1. Welcome
2. Sleeping Systems = Tent / Shelter + Insulation
   1. Insulation includes sleeping pads, sleeping bags, quilts…
   2. Tents covered separate session, our focus is insulation options
      1. Tents, open tarps, bivvy sacks, hammocks
3. Considerations:
   1. What your tent or shelter is will impact sleeping bag / pad
   2. Youth or Adult
   3. How do you sleep, warm, cold…
4. Sleeping Pads
   1. Strongly encouraged for insulation and comfort – closed cell, open cell, air pad
   2. Closed cell pad – fold or roll up, durable, bulky
   3. Open Cell – semi – inflatable, self-inflating (Thermarest, Big Agness..)
   4. Air Mattress – various thicknesses
   5. Consider cost, where/how used, limitations of working with backpack…
5. Sleeping Bags
   1. Two main types – Down and Synthetic fill
   2. Temp Ratings now Std – EN Rating (1.5” pad, dummy w/ sensors, cold chamber)
   3. Down benefits and limits
      1. Better weight to warmth rating ratio, compresses smaller
      2. No insulation when wet; some new water resistant down improves this
   4. Synthetic
      1. Bulker (not an issue on external frame packs)
      2. Maintains insulation properties when wet
6. Other items to consider
   1. Sleeping Bag Liner
   2. Wearing separate sleeping clothing
   3. Care and cleaning of sleeping bag – Nikwax down wash,
   4. Storage / Storage bag

Helpful links for information

<http://www.rei.com/outdoorschool/hiking-camping-classes.html>

<http://www.sierratradingpost.com/lp2/buying-guides/>