

How to choose a sleeping bag

WHICH SLEEPING BAG?

ANSWER THE FOLLOWING QUESTIONS TO DECIPHER WHICH SLEEPING BAG IS RIGHT FOR YOUR ACTIVITY.

1. What will be the average night-time temperature?
2. Are you a warm sleeper or do you feel the cold?
3. What shape and size best suits you?
4. Does your sleeping bag need to be light weight?
5. Will you need a water resistant sleeping bag?
6. Do you want to zip bags together?
7. What is the best way to care for my sleeping bag?

1 WHAT TEMPERATURE RATING SHOULD I CHOOSE?

Choose the right temperature, always base your purchase on the coldest temperature to expect during your trip. Play it safe, for example if the average coolest night time temperature is expected to be 0 degrees, choose a sleeping bag rated for -5 degrees.

2 EVERYBODY IS DIFFERENT

Choose the right warmth for you, if you are a cold sleeper use the comfort rating to guide you and only if you are a warm sleeper should you use the lower limit rating as your guide.

3 THE RIGHT FIT

If a sleeping bag fits your shape it will work efficiently to keep you warm. For example, women's specific bags are cut narrower in the shoulders and wider in the hips. Mummy shapes are thermally efficient but do they suit your sleep style? Would a shorter or longer bag fit you better?

Tech info

Industry speak

TEMPERATURE RATING STANDARDS

In order to compare like with like our range of sleeping bags are listed by the industry standard EN1537 temperature rating's comfort limit rating. Sleeping bags for use below -18°C are listed by field test ratings.

Comfort rating

EN1537 comfort rating (defined as the temperature at which a standard man can sleep for 8 hours in a relaxed position).

Lower limit rating

EN1537 lower limit rating (defined as the temperature at which a standard woman can expect to sleep comfortably in a curled position).

Field test rating

Extreme cold bags listed here by field test ratings which take into account the additional humidity, moisture management, and cold these bags need to operate in.

DOWN FILLED SLEEPING BAGS

MILD TO COOL

Average night-time lows of 10°C

650+ FIL POWER

Trek Tkl™

COMFORT, VERSATILITY AND VALUE

Regular 760 g

Regular 183 cm

Regular 183 cm

Long 198 cm

5°C Comfort rating

Lower limit -1°C

COOL

Average night-time lows of 5°C

650+ FIL POWER

Trek Tkl™

COMFORT, VERSATILITY AND VALUE

Regular 980 g

Regular 183 cm

Regular 183 cm

Long 198 cm

Also available

Trek Tkl™

Regular 183 cm

Long 198 cm

Regular 183 cm

Long 198 cm

1°C Comfort rating

Lower limit -8°C

COLD

Average night-time lows of 0°C

650+ FIL POWER

Journey JoII™

WOMEN'S - COMFORT, VERSATILITY AND VALUE

Regular 1080 g

Regular 170 cm

Long 183 cm

Also available

Journey JoII™

Regular 170 cm

Long 183 cm

Regular 170 cm

Long 183 cm

-8°C Comfort rating

Lower limit -15°C

4

FILL POWER

Down is graded by a number that represents how much 1 ounce lofts up to fill a cubic inch space. Sleeping bags filled with high fill power down are lighter on a warmth for weight scale they are therefore highly prized by those doing multi-day self-powered trips.

Tech info

5

WATER REPELLENT / RESISTANT FABRICS

If the conditions you are heading into are going to be very wet, for example winter alpine environments, then waterproof breathable fabrics will also be important to your decision making. We have used water droplet symbols to identify these bags.

WATERPROOF FABRICS KEY

Water resistant fabric on footbox and hood only
Water resistant fabric (1000 - 2000mm waterhead)
Waterproof shell fabric (12,000 - 20,000mm waterhead)

Please note: None of our sleeping bags are completely waterproof, they have not been seam sealed.

