



# Tips on how to Choose The Highest Quality Sleeping Bag

## Introduction

Slipping right into a comfortable and warm sleeping bag is among the greatest pleasures of countryside camping. In order to keep the evening chill under control, you need to choose a sleeping bag of the right temperature rating, insulation and shape. Other factors to consider might include roominess, cost and features that add to convenience and comfort.

## Temperature rating

This depends on the season when you are almost certainly to work with the bag- summer, winter or when the temperatures are moderate. In many instances the bag's name gives an idea about its rating, as an example Marmot Plasma 15 bag is just one rated to your temperature of 15F. Just in case you like camping during winter, select a bag rated at below 0F while a bag suitable for summer camping is rated 35F and higher. Lots of people go for the 3-season bag using a temperature rating of 10F to 35F since it is suitable for varying seasons.

## Type of insulation

Virtually all sleeping bags may be found in three kinds of insulation - down, the and synthetic water-repellent down. Down bags are loaded with goose and duck feathers. They can be durable, compressible, breathable and light. They are relatively expensive and can be allergic to users, however. Synthetic insulation is comparatively cheaper, quick-drying, insulates regardless if wet, and it has considerable durability. However, synthetic insulation is not compressible and thus occupies larger room when packaged. This type of water-resistant down insulation maintains insulation regardless if put on wet ground.

## Loft and Shape

Loft can be a key issue in determining a sleeping bag's warmth. It signifies the puffiness or the thickness in the bag (a way of measuring the outer diameter from the bag). Just in case two

bags have the same features, type and shape of fill, the one that includes a higher loft is warmer. Sleeping bags may be found in three shapes- mummy, semi and rectangular-rectangular. In order to concentrate more warmth to the body, Mummy-shaped bags are tapered at one end. Rectangular sleeping bags offer greater room for a user to go their feet. The semi-rectangular bags combine the advantages of another two and they are more preferable.

### Other bag features

Additionally it is good to examine bags for zipper compatibility. In the event two bags are to be zipped together one should choose a bag using a "right-hand" zipper and another one using a "left-hand" zipper. Other highlights you can search for are the availability of a built-in hood into which you can stuff clothes to form a pillow. You can even search for a draft tube that runs using the principle zipper to enhance insulation. It is advisable to check for the existence of a stash pocket into that you can put a wrist watch, glasses, phone or any other small gadgets.

### Conclusion

Deciding on a a sleeping bag is largely dependent on the season in which it is supposed to be employed. , kind of insulation, storage room along with the shape can also be critical factors that you need to consider. Cost and weight Features for instance a built in presence and hood of a stash bag can put in your convenience and comfort.

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