



# ATHENS BED FRAME (All Sizes)

Single Size Kit B  
Double Size Kit A  
(Plus Athens K2)  
Instructions: ATHENS  
(Version Nov 2021)

Assembly Instructions  
IMPORTANT – READ CAREFULLY –  
RETAIN FOR FUTURE REFERENCE

## CUSTOMER CARE

We have checked all parts to ensure they are free of damage. However timber is a natural, living product. Occasionally timber can still be adjusting to humidity, for this reason a crack or stretch mark may appear after the product has been packaged.

Strictly Beds and Bunks however have a FREE PARTS REQUEST service in this unlikely event. You need to order a part please go to

Parts Portal - [www.strictlyhelpdesk.co.uk](http://www.strictlyhelpdesk.co.uk).  
Email Assistance: [help@strictlybedsandbunks.co.uk](mailto:help@strictlybedsandbunks.co.uk)



Using the Camera on your phone scan this barcode to take you our after sales. You can find various options as regards assistance on this purchase.

## Mattress Selection Available

Strictly Beds has a full range of mattresses to fit this bunk bed.

To go to our selection please type in  
[www.strictlybedsandbunks.co.uk/mattress](http://www.strictlybedsandbunks.co.uk/mattress)



Using the Camera on your phone, scan this barcode to take you to our mattress selection

**IMPORTANT: DO NOT DISPOSE** of the packaging until you are satisfied with your purchase.. Please keep all cardboard until fully satisfied.



# TOP TIPS - TOP TIPS

Read before you start assembly

## Locating the Dowel Rods

To keep the bed from rattling all the dowel holes have been slightly mis-drilled by a couple of mm. When you push parts together the dowels will straighten and pull together to ensure a tight fit. Whenever you locate a dowel on the hole NEVER push it all the way in, leave it so it is loose and can be aligned with the second locating hole.

Push them all the way in and they will not line up.



## GLUE SACHET INCLUDED

We have included a sachet of glue.  
THIS IS NOT TO BE USED with the dowel rods.

Open the sachet and empty into a plastic container. Whenever you connect a confirmat bolt (D) or a connector bolt (B) into a barrel bolt (c) dip the end of the bolt in the wood glue and screw in as normal. This will act as a lock tight and prevent the bolt from working loose.



## Clean out the Pre-drilled Holes

You have brought a solid pine product. During the drilling process there may be sawdust still in the holes.

BEFORE you start assembly clear these holes with one of the bolts. Push the bolt through each hole, this will dislodge any sawdust or debris that could interfere with fixing the bed.

## Applying a Finish to the Beds

The bed can be used in a natural form. However if you are applying a stain or finish we advise that you build the bed first. When you are happy with your purchase then put a sheet under the product and apply your stain/paint to the manufacturers recommendations.

NOTE: we are unable to accept the return, under any circumstance once a finish has been applied. By painting the bed you have deemed to accept the quality.



## Corner Posts -

Make sure the WHITE Mark is facing upwards and at the top when laid on the floor

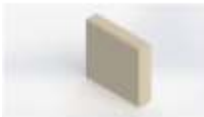
# Fixing List

Note: The quantities below are the correct amount to complete the assembly. In some cases more fittings may be supplied than required. These are universal instruction so some fixings have different QTY's depending on size, ie single or double sizes.



