

## Sleeping Bag discussion:

|                       |             |            |                 |
|-----------------------|-------------|------------|-----------------|
| Application:          | Rectangular | Down Mummy | Synthetic Mummy |
| • Backpacking         |             | X          | X               |
| • Camping             | X           | X          | X               |
| Expected temperature: |             |            |                 |
| • >40 degrees         | X           | X          | X               |
| • >20 degrees         |             | X          | X               |
| • >0 degrees          |             | X          | X               |
| • Arctic              |             | X          | X               |
| Expected weather:     |             |            |                 |
| • Hot / humid         | X           |            |                 |
| • Cold & dry          |             | X          |                 |
| • Wet                 |             |            | X               |

Rectangular sleeping bags are too heavy and cold for backpacking, and often too cold for camping. Most are too cold below 40 degrees

Open hooded mummy bags are good for warm weather backpacking because of light weight. But probably too cold below 30 degrees

Synthetic and down mummy bags come in all temperature ratings. The trades are:

|           | <u>Weight</u>  | <u>Bulk</u> | <u>Wet warmth</u> | <u>Cost</u> |
|-----------|----------------|-------------|-------------------|-------------|
| Down      | <b>Lighter</b> | <b>Less</b> | Colder            | More        |
| Synthetic | Heavier        | More        | <b>Warmer</b>     | <b>Less</b> |

### Types:

Down: 500 to 900 weight. The higher the more loft & warmth per weight

Synthetics: Polargaurd, Primaloft, Holofill, etc

### Features:

- Fit: Body hugging without claustrophobia
- Zipper: Most are full length, few are half length (less weight, less versatile)
- Hood: Should fit head with beanie and have draw string
- Draft tubes: Warmer bags will have draft tubes that:
  - Around shoulders with draw string
  - Mask the zipper
  - Around hood
- Length: Usually come in 6'0" (regular) and 6'6" (long)
  - Nice to have room at your feet to store / dry things

### Storage:

- Very best is lying flat uncompressed
- Best is in large cotton cinch sack (often supplied with good bags)
- Bad: Hanging or in stuff sack