



# *Cling Wrap Suspension*

## **First Things First**

- Cling wrap is a more versatile way for suspension than rope as it spreads the weight over a larger area of the body so there is not one singular area of pressure; it can be a great way for people who can't fly by rope to try flying. It also allows for longer times in the air as there aren't as many safety concerns as there are with rope suspension.
- Think of a hammock vs a swing

## **Safety**

- Dehydration- sweating a lot
- No heat- melt plastic
- Electricity - can melt the plastic so be careful
- Other Risks
  - Fainting/lightheadedness
  - Nerve Damage
  - Circulation and breathing
  - Falling
- Questions to ask partners
  - Are you on any medications or do you have any conditions
  - Do you have any allergies
  - Have you eaten today/ Have you hydrated recently

## **Supplies**

- Cling wrap
  - U-haul- green  
<https://www.uhaul.com/MovingSupplies/Packing-Supplies/Movers-Stretch-Plastic-Wrap/?mid=102>

- Uline multiple colors 5 inch [https://www.uline.com/BL\\_5400/Uline-Mini-Wrap](https://www.uline.com/BL_5400/Uline-Mini-Wrap)
- Others from stores like home depot can work but aren't as consistent so have a higher likelihood of failing- use at your own risk
- Other supplies
  - frame
  - scissors
  - Blanket
  - Water
  - Chair- useful but not required

### **During Play**

- Fucking with them
- Impact play
- Swinging
- Sex
- Sensation play
- Use your imagination- they are at your disposal

### **Clean-Up**

- Bring them down slowly
- Be careful when cutting open
- They will be sweaty and weak

### **Aftercare**

- Pre arranged aftercare per specific person- cuddles and warmth
- Water water water