

Sleeping Bags

1. Types of Insulation

Down (Goose, Duck) – better in dry cold

Pros – Light Weight, Easy to stuff in sack

Cons – Loses insulation when wet, more expensive

Synthetic (Polarguard, Holofil) – better in wet cold

Pros – Insulates even when wet, less expensive

Cons – Heavier, harder to stuff for scout

2. What to look for in a Sleeping Bag

Temperature rating

Varies from Manufacturer to Manufacturer

* REI 20° bag may be colder than a Marmot 20° bag.

Varies from Person to Person

* Some people sleep warmer than others!

Buy a bag that is rated 10° colder than the temp you may expect

* Nothing ruins a trip like being cold.

* Don't be seduced by low numbers

- a 0° bag is useless in the summer.

Shapes

Mummy

* Pros – warmest, most popular

* Cons – restrictive

Rectangular –

* Pros – Room

* Cons – possible cold spots, bulky, heavier

Size

Get into your bag at the store

* Roll around

* just like clothes, a bag needs to fit

Fabric

Better water resistance means drier insulation

Water must move out as the sleeper sweats

Baffling

How is insulation held in place

Extras

Padding on the Zipper, Zipper from the foot, hood, drawstring

3. Sleeping Bag Care

4. Liner

Extends the life of the sleeping bag

Increases the warmth of the sleeping bag

Improves the comfort of the sleeping bag

5. Bivy Sack

Similar to a tent, protects the bag from water

Can lead to trapped sweat onto the bag

6. Sleeping Pads

Provides insulation from the ground

- ¾ length in summer, Full length in winter

Types –

- Closed cell foam – (Therma-Rest, others)

- air mattress