

# EQUIPMENT CARE



## Sleeping Bags

### At the OTC:

Check zippers on sleeping bag to make sure they work properly and zip fully.

Choose correct bag degree and size. Sleeping bags are available for the following degrees (°F): -15° bags; 0° bags; 15° bags; and 25° bags.

Tip: To be ready for those extra chilly nights, select a bag with a temperature rating that slightly exceeds the low end of the temperature range you expect to experience. If a +25° F bag sounds right for you, a +15° bag would probably work well, too. On warm nights, you can always vent a bag (by using the double zipper to open the area near your legs) or simply drape it over you, unzipped. It never hurts to be a little over-prepared.

\*Be sure to rent a sleeping pad to insulate you from the ground and ensure comfort while in the field.

\*\*Rent a stuff sack or compression sack for the sleeping bag.



### In the Field:

Your sleeping bag is made to be stuffed over and over without damage. But taking care how you do it will add to its lifespan. *Never* fold sleeping bags because creases will cause areas of weakness in the fabric.

The synthetic material used in sleeping bags will allow you to keep warm in bags even when they are wet; however, airing out your sleeping bag each day of your trip will help keep it dry and lofty. Do not leave a bag in direct sunlight for very long as UV light slowly degrades the fabric. Once in camp allow the bag to loft for about 30 minutes for maximum warmth.

### After the Trip:

Do not wash sleeping bags before returning. Just make sure they are dry and any dirt or mud is removed. Spot cleaning with a rag or toothbrush will help get it clean.



Backpack information on reverse side