

Laying Down the Facts on Sleeping Bags

Shape

Tapered

Gives wiggle room in the bag whilst reducing some of the dead space which improves thermal efficiency, and saving on weight. Compromise between warmth, roominess and weight.



Mummy

Figure hugging, designed for efficiency, with little dead space in the bag, so it traps a layer of warm air right next to your body. The best warmth to weight ratio.



Rectangular

Offers lots of internal space, this shape is for general camping. Open flat or zip to another bag.



Insulation

Down / Feather

- ✓ Very light weight
- ✓ Performs well in extreme weather
- ✓ Compress small and more easily
- ✓ Soft and durable for many years
- ✗ Clumps when wet
- ✗ More expensive than synthetic

Synthetic fibre

- ✓ Easy to clean
- ✓ Maintains greater insulation when wet
- ✓ Dry fast
- ✓ More affordable than down
- ✗ Bulkier & heavier
- ✗ Shorter user life

Temperature Rating

Comfort

Temperature which a standard woman can expect to sleep comfortably, without feeling cold and in a relaxed position.

Lower Limit

Temperature which a standard man inside the bag sleeping in a curled position is starting to feel cold but not shivering. This is the sleeping bag's limit of performance.

Extreme

At this temperature anyone can expect to feel extremely cold and risk hypothermia.

+5 to +10 degree bag

A summer bag - as warm as sleeping with a sheet or light blanket over you on your bed at home.

0-degree bag

All-rounder bag, but won't keep you warm on a frosty night – the same as having a regular doona on your bed at home.

-5 to -10 degree bag

A winter bag for typical Australian climates – similar to having flannelette sheets and an extra blanket or 2 on your bed at home.

Note: Not all manufacturers list all 3 ratings, ensure you're considering the correct one.

TEMPERATURE RATING IN ACCORDANCE TO EN 13537 / ISO 23537

COMFORT RANGE	30° F 0° C	TRANSITION RANGE	LIMIT 20° F -6° C	RISK RANGE	-12° F -24° C
---------------	---------------	------------------	-------------------------	------------	------------------

Baffles - Situated inside the bag, these can be tightened to keep warm air from escaping out the top ie. at the neck, hood & chest.

Construction

Draft Tubes - Insulation filled tubes designed to minimise airflow ie along zipper lines.

Hood - ~30% of your body heat is lost from your head, so a good hood that hugs your head makes a big difference on a cold night.

Weight and Packed Size

Volume vs Weight

- ✓ Small and light is better for hiking, contributing as little weight as possible.

Compression & Stuff Sacks

- ✓ The sleeping bag needs to fit inside a rucksack along with all other gear.