650-750 FIL POWER

Outpost 500

CAMPING AND TRAVEL SLEEPING BAG

Simple, comfortable & spacious

Regular 1230 g

Regular 190 cm

5°C Comfort rating

Lower limit 0°C

650-750 FIL POWER

Ascent 700

CAMPING AND HIKING SLEEPING BAG WITH PERTE® QUANTUM SHELL

Regular 1290 g

Regular 183 cm

Regular 170 cm

2°C Comfort rating

Lower limit -9°C

650-750 FIL POWER

Zodiac 700

CAMPING AND HIKING SLEEPING BAG

Spacious, durable, comfortable

Regular 1300 g

Regular 180 cm

Regular 170 cm

Also available

Zodiac 500

Regular 1200 g

Regular 180 cm

Regular 170 cm

-3°C Comfort rating

Lower limit -10°C

650-750 FIL POWER

Disco 30

Side sleeping comfort

Meets packability

Regular 1220 g

Regular 180 cm

Regular 180 cm

8°C Comfort rating

Lower limit -15°C

Tech info

6

CAN WE ZIP OUR SLEEPING BAGS TOGETHER?

You can easily and quickly create a sleeping bag for two with our sleeping bags that feature left-hand zips or right-hand zips. Because of the uniform length and gauge of the side zips, regular and long sleeping bags zip together perfectly. However, you cannot zip two LH zips or two RH zips together.

Only sleeping bags within the same brands can be zipped together. Brands to look out for are Sea to Summit, Mont Rab and Nemo Equipment. Ask our friendly staff for more details.

750+ FIL POWER

Gold Kazoo Eco

CAMPING AND HIKING SLEEPING BAG

UPCYCLED, COMFORTABLE, PACKABLE

Regular 602 g

Regular 183 cm

7°C Comfort rating

Lower limit 2°C

750+ FIL POWER

Ascent AcI™

LIGHT, COMFORTABLE AND ADAPTABLE

Regular 680 g

Regular 183 cm

Long 198 cm

2°C Comfort rating

Lower limit -4°C

750+ FIL POWER

Altitude AtI™

WOMEN'S - LIGHT, COMFORTABLE AND ADAPTABLE

Regular 1060 g

Regular 170 cm

4°C Comfort rating

Lower limit -10°C

750+ FIL POWER

Ascent AcII™

LIGHT, COMFORTABLE AND ADAPTABLE

Regular 1320 g

Regular 183 cm

Long 198 cm

11°C Comfort rating

Lower limit -18°C

Tech info

7 STAY PUFFED UP!

HOW TO CARE FOR YOUR SLEEPING BAG

The first step to caring for Down sleeping bags is to store them in a large, breathable storage bag. Your sleeping bag should come with a lofting bag. The Down in your bag can be damaged if it is compressed for an extended period of time, causing it to lose its loft and insulation. Additionally, keeping your sleeping bag clean is important since dirt, oil from our skin and chemicals from sunscreens and insect repellents can adversely affect down's lofting capacity. You can greatly extend the life of your sleeping bag between washes by using a sleeping bag liner. When a wash is required, follow manufacturer instructions and we recommend using a downwash by Nikwax, Storm or Gear Aid.

800+ FIL POWER

Kayu 30™

Regular 785 g

Regular 183 cm

Long 198 cm

4°C Comfort rating

Lower limit -1°C

800+ FIL POWER

Riff 30™

Regular 825 g

Regular 183 cm

Long 198 cm

4°C Comfort rating

Lower limit -1°C

800+ FIL POWER

Kayu 15™

Regular 985 g

Regular 183 cm

Long 198 cm

7°C Comfort rating

Lower limit -12°C

800+ FIL POWER

Riff 15™

Regular 825 g

Regular 183 cm

Long 198 cm

6°C Comfort rating

Lower limit -12°C

Tech info

800+ FIL POWER

Brindabella XT 850

HIKING AND SKI TOURING ALL ROUNDER

Regular 1485 g

Regular 183 cm

Long 200 cm

10°C Comfort rating

Lower limit -16°C

800+ FIL POWER

NEED HELP?

Speak to our friendly staff in-store.

