

## Sleeping Bags

Make sure you use a bag that's rated at least 10°F lower than the coldest temperature you expect to encounter. You can always vent the bag if you get too warm.

Cold- and winter-rated bags are supplied with generous amounts of goose down or synthetic insulation. Down is the most popular choice due to its superior warmth-to-weight ratio. Just make sure to keep it dry (when wet, down loses much of its insulating ability) or use the new water-resistant down bags now on the market.

Winter bags are also distinguished by their draft tubes behind the zippers, draft collars above the shoulders and hoods to help keep the heat in the bag.

Source: <http://www.rei.com/learn/expert-advice/winter-camping.html#WinterGearConsiderations>



I highly recommend synthetic insulation over down for the reason described above. Down does not work well when wet. Something else to add is a fleece sleeping bag or fleece blanket inside of your sleeping bag. It will add lots of warmth. Inexpensive fleece blankets are usually available at Marshall's or TJ Maxx.

### **BRING THE RIGHT SLEEPING PAD**

As Bear Grylls says, two layers on the bottom are worth one on the top. That is, you lose more heat through conductive heat loss when sleeping than anything else, so winter is no time to skim on your sleeping pad. Make sure you have a pad with an r value of four or more, and if you have one, throw a closed-cell foam pad underneath. If you feel like your pad isn't cutting it, stuff extra clothing underneath you, and toss your down jacket on top of your sleeping bag.

Source: <http://www.theclymb.com/stories/tips/15-tips-for-winter-camping/>

If you have to, borrow your Mom's yoga mat.



Wear synthetics, and say NO to cotton.



Synthetics are a cheaper alternative to wool and do a good job of wicking away moisture and sweat. Whatever you do, don't wear jeans — they take forever to dry.

Source: <http://www.buzzfeed.com/peggy/essential-winter-camping-hacks#.bk1QIE8Rjw>