**Fixing A1**  
Small sachet of glue for bolts B & C (NOT dowels)

Number Required 1



**Fixing A2**  
70mm wooden rail or base slat spacer

Number Required 1



**Fixing J**  
35mm gold bracket  
Used to hold centre rails

Single Size Model requires 0  
Double Size Model requires 2



**Fixing A**  
40mm by 10mm Wooden Dowel  
Used to connect parts

Single Size Model requires 72  
Double Size Model requires 112



**Fixing K**  
Allen Key  
To connect bolts

Number Required 1



**Fixing B**  
14mm Barrel bolt/Nut  
Used to connect with bolt C

Single Size Model requires 4  
Double Size Model requires 12



**Fixing L**  
Small silver 15mm screw

Single Size Model requires 0  
Double Size Model requires 4



**Fixing C**  
90mm Connector bolt  
Used to connect with bolt B

Single Size Model requires 4  
Double Size Model requires 12



**Fixing Q**  
Black screw

Single Size Model requires 0  
Double Size Model requires 6



**Fixing D**  
90mm Confirmat Bolt  
Used to connect headboards

Single Size Model requires 8  
Double Size Model requires 0



**Fixing E**  
30mm silver Screw  
Used to attach base slats and part 5

Number required 24



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# Parts Identifier



Part BS- Pack of Base Slats

Part 1 - Side Rail

Part 16- Centre Rail (Not Single size)

Part 9- Headboard Insert (4G)

Part AL - Left Headboard Corner Post

Part AR - Right Headboard Corner Post

Part STR - Right footboard Corner Post

Part STL - Left footboard Corner Post

Part 25- Siderail Support Legs

Part 12- Long Shaker Inserts

Part 10- Short Shaker Inserts

Part 26- Centre Leg (Not Single size)

Fixing Kit and Instructions



## **SAFETY NOTICE: WOODEN FLOORS**

This bed uses support legs to ensure heavy duty use. If you are locating this bed on a laminate or wooden floor the bed may move/slip when in use. This movement may dislodge the support legs. You must therefore attach non-slip pads under each corner post to prevent this movement. These also protect your floor. You can scan this QR Code for details on how to purchase these.

## Consult Box Contents list for QTY

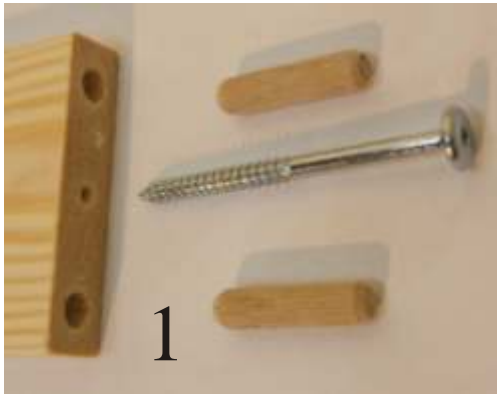


## **Need Help Assembling This Product?**

We have some videos online that may help you. Please scan this barcode using your phone or visit [www.strictlybedsandbunks.co.uk/assemblyhelp](http://www.strictlybedsandbunks.co.uk/assemblyhelp)



# How to identify your parts and fixings



## BLACK MARKING/FIXINGS

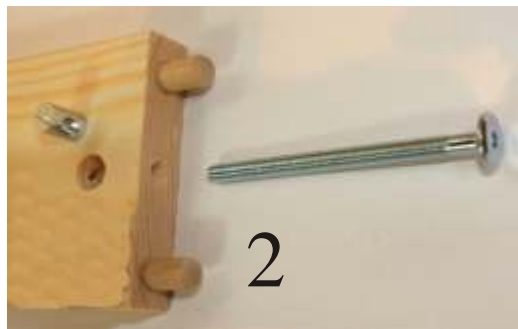
### Headboard Facia

**\*\*SINGLE BEDS ONLY\*\***

The part will have a blue marker pen marking on the end.

Hole / Bolt configuration:

TWO large dowel holes - Place for large dowel  
One small centre hole - Place for large 90mm connector bolt D



## BLACK MARKING/FIXINGS

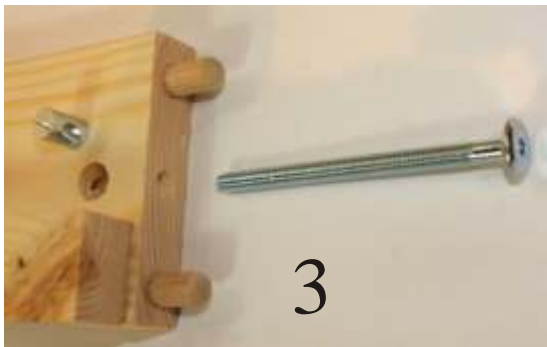
### Headboard Facia

**\*\* DOUBLE /KINGSIZE ONLY\*\***

The part will have a blue marker pen marking on the end.