Paddy Preen

SINCE 1930

EXPERIENCE IS EVERYTHING

800+ FIL POWER

Helium 450

ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES

Regular 850 g

Regular 183 cm

Long 198 cm

1°C Comfort rating

Lower limit -7°C

800+ FIL POWER

Helium 600

ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES

Regular 1000 g

Regular 183 cm

Long 198 cm

4°C Comfort rating

Lower limit -10°C

800+ FIL POWER

Helium 680

BOX FOOT ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES

Regular 1099 g

Regular 183 cm

Long 200 cm

6°C Comfort rating

Lower limit -12°C

Tech info

800+ FIL POWER

Sonic 0™

TRUSTED PARTNER IN THE BACKCOUNTRY

Regular 1470 g

Regular 183 cm

Long 198 cm

10°C Comfort rating

Lower limit -18°C

850+ FIL POWER

Spark SpII™

Regular 490 g

Regular 183 cm

Long 198 cm

4°C Comfort rating

Lower limit -2°C

850+ FIL POWER

Spark SpIII™

LIGHT & COMPACT BY DESIGN

Regular 665 g

Regular 183 cm

Long 198 cm

2°C Comfort rating

Lower limit -8°C

850+ FIL POWER

Flame FmIII™

WOMEN'S - LIGHT & COMPACT BY DESIGN

Regular 665 g

Regular 170 cm

Long 183 cm

4°C Comfort rating

Lower limit -10°C

850+ FIL POWER

Flame FmIV™

WOMEN'S

Regular 890 g

Regular 183 cm

Long 198 cm

8°C Comfort rating

Lower limit -15°C

Tech info

850+ FIL POWER

Spindrift XT 850

ALPINE EXTREME ADVENTURE SPECIALIST

Regular 1630 g

Regular 183 cm

Long 170 cm

13°C Comfort rating

Lower limit -19°C

850+ FIL POWER

SummerLite

EXTREMELITE™ SUMMER HIKING SLEEPING BAG

Regular 540 g

Short 165 cm

Regular 180 cm

Long 200 cm

5°C Comfort rating

Lower limit 0°C

850+ FIL POWER

Sycamore MF

SEMI-RECTANGULAR HIKING BAG

Regular 905 g

Regular 183 cm

Long 200 cm

0°C Comfort rating

Lower limit -6°C

850+ FIL POWER

UltraLite

VERSATILE LIGHTWEIGHT SLEEPING BAG

Regular 820 g

Short 165 cm

Regular 180 cm

Long 200 cm

4°C Comfort rating

Lower limit -10°C

850+ FIL POWER

Apache Gore Infinium

ALPINE SLEEPING BAG

Regular 1075 g

Regular 180 cm

Long 200 cm

5°C Comfort rating

Lower limit -12°C

Tech info

850+ FIL POWER

Antelope Gore Infinium

HIGH ALTITUDE SLEEPING BAG

Regular 1275 g

Short 165 cm

Regular 180 cm

Long 200 cm

12°C Comfort rating

Lower limit -19°C

850+ FIL POWER

MegaLite

ULTRALIGHT SLEEPING BAG WITH ROOM TO MOVE

Regular 680 g

Regular 180 cm

0°C Comfort rating

Lower limit -6°C

850+ FIL POWER

TerraLite

SIDE SLEEPER COMFORT & LIGHT-WEIGHT PACKABILITY IN ONE BAG

Regular 820 g

Regular 183 cm

2°C Comfort rating

Lower limit -8°C

850+ FIL POWER

AlpinLite

VERSATILE LIGHTWEIGHT SLEEPING BAG

Regular 880 g

Regular 180 cm

Long 200 cm

4°C Comfort rating

Lower limit -10°C

850+ FIL POWER

VersaLite

VERSATILE LIGHTWEIGHT SLEEPING BAG

Regular 905 g

Short 165 cm

Regular 180 cm

Long 200 cm

6°C Comfort rating

Lower limit -13°C

Tech info

850+ FIL POWER

Puma Gore Infinium Expedition

MOUNTAINEERING SLEEPING BAG

Regular 1700 g

Regular 183 cm

12°C Comfort rating

Lower limit -19°C

900 - 1000 FIL POWER

Zero Ultralight

ULTRALIGHT 1000+ DOWN 2-3 SEASON ADVENTURE BAG

Regular 254 g

Regular 185 cm

Long 200 cm

12°C Comfort rating

Lower limit 6°C

900 - 1000 FIL POWER

Zero Superlight

ULTRALIGHT 1000+ DOWN 2-3 SEASON ADVENTURE BAG

Regular 417 g

Regular 185 cm

Long 200 cm

8°C Comfort rating

Lower limit 2°C

900 - 1000 FIL POWER

Mythic 400

ULTRA-LIGHTWEIGHT DESIGN WHERE EVERY GRAM COUNTS

Regular 660 g

