



**A SLEEPING BAG PROVIDES A PROTECTIVE BLANKET THAT CAN BE CLOSED WITH A ZIPPER, AND FUNCTIONS AS BEDDING.**

**THERE ARE LOTS OF DIFFERENT SLEEPING BAGS OUT THERE AND CHOOSING THE RIGHT ONE CAN BE TRICKY. HERE ARE SOME IMPORTANT POINTS TO CONSIDER WHEN YOU CHOOSE THE SLEEPING BAG THAT'S RIGHT FOR YOU.**

For further help in choosing the right sleeping bag for your needs, your Source For Adventure expert will be more than happy to explain your options.

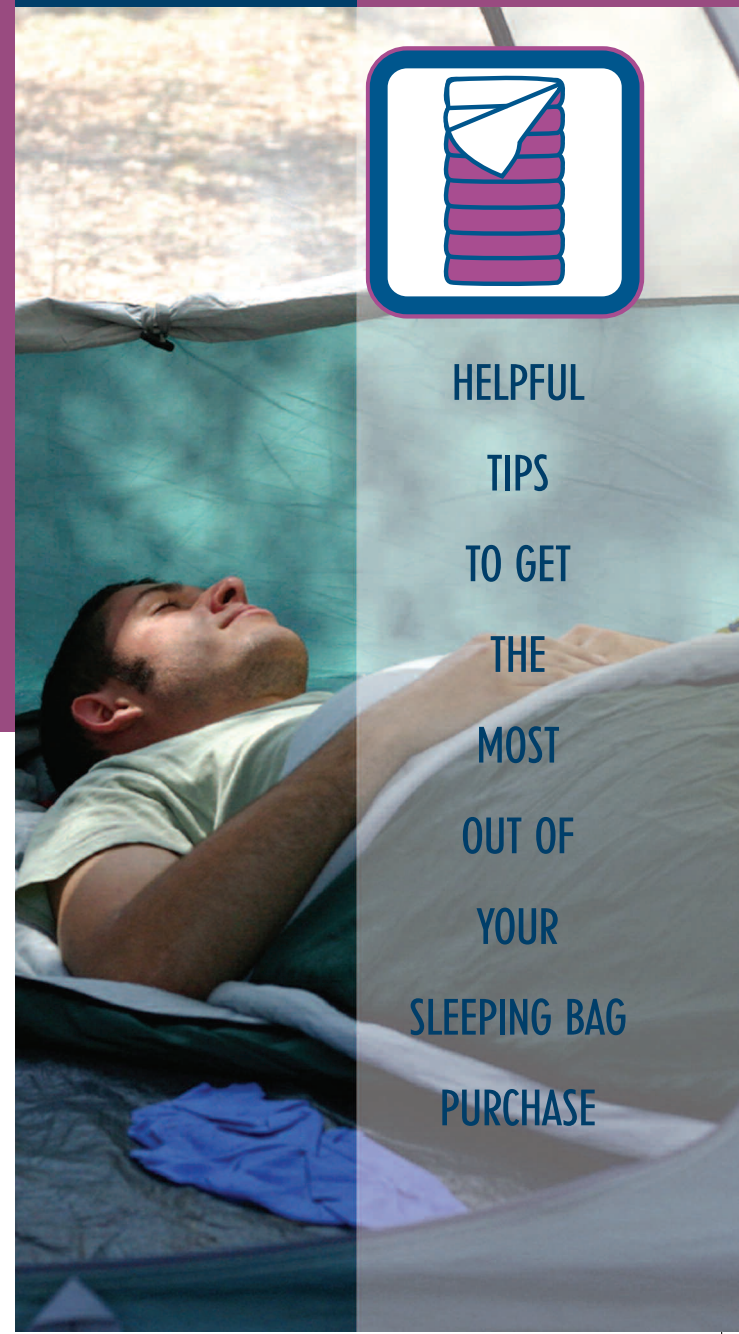


**HOW TO CHOOSE A SLEEPING BAG**

**QUICK TIPS**



**HELPFUL TIPS TO GET THE MOST OUT OF YOUR SLEEPING BAG PURCHASE**





On a cool evening in an unfamiliar place, a good sleeping bag works like magic. Slip inside one after a few post-sundown shivers have rattled your body and within minutes the chill in your bones is replaced by a warm glow. It's a sweet sensation that assures you of a comfortable night's sleep.

Here are some tips to help you make a smart choice when selecting your own sleeping bag:

- 1 **Comfort Rating:** Match your bag's comfort rating with the coldest nighttime temperatures you expect to encounter. Maybe even exceed that number for added security.
- 2 **Choose either a down insulation or synthetic-fill bag.** Down insulation is light, more compact and will maintain its original insulating value longer. However, down insulated sleeping bags tend to be more expensive and they lose much of their insulating value when wet. Synthetic insulation offers greater selection because it is more common, good value and maintains most of its insulating value when wet.
- 3 **A bag's shape matters.** Mummy-style sleeping bags insulate most effectively and are your best choice for colder, high-elevation conditions. Rectangular bags give you more room to change sleeping positions but create more space that your body must heat up.
- 4 **Length of Bag** – Long or regular depends on your height.
- 5 **Width of Bag** – specialty-width bags are available for larger people.
- 6 **Gender Specific Bag,** these are offered for women to increase insulation in core areas.



## SLEEPING BAG

a warmly lined or padded body-length bag, with a closure, in which one or two persons can sleep, esp. outdoors, as when camping.



### SLEEPING BAG INFORMATION

#### Comfort Rating

A sleeping bag's temperature or "comfort" rating identifies the most extreme temperature the bag is designed to accommodate. When you hear a bag described as a "-7 bag," it suggests most users should remain comfortable if the air temperature drops no lower than -7 degrees Celsius.

#### Many factors affect your ability to keep warm inside a sleeping bag:

- The insulating pad beneath your bag
- The presence/absence of a tent or bivy shelter
- Your metabolism; you might be a "cold sleeper" or a "warm sleeper"
- Your gender : women frequently prefer bags with lower temperature ratings since they tend to "sleep colder" than men
- Layers worn while inside the bag
- Food and hydration in your stomach

#### Recognizing that comfort ratings are merely general guides, here are the popular categories:

Bag Type	Comfort Rating (°C)
Summer Season	+4° and higher
3-Season Bag	-9° to +3°
Cold Weather	-21° to -12°
Winter/Extreme	-21° and lower