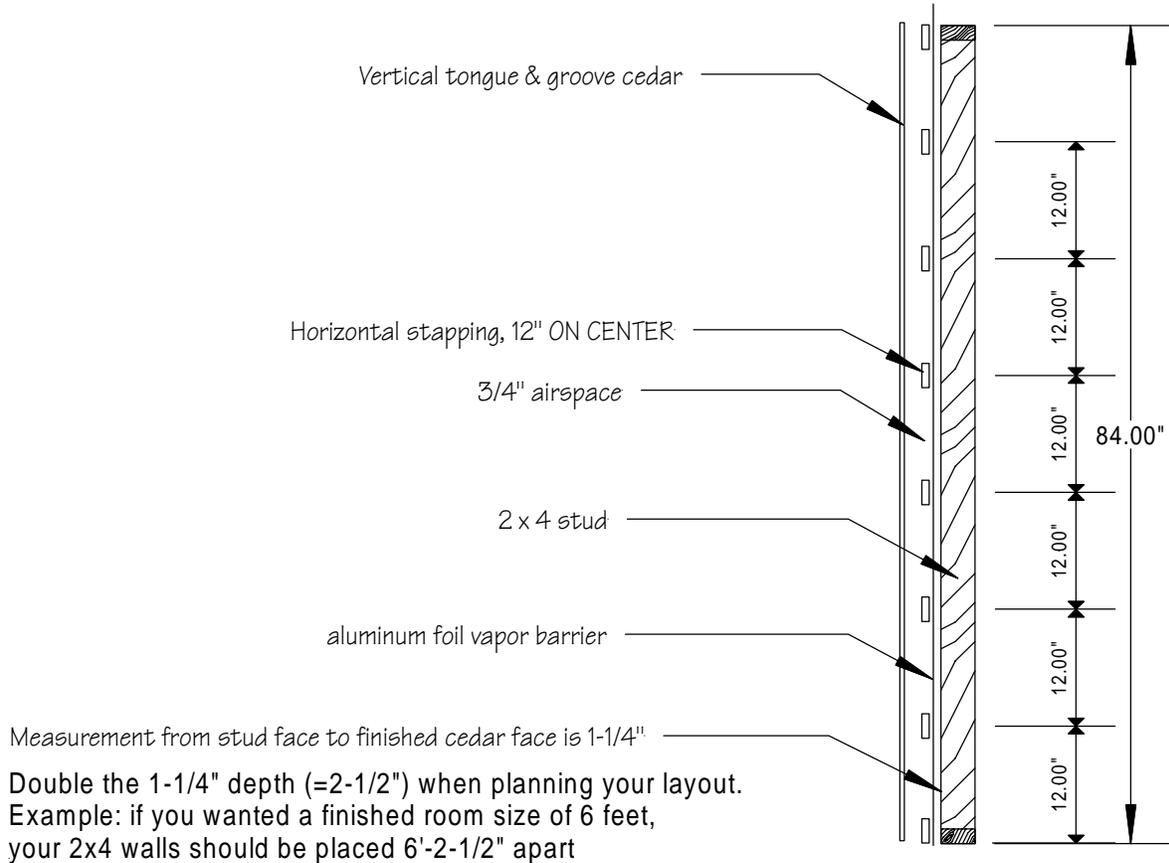


## Instructions for installing horizontal wall strapping, ...preparing to install vertical tongue-and-groove cedar



Note: please read these instructions to prepare your stud wall for vertical cedar material. We assume you are using 2 X 4" studs. Please advise us if you are using 2 X 6" studs so we can supply a thicker door jamb. There are at least two methods of strapping a stud wall, both of which are described here.

Note: Horizontal strapping is applied 12" on center beginning at floor level. Be sure to strap around perimeter of the door frame and any wall vents you're installing before applying wall strapping. Please use kiln-dried strapping to avoid warping and shrinking.

**SURFACE STRAPPING** = 1 X 3 horizontal strapping nailed to the surface of the studs, as shown

- Advantage:
- faster construction.
  - higher R value because of 3/4" airspace.
- Disadvantage:
- less area in the sauna room.
  - requires a wider door jamb.
  - frame wall thickness = 4 3/4".

Note: apply aluminum foil vapor barrier loosely over vertical studs, before nailing on the horizontal strapping. A 3/4" airspace will exist between the cedar panelling and the vapor barrier.

**RECESSED STRAPPING** is 1 X 3 horizontal strapping recessed (flush mounted) with the surface of the studs. *Note that this method, while giving a little more room between the sauna walls, is seldom used because of the extra labor and time required. We only offer this method in case you need to use it to maximize your room.*

Advantage:        - more usable area in the sauna room.  
                      - does not require a wider door jamb.  
                      - frame wall thickness = 4".

Disadvantage:    - takes a little longer and more labor, not used very often.  
                      - lower R value without 3/4" airspace.

Note: "letting in" the strapping is simply done if you trace the outline of the strapping on the stud face. Then set your electric saw blade to the depth of the strapping (usually 3/4"). Run your saw back and forth, staying within your traced lines on each stud face. You do not need to clean out the cut completely. Knock any remaining pieces out of the cut with your hammer.

Suggestion: To save time before building your stud walls, lay all your studs, face up, tight together on the ground. Trace your strapping on the faces of the studs, then cut out the necessary material while they are together. This will be much easier than trying to make your strapping cutouts later, especially in the corners. Now go ahead and build your stud walls, noting which end of each stud should be down at floor level.