

Title:

Sleeping Bag Pads

Word Count:

409

Summary:

Why sleeping bag pads? Because waking up cold and sore is no fun. It's also no fun to carry a

Keywords:

sleeping bag pads, backpacking, backpackers

Article Body:

Sleeping bag pads are not one of the things you should cut from your list. Backpackers want to

Make four-ounce sleeping bag pads, and sometimes carry two of them. Use the plain blue closed-

It should reach from your shoulders to your hips. You may want to cut the width a little at a

**Sleeping Bag Pads For Lightweight Fanatics**

To make it really light, cut pieces out of the pad. Small holes in the pad don't seem to make

Want to go even lighter? Leave the pad behind and try sleeping where the ground is soft. You c

**More Luxurious Sleeping Bag Pads**

Want more cushioning? Inflatable sleeping pads are no longer out of the question for lightweig

You can also find a few self-inflating pads that are reasonably light. The old Thermarest I so

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