

THE FIRE TRIANGLE

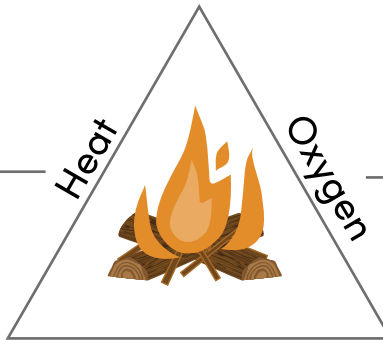
Fires need these three things:



Matches



Lighter



Fuel

1 TINDER



Paper



Lint or cotton balls

2 KINDLING



Small dry lengths of wood

3 CHOPPED WOOD



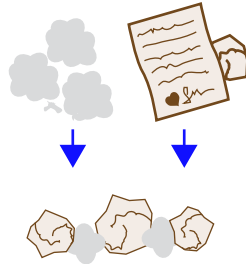
Seasoned firewood

Sufficient fuel and fire lighting equipment is provided for you in the Sauna

STEP ONE

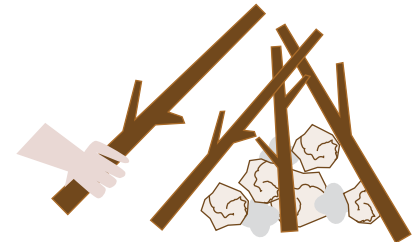
Make a loose pile of tinder. **1**

TIP: Don't pack or scrunch the paper too tightly. Air and fire needs to get to all parts of the tinder.



STEP TWO

Build a tepee with the kindling **2** around the tinder.



STEP THREE

Light the tinder from all sides.

TIP: You can blow gently on the fire to get it going. Fires need lots of oxygen.



STEP FOUR

As the fire grows, feed it with small pieces of firewood building to larger logs. **3**

TIP: Don't add too much wood too quickly.

