the short ends together, so it's about 48 × 48 in with the fold at the top.

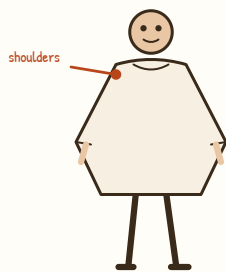
cut a 12 in slit on the fold



head hole: start small, you can always cut more

4 Make a head slit

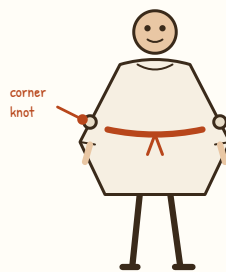
Cut or tear a **12 in (30 cm) slit** along the middle of the fold. Start small; you can always make it bigger. No blade? Skip the slit and drape the panel over one shoulder like a sash, tied at the opposite hip.



head through the slit;
front & back hang down

5 Put it on

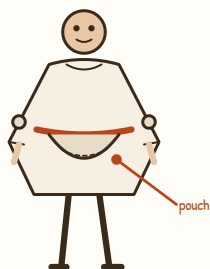
Head through the slit. The front and back panels cover your shoulders, chest, back, and upper arms like a poncho.



cord or belt at the waist;
knot the side corners

6 Belt it, knot the sides

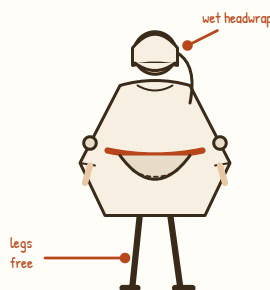
Tie a cord, belt, rope, or a torn strip around your waist over the panels. Then pinch the front and back side corners together under each arm and tie a small knot: these make **loose sleeves** that shade your arms but leave a vent. No pins needed (safety pins are fine if you have them).



Lift the front hem and tuck
it under the belt = pouch

7 Make the carry pouch

Lift the front hem up to the belt and tuck it under, all the way across. The folded-up fabric forms a **kangaroo pouch** at your belly for light items (map, snacks, phone). Or gather one corner around small items and tie it off like a furoshiki bundle. Keep it light: under about 2 lb.



legs
free

check: stride, climb, sit;
nothing drags or binds

8 Head wrap and final check

Add the headwrap (diagram below). Then check: take long strides, step up onto a rock, sit and stand. Nothing should drag, catch, or bind your knees. Hike the hem higher under the belt if it does.

Headwrap (keffiyeh / cheche style)



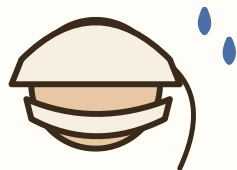
1. drape it,
long tail left



2. wrap the long
tail around



3. fold across
face, loosely



4. tuck the end;
wet it

Use the 18 × 96 in strip. Center it over your head with one tail much longer, wrap the long tail around your head, bring a loose fold across your nose and mouth when it's dusty or windy, and tuck the end in. No strip? Fold one corner of the whole sheet into a triangle and drape it over your head before belting, a looser version of the same idea.

Wrap safety

- **Legs free.** Nothing below the knee that can catch your feet, cholla, or rocks. Re-tuck the hem if it drags.
- **Keep loose fabric away from fire,** stoves, and engines; cotton burns fast. Tuck tails in near flames.
- **Wet the headwrap** (and neck fold) for evaporative cooling in dry heat; re-wet as it dries. Wet thin cotton blocks less UV, so stay out of direct sun when you can.
- **Light colors** are the safer choice for a snug or windless wrap; loose fit and airflow matter most.
- **It doesn't replace shade and water.** Rest in shade in the hottest hours, drink, and watch for heat illness anyway: confusion, stopping sweating, hot skin, vomiting, or fainting means heat stroke: call 911 and cool the person fast (Heat guide).
- Kids: an adult checks fit, knots, and that the face fold never covers the nose tightly.

Footwear checklist

- Broken-in, breathable, light-colored shoes with thick soles; gaiters for sand and cactus.
- Wool or synthetic socks, never cotton; a dry spare pair; tape hot spots early.
- Shake out shoes and clothes for scorpions every time.
- Hot asphalt can top 150°F: thick soles, dirt edges, shade.

From the Phoenix Survival Guide article "To Cover Up, Or Not to Cover Up When Trekking Through the Desert." Sources listed in the full article.



Emergency numbers

- **911:** emergencies (heart stroke, fire, crime in progress). Text 911 where supported if you can't call.
- **211:** Arizona community resources, cooling and shelter info
- **988:** Suicide & Crisis Lifeline (call or text)
- **1-800-222-1222:** Poison Control (scorpions, snakebites, toxic plants)
- **511:** Arizona road conditions (az511.gov)
- **APS outages:** 602-371-3680 (metro) / 855-688-2437 · downed lines: 911, then 602-371-7171
- **SRP outages:** 602-236-8888 / 800-258-4777 · power emergencies 602-236-8811 (911 first for medical)
- **Gila County Emergency Mgmt (Payson):** 928-402-8789 · **Coconino County (Flagstaff):** 928-679-8311
- **Red Cross shelters:** 1-800-RED-CROSS (1-800-733-2767)

People to call

Name	Relationship	Phone

Out-of-state contact (everyone checks in here):

Medications & medical needs

Person	Medication / device	Dose / settings	Pharmacy / doctor

Person	Medication / device	Dose / settings	Pharmacy / doctor

Allergies:

Meeting points

Near home (e.g., a neighbor's door):

In the neighborhood (e.g., library, school):

Out of town (e.g., a relative in Payson or Flagstaff):

Home & utilities

Electric utility (APS outage 602-371-3680 (metro) / 855-688-2437 (other areas); SRP outage 602-236-8888 / 800-258-4777; other):

Water shutoff location:

Neighbors I check on / who check on me:

Pets (vet, microchip #):