

Which Sleeping Bag and Mat for Camp

When selecting a Sleeping Bag some points to consider are;

- Your sleeping bag needs to be a good quality bag (cheaper bags from department stores are not adequate)
- Your sleeping bag is to be rated to about 2 degrees lower than the expected temperature. The temperatures at Somerset are usually 1-3 degrees hotter in summer and 1-3 degrees colder in winter than Sydney. Use the Richmond reading as a good indication.
- Your sleeping bag is compact and lightweight – for expedition programmes at Somerset where students will be carrying their gear, lightweight is essential. For programmes where the students gear is transported it is still a good idea for the sleeping bag to be not too bulky or heavy as it will take up space and gear still needs to be lifted and carried for short periods.
- A compression stuff-sack is a great idea as the bag can be ‘squashed’ to as small as possible.
- A sleeping bag liner adds insulation and helps the inside of the bag to not become too dirty or sweaty
- It is a good idea to waterproof your sleeping bag in either a drybag or a garbage bag (any colour but black as we use black for garbage!)

When selecting a Sleeping Mat some points to consider are;

- A mat is essential as it provides a layer of insulation between the sleeping bag and the ground and is also more comfortable than the ground.
- A simple foam mat is adequate and lightweight
- For more comfort a self-inflating closed cell mat is best. It will be heavier than a foam mat.
- Airbeds are not appropriate as they are heavy and cumbersome and cold to sleep on.
- Stretchers are not appropriate as they are heavy and cumbersome and time consuming to setup.



Foam Mat or Closed Cel Mat



Sleeping Bag with Compression sack

