Choosing a sleeping bag

1. **For what activity will the bag be used?**

Backpacking for example requires a bag that is light weight, compact and fast packing while general camping in colder climates require a warmer bag where weight and pack size doesn't matter.

2. **In what weather conditions will the bag be used?**

Check the temperature rating of the bag; remember though that the ratings are only a guide not absolute temperature parameters. A bag that is comfortable to one person might not be comfortable to another. A bag used under the stars may have its ratings blown of the chart by a strong wind with a chill factor.

3. **Who will be using the bag?**

When it comes to choosing a sleeping bag, one size does not fit all. Various size bags are available for the larger male, more petite lady and smaller child.

4. **Also consider the following**

- *Bag shape*: An envelope shape bag is the most common and tends to weigh the least while a bag with a cowl offers extra warmth while still allowing the user to move in the bag. A mummy style bag offers the maximum warmth but the user is forced to move with the bag rather than in the bag and this can take some getting used to.
- *Insulation*: It's a known fact that air is a poor conductor of heat, trapped air within the insulation acts like a thermal barrier between you and the cold air outside the bag by not letting the heat generated by your body escape. The more insulation, the more air can be trapped the warmer you will be.
- *Construction*: If the outer lining material is stitched through the insulation to the inner lining material cold air can easily penetrate the bag through the stitch holes, this design does not work as efficiently as if the outer lining is quilted to the insulation and the stitch holes are offset.