Using a Roaring Meg Fires Sweaty Meg Wood-Burning Sauna Stove.

1. Before You Start

Check ventilation: Ensure the sauna room has proper air inlets and outlets. Roaring Meg fire stoves need good airflow.

Chimney draft: Make sure your chimney is clean and drawing properly.

Wood type: Use dry, untreated softwood firewood. Do not burn painted, treated, or wet wood.

2. Lighting the Stove

Open the ash pan 50mm and fully open the round door air inlet.

Place crumpled paper or fire starters in the firebox.

Add small kindling wood on top in a criss-cross pattern.

Light the fire and keep the stove door slightly open for good airflow.

Once the kindling burns well add larger logs ,then close the ash pan and door fully.

Regulate the fire using the round door air inlet only. The ash draw has sufficient air flow fully closed. Leaving it open can cause over firing resulting in over heating of the fire and flue.

Typical heating time: 60–90 minutes depending on sauna size.

3. During Sauna Use

Add logs as needed to maintain heat.

Regulate the fire using the round door air inlet only.

Stones on should heat evenly (usually 70–170kg of stones depending on model).

Pour water carefully onto hot stones for steam . Use a sauna ladle to avoid burns.

4. After Sauna

Make sure the ash pan is fully closed.

Close the round door air inlet fully to allow the fire to shut down.

Let the fire burn out naturally (Never leave the stove burning unattended)

Empty ash pan only when the ashes are completely cold.

5. Safety

Never leave the stove burning unattended.

Wear gloves when operating and refuelling the stove to avoid burns.

Always use sauna stones that are meant for high heat.

Roaring Meg Fires Limited recommends that a carbon monoxide detector is installed.

Roaring Meg Fires Limited recommends that a flue temp gauge is installed at the base of the flue for flue temperature monitoring and correct fire operation.