



# SLEEPING BAG INFORMATION

Each year we are asked to recommend the type of sleeping bag best suited to our needs. Many different factors are important in the selection of a sleeping bag, especially individual preference. Please see the ATW **GEAR TO GO** flyer for two of the many excellent choices.

We suggest a medium weight bag with 1.5 to 3 pounds of synthetic fill, such as Hollofill II, Polarguard, Slumberloft, or most any other synthetic. Down-filled sleeping bags tend to be too warm for summer camping. Your sleeping bag should be longer than you are and have enough room inside so that you can turn comfortably.

Sleeping bags today are made of many different types of materials. An outer covering of nylon or polyester is best. The inner covering should also be polyester for its comfort and quick drying ability. Polarfleece liners are available and can be used separately as a blanket. See the ATW **GEAR TO GO** flyer for information on Polarfleece liners.

Every sleeping bag *must* have a stuff sack. This is a small nylon bag with a drawstring around the opening. Instead of rolling and tying your sleeping bag when we break camp, stuffing it into your stuff sack is much easier, more compact, and keeps it clean. The best stuff sacks are compression sacks which squeeze everything in to one compact package. Be sure that your sleeping bag and your camping pillow (if you use one) fit tightly in your stuff sack. Due to space considerations your stuff sack may be no larger than 11 x 21 inches. The ATW **GEAR TO GO** flyer describes the Slumberjack compression sack, which we strongly recommend.

Be sure to write your name on your sleeping bag and on the outside of your stuff sack with a laundry marking pen or permanent magic marker.

The ATW **GEAR TO GO** flyer features all recommended equipment for your trip.