



How to make your own growroom?

What do I need and how to set it up?

If you want to start growing cannabis for personal use, it's a good idea to build a small growroom (If you don't have the budget for a tent). A growroom requires a few important things to create an environment that offer the best circumstances for a cannabis plant. In this guide we are going to explain how to make your own and how to comply to all these requirements.

The size of your growroom fully depends on your wishes on how many plants or yield you want to have. In this article we are talking about a small room for personal use. So we will use the following sizes: 1,20m X 1,20m X 2,00m

Why this size? Well, the plasterboard we are going to use often comes with the width of 60CM. So 2 of these plasterboard plates together makes 1,20. This will save you a lot of measuring and cutting. However, it's really up to you what size to use and not really important to follow this guide!

First of all: what do we need?

If you want to build a good working growroom, you will need quite some materials and tools. To make it easy we have listed them all below:

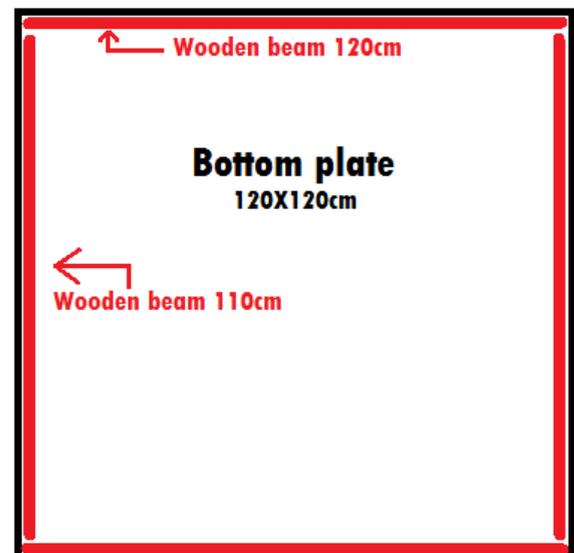
- 7x plasterboards/MDF boards, 200 X 60 cm (this is if you don't use an existing wall, if you do use one or 2 walls you could have enough with 4 or 6 boards)
- 1x wooden plate with the same size as the plasterboards (in this case 200X60cm)
- 2x wooden plate. Size 120 X120 cm. This will be the floor and ceiling (possibly no floor, then you'll need just one plate.
- 8x wooden beam. Size: 190 cm long and 5X5 cm in height/width
- 4x wooden beam. Size: 120 cm long and 5x5 cm in height/width
- 5x wooden beam. Size: 110 cm long and 5x5 cm in height/width
- 1 roll of high quality ducttape
- 1 bucket of white latex paint and brush
- 1 piece of pont liner or other firm foil. Size +- 130 X130 cm (to create a water-proof floor)
- Screws, +-100 pcs to build the frame. +-200 pcs to install all the wooden plates/plasterboard. +- 20 pcs for installing the air extractor, hinges etc. Total of: 320 screws!
- 2 solid eye screws (To hang your lightning to the ceiling)
- 2/3 hinges to make a working door.

- 1 way to lock the door (this can be done by multiple materials: From magnets to door handles. Be creative, as long as it closes the door tightly it's okay!)
- 1 roll isolation rubber/ airflow rubber to close and seal open cracks by the door and air outlet.
- One tube for the air outlet
- A labyrinth construction for fresh air entrance
- At last you'll need the supplies to fill your room like: Lightning, carbon filter, fans, wiring, pots, soil, watering system etc
- 2 metal eye straps

