

Title:

Getting The Right Sleeping Bag For You

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321

Summary:

Going camping? Need to buy a sleeping bag? Here are a few tips to help you select the best one

Shape / Design

One of the first factors to consider is the shape and design of the sleeping bag. A standard s

Keywords:

camping, sleeping bag

Article Body:

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Fill / Insulation

Sleeping bags are usually filled with down, or some synthetic material. Down filled sleeping b

Wool and cotton are also sometimes used for insulation. Wool performs well, but is heavy. Cott

Temperature ratings

Most sleeping bags are given a uniform rating to help you determine what temperature weather t

Upper limit ~ the highest temperature an average man can sleep at without excessive sweating

Comfort ~ the most comfortable temperature for the average woman.

Lower limit ~ the lowest temperature at which the average man can sleep 8 hours (curled up) wi

Extreme ~ the minimum temperature that the average woman can remain in the bag for six hours w

If a sleeping bag only gives a minimum temperature, it is probably the Lower limit rating.

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