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Posted by [ppkstat](#) on Thu, 24 Mar 2022 13:53:42 GMT

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I am having great difficulties finding suitable insulation locally.

The closest thing I can find is 5mm unfaced fiberglass sheet. This is around 2in.

Wayne is this going to be enough? I can also get 4mm and somehow glue two together to reach R13 thickness? I don't know if that's even a thing (or how to do it).

I have not abandoned all hope yet, I'll try to have a look on industrial supplies as well.

Apart from that there are several other options here, including mineral wool, Muhwolle, Acoustic foam, Visaton's polyester and Paintable Damping Material.

#### File Attachments

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1) [yalobamvakas-biostalis-shop-800x800.jpeg](#), downloaded 629 times

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