1. Building the frame

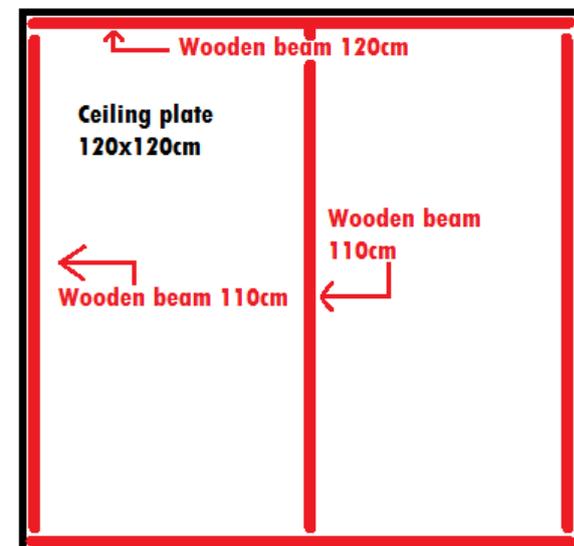
It all starts with a good frame to build the growroom around. This has to become solid and firm as it's the skeleton of your room. So don't be frugal with the screws and take some time to construct this well!

1. Grab the wooden bottom plate (120X120cm) and lay it down, now get 2 wooden beams (120cm) and screw them flat down, parallel to each other on the plate. Then get 2 of the other beams (110cm) and screw them on the plate the same way you did with the other beams. This way you'll create a perfect square on the bottom plate. This is your base!



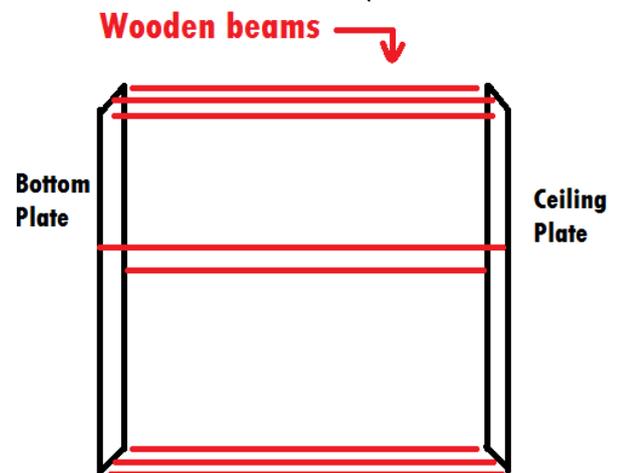
2. Now get the ceiling plate that has the same size as the bottom plate and install the beams just like we did in step 1! Once this is done you only have to add one more beam(110cm) to the ceiling plate.

This one will be placed in the center of the wooden platen, parallel to the other beams and will be used later to hang the lights and fans on.



- Now it's time to get the other wooden beams (8x 190cm). These are meant to install between the bottom and ceiling plate to create a real box. The best way to do this is by placing the bottom and ceiling plates on their side across from each other (side of beams facing each other). This makes it easier to install the beams and create a cube.

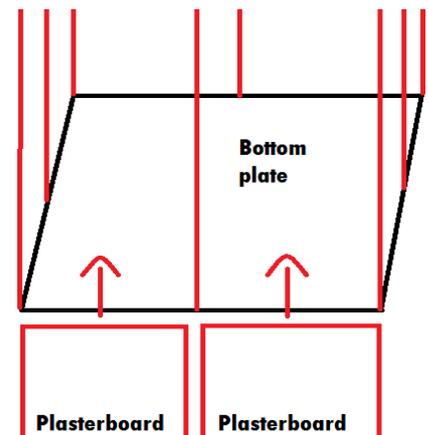
Screw one beam on every corner of the plates. The other 4 beams that are left have to be screwed in the center between the corners. This is to install the plasterboards/walls on the cube (the plasterboards are 60cm in width, so you have to place the center beam on the exact right spot to be able to screw 2 plasterboard plates on that beam).



- Once all beams are installed, turn over the frame and test if everything fits firmly and check if there is no movement in the construction. Make sure the ceiling plate (with beam in the center) is on the top side of the cube.

