

Sauna Insulation Planning Checklist

Printable planning worksheet for framed home saunas. Use the exact sauna/heater manual and local building requirements before closing walls.

Use this worksheet to coordinate insulation, vapor control, electrical rough-in, ventilation, and the wall/ceiling assembly before paneling is installed.

1. Project Basics

Project item	Your project
Sauna location	☐ Indoor ☐ Outdoor ☐ Other: _____
Construction type	☐ Custom framed room ☐ Kit ☐ Prefab cabin
Sauna/heater manufacturer	_____
Exact model	_____
Current installation manual obtained	☐ Yes ☐ No
Local building requirements checked	☐ Yes ☐ No ☐ Not applicable / not yet checked

2. Wall & Ceiling Assembly

Planning check	Project answer
Wall framing depth	_____
Ceiling framing depth	_____
Wall insulation requirement from approved design/manual	_____
Ceiling insulation requirement from approved design/manual	_____
Selected cavity insulation	☐ Mineral wool ☐ Unfaced fiberglass ☐ Other: _____
Vapor-control layer specified	☐ Sauna-rated foil / aluminum paper ☐ Other: _____
Foil / barrier orientation confirmed	☐ Yes ☐ No
Seams, corners and penetrations sealing method	_____
Service cavity / furring required by assembly	☐ Yes ☐ No ☐ Verify
Interior paneling material	_____

Manufacturer examples - not universal requirements: Finnleo's current construction guidance lists minimum R-12 walls and R-16 ceiling. Finnleo custom-cut instructions specify R-11 or better unfaced fiberglass in walls, while Harvia heater instructions commonly show 50-100 mm insulation wool plus aluminum-paper moisture protection. Use the instructions for the system actually being installed.

3. Rough-In Before Insulation Is Closed

Check	Status
Heater location finalized	☐ Done ☐ Not done
Bench blocking / reinforcement installed	☐ Done ☐ Not done
Electrical rough-in completed	☐ Done ☐ Not done
Control / sensor wiring route completed	☐ Done ☐ Not done
Temperature sensor location confirmed from manual	☐ Done ☐ Not done
Ventilation intake penetration finalized	☐ Done ☐ Not done
Ventilation exhaust route finalized	☐ Done ☐ Not done
Lighting / approved penetrations finalized	☐ Done ☐ Not done
All framing cavities accessible for full insulation fit	☐ Yes ☐ No

4. Vapor-Control & Continuity Check

- ☐ Vapor-control layer covers the required walls and ceiling continuously.
- ☐ Wall-to-ceiling transition is sealed.
- ☐ Corners are closed and sealed.
- ☐ Seams use the tape/sealing method specified for the sauna assembly.
- ☐ Electrical, sensor, light and ventilation penetrations are detailed before paneling.
- ☐ No second vapor-impermeable layer was added without confirming the complete wall assembly.
- ☐ Insulation is not compressed, missing, or loosely fitted around framing.
- ☐ Heater clearances and any required wall protection remain independent of the insulation plan.

5. Ready-to-Close-Walls Review

Final question	Yes / No / Notes
Exact heater/sauna manual reviewed?	_____
Wall insulation target confirmed?	_____
Ceiling insulation target confirmed?	_____
Vapor-control material and seams verified?	_____
Electrical and sensor rough-in complete?	_____
Ventilation penetrations complete?	_____
Exterior wall / roof assembly reviewed where applicable?	_____
Local requirements checked?	_____
Photos taken before paneling for future reference?	_____
Ready to install interior paneling?	_____

Planning rule: Do not close the sauna walls because the assembly "looks standard." Confirm the exact heater or sauna system, building location, insulation requirement, vapor-control layer, penetrations, and local requirements first.

Reference basis: current Finnleo sauna-construction guidance, Finnleo custom-cut sauna instructions, Harvia sauna-room structure guidance, and SaunaFin residential material-kit guidance. This worksheet is a planning aid, not a project-specific construction document.