

SLEEPING BAG BASICS

Sleeping Bag Use Comfort Ratings

Summer/Indoor	+40°F or higher
3-Season (Spring - Fall) Summer High Altitude	+15°F to +40°F
Winter Camping	-10°F to +15°F
Polar/Extreme Alpine	-10°F or lower

REGULAR VS. LONG



Get a long sleeping bag if you are over 6' tall.

TYPES OF FILL



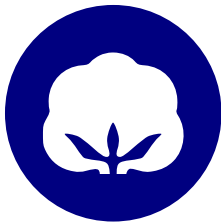
DOWN

Down is the most compressible fill option and has the best warmth-to-weight ratio. A higher "fill power" rating means more volume and thus more warmth; ranges from 400 - 800 fill power. Down is the most expensive fill option.



SYNTHETIC

Typically polyester fiber that retains its ability to insulate when wet and generally costs less than down.



COTTON

Cotton-filled sleeping bags are acceptable for indoor sleeping or car camping in warmer weather, but never acceptable in the back-country because of cotton's heaviness, its tendency to soak up water, and its loss of heat-retaining abilities when wet.

RECTANGULAR BAGS

Rectangular bags have more internal air space to heat, are generally colder to sleep in and are best for warm weather.

Most are heavy and bulky making them a poor choice for backpacking.



SHELL & LINING

A high-quality sleeping bag's outer shell is usually made of nylon. Less-expensive bags are constructed of polyester many cheap rectangular bags are cotton. Cotton is good for hot-weather car camping or children's sleepovers, but not much else.

Lining



Shell

MUMMY BAGS

Mummy bags are widest at the shoulders and taper down to a narrower head and foot.

Best for colder weather due to less interior dead air space.

Usually lighter as less material is used than other styles.

