

## PREPARING BAG USING A 75LD2818 LDPE BAG

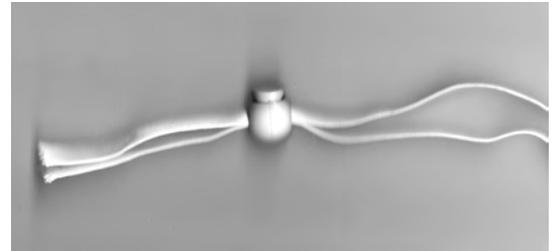
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Using helium or nitrogen to achieve a peaceful death requires the use of a bag into which the gas is delivered through a feed tube. This document describes setting up a 75LD2818 low density polyethylene bag for that purpose. The merits of this largish bag are that it is robust and not unpleasantly crinkly. The large size means that it does not lie on the users face as do some smaller bags and allows an unconstrained view from inside the bag. However being large it requires setting up so that the bottom of the bag is not too bulky and hard to gather in snugly around the user's neck.

### 1. Acquire following products:

1.1 One 75LD 2818 LDPE (plastic) bag. This is 75 microns in thickness and therefore is robust, not fragile, not crinkly. It is largish and flexible. Available from bag supplies - Google for 75LD2818

1.2 A one meter length of elasticised cloth tape about 8 mm to 10 mm wide, and a suitable sized spring-loaded cordlock. Both are available from haberdasheries such as Spotlight.



1.3 A roll of 2.5 cm x 5 M Leukoflex adhesive surgical tape. Available from most chemists



1.4 A sharp pointed small box cutter type of knife.

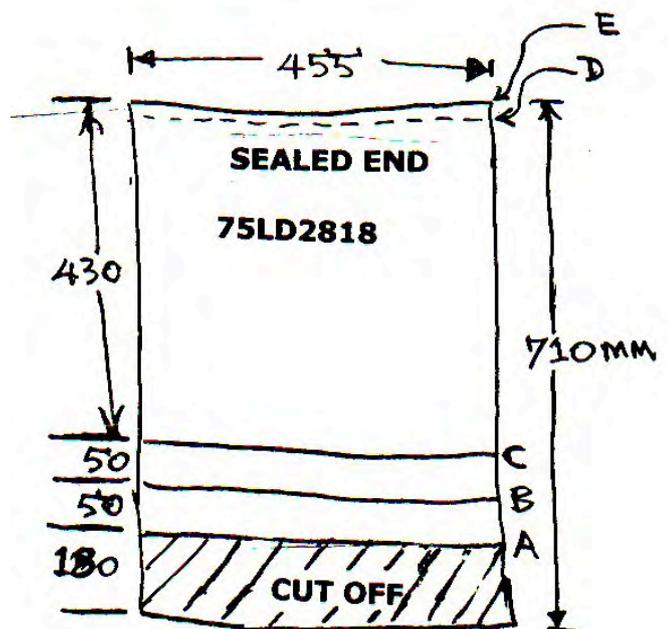
### 2. Mark up the bag:

2.1 Orient the bag with the open end towards you and the sealed end away from you.

2.2 With a soft felt marker pen draw lines across the bag at points A, B and C.

2.3 Cut across the bag at point A and discard the cut off portion.

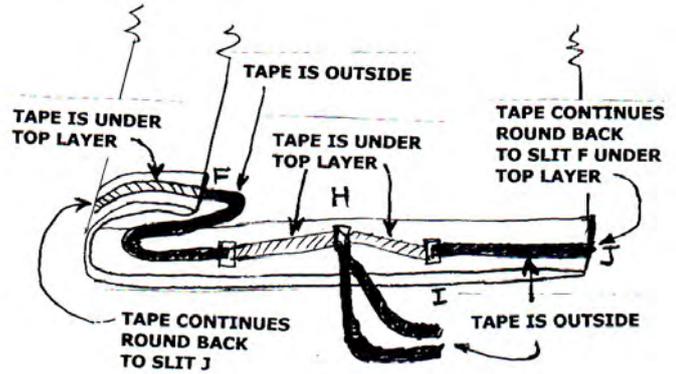
2.4 Fold the area that is between the lines at A and B up outside the bag so that the A line is on top of the C line.



