

Title:

Sleep Sacks: Do I need one?

Word Count:

355

Summary:

In short, if you plan on staying in youth hostels, yes.

Keywords:

Article Body:

In short, if you plan on staying in youth hostels, yes.

Most hostels now require travelers to use sleep sacks when sleeping in the beds they provide.

Sleep Sacks are simple really. Hostels have us use them because they help keep the beds clean.

With sleep sacks, you also have the advantage of being able to chose your materials. For summer

To make a sleep sack, really all you need to do is take a sheet and fold it in half. Once you

Many travelers have asked about sleeping bags and whether or not they should take them along.

So in answer to the original question, yes, you should take a sleep sack with if you are planning

I recommend you add a sleep sack to your list of things to pack. You won't regret it.

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