



## Let's Lay Down the Facts on Sleeping Mats

Helpful information about the 3 main Sleeping Mat options.  
*Cost | Suitability – size and weight | Comfort*

### Why do I need a sleeping mat?

A mat is required:-

- To provide insulation and protection from the ground.
- Level of comfort.

### What do I need to consider?

- **Comfort.**
- **Weight** - for certain programs and for Duke of Ed the mat is carried in a rucksack (refer to your Somerset Equipment List – if it mentions a rucksack then the mat will be carried by the student for some or all of the time).
- **Size** – even if not being carried in a rucksack at camp space will be limited.
- **Cost** – no need to spend too much.

### Closed Cell Foam Mat

- ✓ 10mm thickness is best.
- ✓ Very cheap (typically \$10-\$15).
- ✓ weigh only about 400gr.
- ? offers enough comfort for a night or 2.
- ? is a bulky and can be more difficult to pack well.
- ? will rip and tear quite easily.



### Self-Inflating Mat

- ✓ self-inflates to 2.5cm thick.
- ✓ offers more comfort.
- ✓ packs quite small (~ 30x15x15cm).
- ? still very light at 525gr but heavier than a foam mat.
- ? more costly (typically \$50 - \$100 depending on the brand).
- ? puncture is a slight concern – although will come with a repair kit and even if deflated will provide the same comfort and insulation as a foam mat.



### Air Sprung Mat

- ✓ inflates to 5cm thick.
- ✓ extremely lightweight and compact (400gr and 10cm x 23cm packed).
- ? does not self-inflate – the stuff-sack is utilised to fill it with air.
- ? whilst made of durable fabric they are prone to puncture – and will provide no comfort if deflated.
- ? more costly (\$120-\$150).