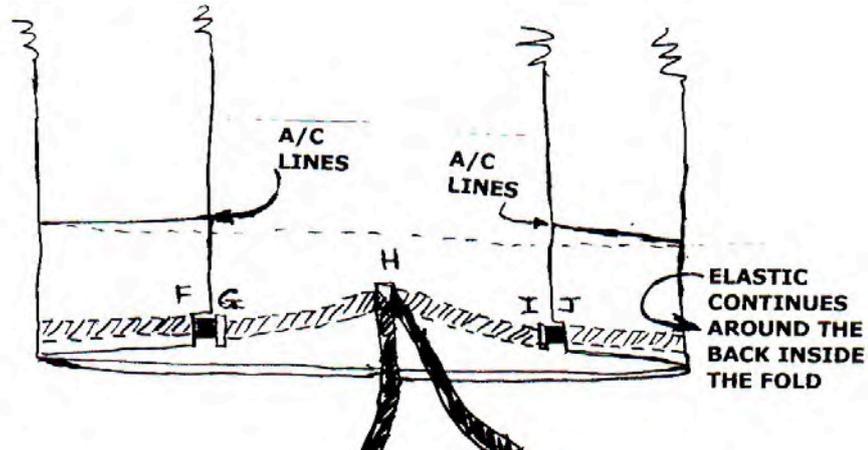


6. Orient the bag so that the face with the slits is facing you. Feed in the elastic tape thus:

- (i) down through the central H slit
- (ii) across to the left under the fold then out of the G slit
- (iii) into the F slit
- (iv) across the back of the bag inside the fold
- (v) out of the J slit
- (vi) across to the left then down through the I slit
- (vii) across to the left under the fold then up and out through the central H slit.



7. Fold the right-hand side of the bag across so that the I and J slits are adjacent. Then pull the right-hand end of the elastic tape out from the central H slit so that there is no slack tape under the right-hand fold and the tape passes out of the J slit immediately into the I slit.

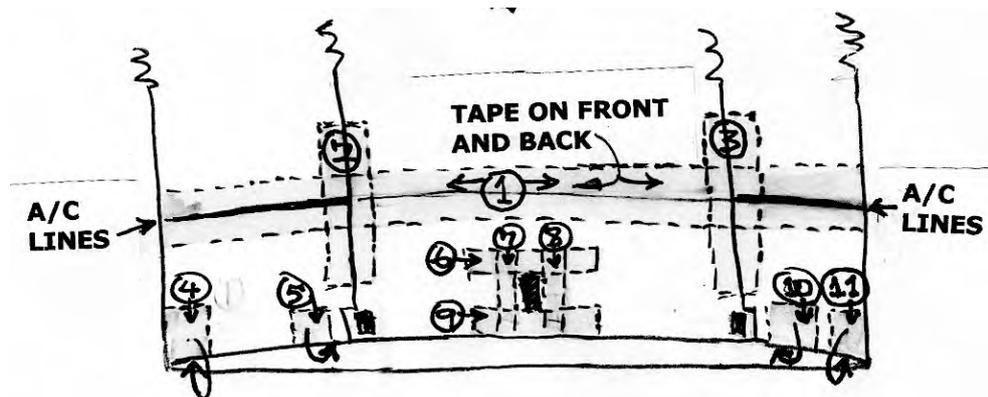


8. Repeat that for the left-hand side: fold the left-hand side of the bag across so that the F and G slits are adjacent. Then pull the left-hand side of the elastic tape out from the central H slit so that there is no slack tape under the left-hand fold and the tape passes out of the F slit immediately into the G slit.

9. Pull the ends of the two elastic tapes through the cordlock. Then tie a knot holding the pair of elastic tapes together at the same time. The knot is to prevent the cordlock from slipping off the end of the tapes.

10. Add Leukoflex tape at the grey areas shown below to bind the folds and to reinforce the central H slit:

Run 1 - This is a long run of tape overlapping the location where the folded-up bottom edge of the bag at Line A lies on top of the bag at Line C. The tape needs to run right across the front of the bag and right around the back side of the bag.



Runs 2 and 3 - these vertical runs hold the folded-in edges onto the face of the bag.

Runs 4, 5, 10 and 11 - these runs start on the face of the folded-up end of the bag and then continue under and inside the bag so that the folded-in pleats are secure.

Runs 6, 7, 8 and 9 - these are around the slit H where the two elastic tapes emerge. They are reinforcement for the slit.

11. Try the fit of the bag over your head. It should be a loose fit over the widest part of your head, allowing insertion of a finger between the neck of the bag and your head. If the fit is too tight, remove the Leukoflex tape at points 2, 4 and 5 and adjust the width of the fold so as to increase the distance between points F and G. Then re-tape with Leukoflex tape runs 2, 4 and 5.

12. Remove your glasses and fit the bag right over your head, down onto your neck. Quickly check to make sure that the tapes can be pulled easily through the central H slit so that the diameter of the neck of the bag gets smaller. Slide the cordlock to make sure that you can end up with a snug fit around your neck. Then release the cordlock, open up the neck of the bag so you can remove the bag from your head. This check must be done quickly to ensure that you do not have the bag over your head for too long.