Hole / Bolt configuration:

TWO large dowel holes - Place for large dowel  
One small centre hole - Place for large 90mm connector bolt C  
Facing access hole - Place for barrel bolt B bolt



## SIDE RAIL MARKING/FIXINGS

The part will have a blue marker pen marking on the end.

Hole / Bolt configuration:

TWO large dowel holes - Place for large dowel  
One small centre hole - Place for large 90mm connector bolt C  
Facing access hole - Place for barrel bolt B

# CUSTOMER CARE

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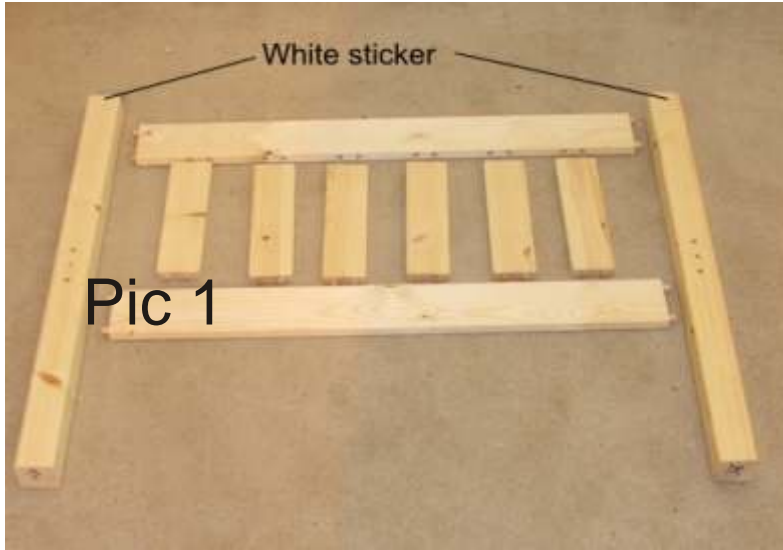
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# First Build the Head Board



First Select the two headboard posts, lay AL to the left and AR to the right. These posts will have a white chalk marking, these MUST be facing you and at the top when laying on the carpet.

You will also see two headboard facias marked Black PART 9 ( 4G), position these as shown in PIC 1. Lay the long inserts (PART 12) in between these ready to join.



Place dowel rods in all the headboard LONG inserts as described, DO NOT PUSH ALL THE WAY IN. Now locate the PART 9 facias and push in to create the headboard. The dowels will straighten as they align.

## NOTE\*\* Locating the Dowel Rods

To keep the bed from rattling all the dowel holes have been slightly mis-drilled by a couple of mm. When you push parts together the dowels will straighten and pull together to ensure a tight fit. Whenever you locate a dowel on the hole NEVER push it all the way in, leave it so it is loose and can be aligned with the second locating hole.

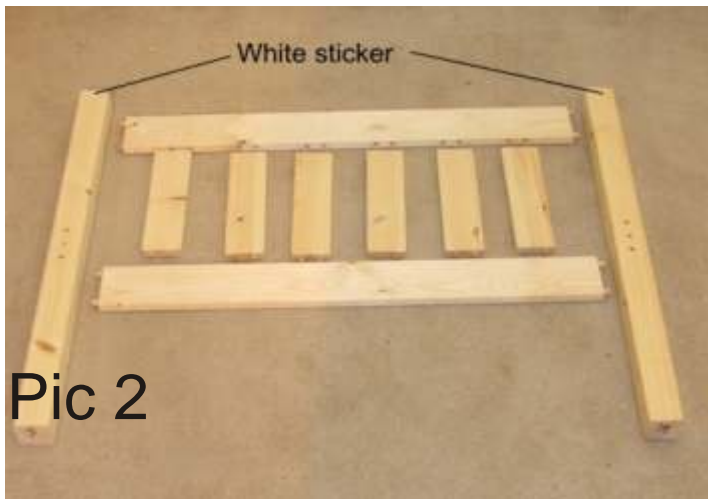
Push them all the way in and they will not line up.



