

Sleeping Bags

What type of bag should I get?

There is no one bag for all. There are many things to think about before buying a sleeping bag. The following is list of things to think about and Philmont reconditions.

- **Temperature Rating:** Guidebook to Adventure recommends a bag with a rating less than 25 degrees. If you're a cold sleeper you may want a bag a lower temperature.
- **Weight** Guidebook to Adventure recommends a bag weighing less than 5 pounds.
- **Stuff Sack Size:** Use a waterproof sack to store your sleeping bag
- **Fill:** Down or Synthetic
- **Shape:** Mummy, Rectangular, or Semi- Rectangular

Fill

- **Down:** Goose down provides maximum warmth for minimum weight. It takes very little space when compressed and it fluffs up fully and easily once unrolled. It's more expensive than synthetic bags. The only problem with down is that it loses most of its insulation qualities when wet.
- **Synthetic:** Synthetic Sleeping Bag fills try to combine the qualities of down, with better insulation when wet. There are many of these synthetic Sleeping Bag fillings and some of the most common names are Polarguard, Hollofil, and Micro-loft.

Shape

- **Mummy:** A tapered cut that boosts heat trapping by reducing extra space. It also has reduced bulk and weight.
- **Rectangular:** No taper that allows more room, they are inefficient to heat. Generally used for car camping.
- **Semi-Rectangular:** These bags are less tapered more roomy than the mummy bags. They are more heat efficient than a rectangular bag.

Features

- **Draft Collar:** An insulated tube that wraps around the neck to isolate the body heat.
- **Hood:** An insulated hood that wraps around the head to trap heat.
- **Pocket:** A pocket for small items, like flashlight and watch.
- **Stuff Sack:** Stuff to store your bag.

- **Zippers:** Right or Left facing, used for zipping bag together. OR Two way zipping, you can open the zipper from the foot for venting.
- **Zipper Tube:** An insulated tube that runs along the side the zipper.
- **Pillow Pockets:** A special pockets that you can fill to form a pillow.