



## The Upside Down Method

### Directions for lighting the stove

1. Close the two round vents on the back wall.
2. Place the damper lever in the Wide Open position (all the way up)
3. Open the ash pit door slightly
4. Open the stove door
5. Place 4-5 pieces of wood in the stove box
6. Place crumpled paper or other firestarter on top of the wood
7. Light the paper, starting at the rear of the stove
8. Place several pieces of kindling on top of the burning paper
9. Close the stove door
10. Leave the ash pit door open for 10 minutes or so until the wood is burning
11. Close the ash pit door
12. As the fire progresses and the temperature in the sauna rises, adjust the damper down to keep a consistent burn (damper  $\frac{1}{2}$  to  $\frac{1}{4}$  open)
13. Add wood and adjust the damper as needed to raise or maintain the sauna temperature.
14. It can take up to 2 hours to get the sauna to the desired temperature, but once the sauna is heated, it takes much less effort to maintain that heat.