# carry me back

## USER MANUAL

### WHAT YOU NEED

- Rice sack
- Screen Print
- Buckle
- Black Strap
- Green paint
- Squeegee
- Cardboard
- Stencil
- Cutter
- Blade

### ABOUT

*carry me back is a hand-made product to hitch that can be made out of waste to transport waste.*

*The initiative started in 2018 in Namche Bazaar, a town located in the route to Everest Base Camp, to tackle the problem of waste management in the Himalayas.*
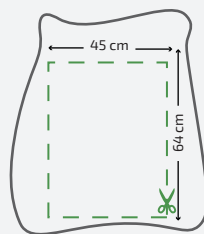
*carry me back is the result of the joined efforts of Sagarmatha Next, Sagarmatha Pollution Control Committee and Blue Waste to Value.*

*The bag was designed by Superlocal and produced by moware design.*
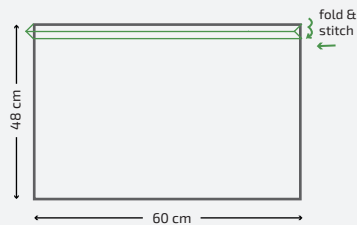
*Discover more about the project in our website.*
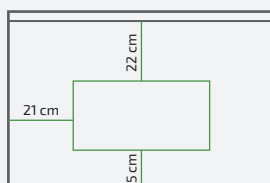
**www.carrymebackbag.com**

## THE PROCESS

### Step 1
Cut a stencil out of a cardboard (45x64 cm).
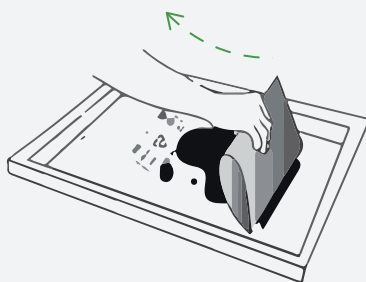Place the stencil on the sack and cut the unwanted parts.

### Step 2
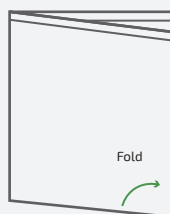Fold twice from the top, 1 cm each, and stitch along.

### Step 3
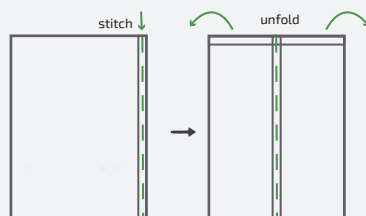Mark a rectangle, 22 cm from top, 5 cm from botton, and 21 cm from each side.

### Step 4
Lay the screen over the marked area.
Pour a small amount of ink on the top of the screen, and take the squeegee and make one mooth movement down the screen, exerting strong pressure.
Run the sueege up, down, left and right a couple of times to puss the
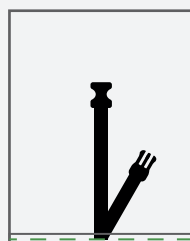Lift the screen up,. Let the print rest for 5-10 min till dry.

### Step 5
Fold the sack into half.

### Step 6
Stitch on one end of the sack.
Flatten at the center and unfold.

### Step 7
Take two straps (36 cm and 12.5 cm)
Fit the respective buckle on each strap and stitch them
Place the stitched buckle straps, one on top of the other, short below and long on top and hold together at the bottom part of the bag. Fold bottom of bag thrice and stitch it across to fix.