Now get the plasterboards/MDF boards and start screwing them on the frame. If you measured everything properly, they should fit perfectly on the cube/beams. Every side needs 2 plasterboards so use the beams to screw them on and make sure they all fit perfectly as we don't want any cracks to let light entering the room. Once all plates are installed you will notice that you miss one plasterboard. This "hole" being left over will be the entrance/door.

(The amount of plaster/mdf boards could be different if you are using an existing wall for your growroom)



- Now get the wooden plate (200x60cm) and hinges and install them on the beam next to the last open spot on your cube. Take some time to measure it well because you want to use the wooden plate as a door which has to fit perfectly on the hinges/door opening. Make sure the door closes tight enough that it touches every beam and won't leave any open spaces/cracks.

Once installed and screwed on, you should get the ironmongery/lock of your choice, install it and make sure the door can be locked tightly. There are multiple things you can use like: Magnets, door handles, chains or a slide-lock. Just make sure it holds the door tightly to the growroom/frame.

2. Preparing the growroom

Now that you have built a solid frame with the right proportions, you are not ready to start growing yet. There are still multiple things to do to create a room with the right environment. In this part we are going to explain how to prepare your growroom and finish it.

• Testing the room

To begin with, it's important to have a complete dark room without any light slipping through. You can check it by simply testing it: Shine some bright lightning on your growbox from multiple sides. Then go in and close the door properly (make sure you can still open it). If the room is 100% dark and the only thing you can see is the colour black, you are okay! If not, no problem! That's why we told you to get some proper duck tape or isolation rubber.

(keep testing and sealing the cracks until it's fully dark inside)

• Painting the inside

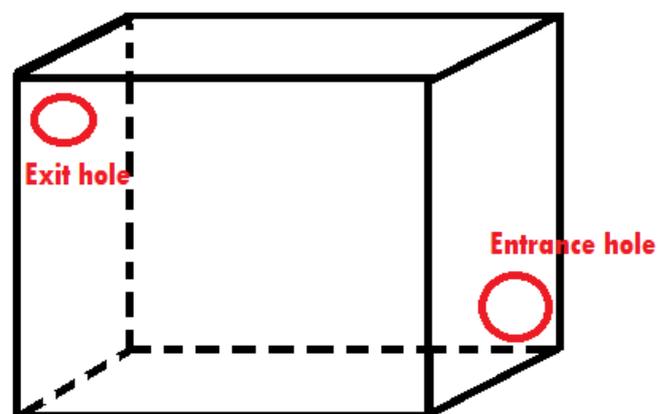
To get the most out of your lightning it's important to have walls that are reflecting the light to your plants. The best way to this is simply using the colour white. Make sure you are not using high gloss latex paint because you want to have a matt white effect.

• Finishing the airflow

Next to lightning, the airflow is very important for your plants and their health. Next to that you need to think about the smell emission of your room, a good working airflow could help you disguise it. So make sure this all works perfect! To begin with, we'll need an entrance and exit for fresh/old air.

Start with making a hole on the side top left of your box (When facing to entrance/door) of the same size as your exit air tube (so that it fits perfectly). Then put the tube through the hole and install it.

Now get your air extractor and install it on the tube while securing it on the ceiling plate. The best way to do this is using rubber bands as this will mute the sucking sound of the extractor which can be pretty annoying/suspicious.



Now make an entrance hole of the same size on the opposite side of your first hole and make sure it's on the bottom of the plate (very important as this creates a circulation of fresh air in your room). After that, put on the "labyrinth system" on the hole so no light is able to enter the room.

