

Sleep Systems Notes

Prep

- Lay out Youth bag in stuff sack + closed foam pad
- Lay out Quilt + Sleeping Bag Liner in stuff sack + inflatable pad -> next to backpack

This is what I take ... this is a typical scout kit

- **Show how to pack**
 - No cotton Costco bags
 - Do not attached sleeping bag to exterior of pack; put at bottom of backpack (interior)
 - Put inflatable sleeping pad along back of pack (interior)
 - Alternatively, put closed foam pad on top of pack
- **How Sleeping Bags Work**
 - Sleeping bags keep you warm by trapping and holding a layer of "dead" (non-circulating) air next to your body. Your body heat warms this dead air, and the bag forms a barrier between it and the colder ground or outside air. The less air space there is to heat, the faster you warm up and stay warm.
- **Questions you'll get asked at REI when you buy a bag:**
 - **Insulation Material:** Synthetic vs down
 - **Temperature Rating:** 20 degree bags (recommended in California); 30 degree bags will weigh less, cost less, insulate less; 10 degree bags will weigh more, cost more, insulate more ... but you can accomplish many of those things through other means
 - **Bag Type:** Mummy vs Quilt
- **Keeping it Dry**
 - Scouts rarely throw their bag in a lake; but they do get rained on and their tents flood
 - Recommend buying a waterproof compression bag ... I like the "small" size so that it conforms to an oblong shape that fits nicely at the bottom of a pack
 - Alternative -> keep the bag in a normal stuff sack, but wrap that in a garbage bag
 - Drying in the sun after rain
- **Storage**
 - Keep compressed while on the trail
 - Store in large bag (usually comes with the sleeping bag) or hanging while at home – avoid compressing the loft over time
- **Price**
 - 3lbs at \$100 ... 1.5lbs at \$300+

- **Sleeping pads**
 - Sleeping pad ... closed foam for scouts ... inflatable for you

- **Liners**
 - Sea to Summit cloth liner 10-15 degrees ... \$50-\$75

- **Additional**
 - Bag vs Quilt
 - Booties
 - Hoods
 - Hot water Nalgeens ... no need for footwarmers
 - Put your batteries in your bag
 - Water filter in your bag

- This is what we recommend ...
 - 10-20 degree bag to fit your budget ... 3lbs at \$100 ... 1.5lbs at \$300+; synthetic
 - Sea to Summit cloth liner 10-15 degrees ... \$50-\$75
 - Sleeping pad ... closed foam for scouts ... inflatable for you
 - Waterproof compression sack
 - No cotton Costco bags

How Sleeping Bags Work

- **Sleeping bags** keep you warm by trapping and holding a layer of "dead" (non-circulating) air next to your body. Your body heat warms this dead air, and the **bag** forms a barrier between it and the colder ground or outside air. The less air space there is to heat, the faster you warm up and stay warm.
- Keeping bag dry, moisture in the morning, down vs synthetic properties
- Weight ... 3-4lbs ... 1lb
- Bag vs Quilt
- Down vs Synthetic
- Hot water Nalgeens ... no need for footwarmers
- Put your batteries in your bag
- Kid size ... smaller to warm up