Now, remember to ensure the WHITE CHALK markings are facing upwards locate the dowel rods to each corner post. Again, do not push in the dowels all the way. Once in place connect the head board to the corner post, you will again see the dowels align as you tighten. Then fix using the bolts below.

Part 9 Blue (see page 5, FIG 3 or 4 for fixings)

## Now Build the Foot Board



First Select the two headboard posts, lay STL to the left and STR to the right. These posts will have a white chalk marking, these MUST be facing you and at the top when laying on the carpet.

You will also see two headboard facias marked Black PART 9 ( 4G), position these as shown in PIC 1. Lay the long inserts (PART 12) in between these ready to join.

Place dowel rods in all the headboard LONG inserts as described, DO NOT PUSH ALL THE WAY IN. Now locate the PART 9 facias and push in to create the headboard. The dowels will straighten as they align.

## Attach the two side rails



Firstly ensure there is no sawdust or debris in the access holes. Using a bolt push through to clear. Now insert the dowel rods at all ends, do not push all the way in.

Make sure the WHITE MARKINGS on each headboard are facing inwards. Now start with the headboard and connect each side rail to each corner post

Place the barrel bolt within the round access hole on the side rail. Now dip bolt B into the glue and push through to connect to the barrel bolt. This side rail is designed not too move so the fixing is tight. Then locate the footboard, again ensure the WHITE MARKINGS are facing inwards and connect. (See page 5, FIG 3 for fixings)

## Attach the side rail support legs



It is important this leg is attached as it supports the side rail. Measure a half way point on the side rail.

Place the support leg under the side rail from the outside. Using two black screws attach from the inside of the side rail. Note there is no access hole as the screws are self threading

The centre leg will hover slightly off the floor, when the bed is in use it will move down and support the bed. This is to protect the leg if the bed moves.



If you have ordered a guest bed simply do not attach the side rail support leg to the front. If you have ordered drawers still attach as instructed.



# Attach The Centre Rail

(Double/Kingsize Beds ONLY)



From the inside of the bed we need to attach metal brackets, one either end. These are fixed using the small screws (L), these are fixed to bottom headboard fascia. Using a tape mark a centre line from each corner post, then measure and mark **55mm** from the top of the BLUE Facia(13). Now position the top of the bracket (J) just below this mark, attach with the small screw (L)

## Attach the centre rail support leg



The centre leg is located under the centre rail, in the centre. Simply measure to the centre of the bed and locate under the centre rail. Using two black screws attach from the side.



It is **IMPORTANT** that this is positioned correctly and remains in place while the bed is being used, failure to fix will weaken the bed. This part is manufactured using recycled timber as the component is out of sight. The centre leg will hover slightly off the floor, when the bed is in use it will move down and support the bed. This is to protect the leg if the bed moves.



## We Now need to attach the base slats.

You will have twelve extra wide base slats. Push the first slat tight with the footboard corner posts, then using the base slat spacer block evenly space out the remaining base slats. **DO NOT SCREW IN PLACE YET.**

Now push the slats flush to the left hand side rail and screw in (do not screw the right hand side yet). Now go to the right hand side and start with the slat near the centre. Push the side rail in so the slat is flush, then fix using the screw. This aligns the side rail. Now fix the remaining base slats.



**TIP:-**When you have attached the base slats you will have additional base slats screws. Out of the 12 slats screw 4 of them directly into the centre rail. Using the base slat screws simply drill through the top of the base slat into the centre rail. This will further strengthen the bed.