● Installing the lights

Just like fresh air, your plants need a huge dose of lightning to successfully fulfill their biological processes. The height of your lights play a huge roll as it could make or break your plants. That's why we need some kind of system to adjust the height of the lamps while your plants grow. You could use a very simple method for this:

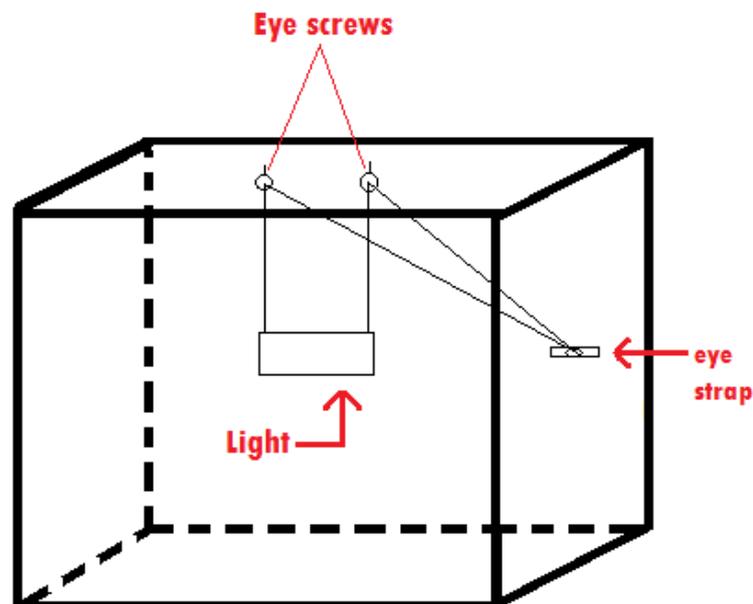
First get your lights and put them on the ground. Then position them on the same spot you'd would like them to hang. Then get a rope, secure them on the lights (that are still lying on the ground) and line them to the ceiling right above the light. Now get a pen and tag the spot where the rope touches the ceiling plate. Right on this spot is where you put an eye-screw. Do this 2 times for every lamp.

Once the eye screws al installed at the right spot, put the ropes that are connected to the light through the screws so you can lift the lightning by pulling on the ropes. This way you are able to adjust the height of the lamp.

Now get your metal eye straps and install them on the inside wall of the growroom. This is to tie down the ropes holding the lights (after adjusted to the right level). Once your plants start to grow, you need to pull your lights a little higher eventually and tie them again to the eye strap to keep them on place!

When your lights hang perfectly, and it works good, you will notice that there are a lot of cables you need to deal with (lights, fans and air control). The best thing to do is to find a corner which you have easily access to. Most people choose one upper corner on the front side. Then make a small hole in that corner which is just big enough to fit all cables through (without plug, these will be installed on the cable, on the outside, once they are through the hole). Then fill and seal the highly tightly so there is no light coming in.

Now make sure that the plugs are plugged in outside the growbox! Next to that your wiring should go straight to the exit hole (without having un-necessary, curled up long wires going all over your grow-area). This reduces fire hazard!



● Final test and finishing touch

As you can see your growroom is as good is done. To be sure we need to do one final test and add a few things that makes it ready to grow! So start by turning of all lightning in your growroom (the room that your growroom is in should obviously be lighted well). Then go in the growroom and close the door tightly. There shouldn't be any light coming in.

Now turn the light on, go out and shut down the light in your big room. Do you see any light coming in or out? Grab your isolation rubber or ducktape and keep sealing every spot that let's the light trough until it's 100% light-proof.

Alright, the last thing you need to do is adding the plastic foil to create a waterproof floor. This is to prevent any leaks after watering your plants which might could ruin the floor of your house. So grab the plastic foil 130X130cm and apply it to the bottom. Because it's slightly bigger you are able to go up 10cm on every side. After it's placed correctly you could use strong glue or simply nail them to the sides of the growroom. Just make sure there aren't any bubbles under the foil as they could easily rip and start to leak.

Now get your fan and hang them on the right spot (not directly on your plants). Add a hygrometer and thermometer at around 80-120cm, as this is the height of your buds and requires the most precisely measurements.

Now your growroom is ready to use!

Get some seeds, nutrients and soil because you are ready to grow some high-grade cannabis at home!