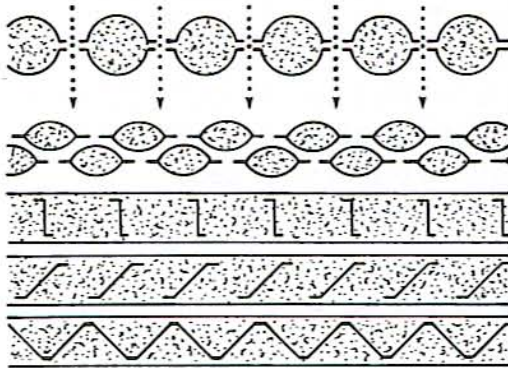


Sleeping Bag Terminology

Simple quilting. Loses heat where stitching passes through the fabric.

Double quilting. Two quilts fastened together in an offset manner to eliminate cold spots. Material tends to be heavier.

Sleeping bag construction. Sections through wall of bag illustrate how filling is kept in place.



Simple quilting. Loses heat where the stitching passes through the fabric.

Double quilting. Two quilts fastened together in an off-set way to eliminate cold spots. Material tends to be heavy.

Box wall. Prevents the filling from moving about.

Slant wall. Prevents down from moving about and gives it room to expand.

Overlapping tube or V-baffle. Very efficient, but because it uses a lot of material it tends to be heavy.

Box wall. Prevents fill from moving around in shell.

Slant wall. Prevents down from moving around and gives it room to expand.

Overlapping tube or V-baffle. Very efficient, but tends to be heavy.

Goose down. Actual feathers from geese, grown next to the skin. Ounce for ounce, the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.

Synthetic fibers. Made from petroleum by-products by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.

Ground cloth. Commercially available, or 4- to 6-mil plastic, an old shower curtain, or a water bed liner will work. This will be your moisture barrier from the ground, and is essential.

Caring for Sleeping Gear

If you expect wet weather, place your sleeping bag in a plastic trash bag before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.