Regular 185 cm

1°C Comfort rating

Lower limit -6°C

900 - 1000 FIL POWER

Mythic 600

ULTRA-LIGHTWEIGHT DESIGN WHERE EVERY GRAM COUNTS

Regular 885 g

Regular 185 cm

5°C Comfort rating

Lower limit -12°C

Tech info

900 - 1000 FIL POWER

Sonic -20™

TRUSTED WARMTH IN ALPINE CONDITIONS

Regular 1700 g

Regular 183 cm

29°C Comfort rating

Lower limit -32°C

DOWN QUILTS

QUILTS

A quilt system refers to a blanket that straps around your sleeping mat, some feature an enclosed foot box. Quilts are lighter, more compact, and also provide better temperature regulation with more freedom of movement. However, having a well-insulated sleeping mat is crucial for keeping your back warm. Additionally, quilts can be added to your current sleeping bag for boosted warmth on extra-cold adventures.

750 FIL POWER

Cinder Cd I™

LIGHTWEIGHT QUILT FOR EXTRA WARMTH AND VERSATILITY.

Regular 480 g

Regular 183 cm

Long 192 cm

10°C Comfort rating

Lower limit -1°C

850 FIL POWER

Cinder Cd II™

LIGHTWEIGHT QUILT FOR EXTRA WARMTH AND VERSATILITY.

Regular 860 g

Regular 183 cm

Long 192 cm

2°C Comfort rating

Lower limit -1°C

850 FIL POWER

Alton® Ultralight Top Quilt

CLOSED FOOTBOX FOR EXTRA TOASTY TOES

Regular 934 g

Regular 188 cm

10°C Comfort rating

Lower limit -6°C

Tech info

850+ FIL POWER

AstraLite™

THE PERFECT THRU TREKKING COMPANION

Regular 920 g

Regular 172 cm

Long 192 cm

3°C Comfort rating

Lower limit -7°C

SYNTHETIC SLEEPING BAGS

Synthetic bags offer versatility at a great price. Premium insulation means our range of bags compact well and offer great warmth for weight. In addition to hiking, and biking, these bags are an ideal choice for kayakers as they provide warmth even when wet.

ECO SYNTHETICS

Synthetic bags offer versatility at a great price. Premium insulation means our range of bags compact well and offer great warmth for weight. In addition to hiking, and biking, these bags are an ideal choice for kayakers as they provide warmth even when wet.

Also available

Traillhead ThII™

ROOMY & VERSATILE SLEEPING BAG THAT CAN OPEN OUT TO A QUILT

Regular 1040 g

Regular 183 cm

Long 198 cm

5°C Comfort rating

Lower limit -1°C

New

Jazz™

THE COMFORTS OF HOME FOR A NIGHT UNDER THE STARS

Regular 2720 g

Regular 183 cm

0°C Comfort rating

Lower limit -1°C

Also available

Evo Super

VERSATILE SEMI-RECTANGULAR SLEEPING BAG

Regular 1610 g

Regular 185 cm

0°C Comfort rating

Lower limit -6°C

Tech info

It's a double

Basecamp 2 BCII™

SPACIOUS, DOUBLE CAMPING SLEEPING BAG

Regular 2300 g

Regular 183 cm

Long 183 cm

1°C Comfort rating

Lower limit -7°C

ENDLESS PROMISE™

Nemo Equipment Forte is now officially a standard in sustainability as well as comfort and performance. A synthetic sleeping bag for the backcountry made to be 100% recyclable.

Also available

Evo Ultralight

VERSATILE SEMI-RECTANGULAR SLEEPING BAG

Regular 1320 g

Regular 185 cm

4°C Comfort rating

Lower limit -2°C

New

Jazz Double™

ULTIMATE COMFORT FOR TWO

Regular 4050 g

Long 198 cm

0°C Comfort rating

Lower limit -1°C

New

Forte 20™

3-SEASON SYNTHETIC SLEEPING BAG FOR THE BACKCOUNTRY

Regular 1550 g

Regular 183 cm

Long 198 cm

1°C Comfort rating

Lower limit -6°C

Tech info

New

Forte 20™ WOMEN'S

3-SEASON SYNTHETIC SLEEPING BAG FOR THE BACKCOUNTRY

Regular 1630 g

Regular 183 cm

7°C Comfort rating

Lower limit -12°C

EXPERIENCE IS EVERYTHING