How to choose a sleeping bag

Paddy Pallin SINCE 1930

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?

To 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

Tech info

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?

Industry speak

TEMPERATURE RATING STANDARDS

In order to compare like with like our range of sleeping bags are listed by the industry standard EN/ISO temperature rating's providing consistency, reliability, and clarity. Sleeping bags for use below -18˚C are listed by field test ratings.

Comfort rating
The temperature at which a standard adult female can expect to sleep comfortably in a relaxed position.

Lower limit rating
The lowest temperature at which a standard adult male is in thermal equilibrium and just not feeling cold.

Field test rating
Extreme cold bags listed here by field test ratings which take into account the additional variability, 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+ FILL POWER

Also available

Trek™ -9
Comfort rating 3˚C · Lower limit -11˚C · Regular 180 cm · Long 195 cm · Regular Weight 1139 g

Trek™ -1
COMFORT, VERSATILITY AND VALUE
Comfort rating 3˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1139 g

650-750 FILL POWER

Zodiac 700
Comfort rating -2˚C · Lower limit -14˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 1040 g · Regular Weight 1080 g

Zodiac 500™
CAMPING AND HIKING SLEEPING BAG SPACIOUS, DURABLE, COMFORTABLE
Comfort rating -2˚C · Lower limit -14˚C · Regular 180 cm · XL/Tall 200 cm · Women's Regular Weight 1040 g · Regular Weight 1080 g

750-850 FILL POWER

Also available

Ascent™ -9
Comfort rating -7˚C · Lower limit -18˚C · Regular 180 cm · Long 195 cm · Regular Weight 1020 g

Ascent™ -1
LIGHT, COMFORTABLE AND ADAPTABLE
Comfort rating -7˚C · Lower limit -18˚C · Regular 180 cm · Long 195 cm · Regular Weight 795 g

COOL
Average night-time lows of 5˚C

650+ FILL POWER

Also available

Trek™ -9
Comfort rating -1˚C · Lower limit -11˚C · Regular 180 cm · Long 195 cm · Regular Weight 1239 g

Trek™ -1
COMFORT, VERSATILITY AND VALUE
Comfort rating -1˚C · Lower limit -11˚C · Regular 180 cm · Long 195 cm · Regular Weight 1239 g

650-750 FILL POWER

Basecamp™
COMFORTABLE, VERSATILE, VEHICLE CAMPING
Comfort rating -4˚C · Lower limit -16˚C · Regular 180 cm · Long 195 cm · Regular Weight 1630 g

750-850 FILL POWER

Also available

Ascent™ -9
Comfort rating -11˚C · Lower limit -23˚C · Regular 180 cm · Long 195 cm · Regular Weight 1170 g

Ascent™ -1
LIGHT, COMFORTABLE AND ADAPTABLE
Comfort rating -11˚C · Lower limit -23˚C · Regular 180 cm · Long 195 cm · Regular Weight 1170 g

COLD
Average night-time lows of 0˚C

650+ FILL POWER

Trek™ -18
COMFORT, VERSATILITY AND VALUE
Comfort rating -11˚C · Lower limit -18˚C · Regular 180 cm · Long 195 cm · Regular Weight 1660 g

650-750 FILL POWER

Also available

Disco 30
Comfort rating -3˚C · Lower limit -15˚C · Regular 180 cm · Long 195 cm · Regular Weight 1520 g

Disco 15
SIDE SLEEPING COMFORT MEETS PACKABILITY
Comfort rating -3˚C · Lower limit -15˚C · Regular 180 cm · Long 195 cm · Regular Weight 1520 g

Also available

Disco 30
Comfort rating -9˚C · Lower limit -21˚C · Regular 180 cm · Long 195 cm · Regular Weight 1700 g

Disco 15
SIDE SLEEPING COMFORT MEETS PACKABILITY
Comfort rating -9˚C · Lower limit -21˚C · Regular 180 cm · Long 195 cm · Regular Weight 1700 g

750-850 FILL POWER

Warmlite XT-R 750
VERSATILE HIKING SLEEPING BAG WITH A TECHNICAL SHELL FABRIC
Comfort rating -3˚C · Lower limit -15˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 1270 g · Regular Weight 1310 g

Brindabella XT 700
HIKING AND SKI TOURING ALL ROUNDER
Comfort rating -8˚C · Lower limit -20˚C · Regular 180 cm · XL 200 cm · Women's Regular Weight 1300 g · Regular Weight 1340 g

800+ FILL POWER

patagonia
WARMTH, WITHOUT ANY EXTRA FEATURES TO WISH YOU DOWN.
Comfort rating 0˚C · Lower limit -7˚C · Regular 180 cm · Long 195 cm · Regular Weight 1021 g

Fitz Roy™ 20
Comfort rating -2˚C · Lower limit -11˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 922 g

Fitz Roy™ 30
Comfort rating -2˚C · Lower limit -11˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 922 g

New

Coda™ 10/20
FULLY RECYCLABLE ULTRALIGHT MUMMY SLEEPING BAG
Comfort rating -5˚C · Lower limit -12˚C · Regular 180 cm · Long 195 cm · Regular Weight 790 g

Coda™ 25/35
Comfort rating -3˚C · Lower limit -10˚C · Regular 180 cm · Long 195 cm · Regular Weight 790 g

New

Riff 30™
Comfort rating -4˚C · Lower limit -20˚C · Regular 180 cm · Long 195 cm · Regular Weight 1160 g

Riff 15™
Comfort rating -4˚C · Lower limit -20˚C · Regular 180 cm · Long 195 cm · Regular Weight 1160 g

New

Riff 30™
Comfort rating -11˚C · Lower limit -27˚C · Regular 180 cm · Long 195 cm · Regular Weight 1070 g

Riff 15™
Comfort rating -8˚C · Lower limit -24˚C · Regular 180 cm · Long 195 cm · Regular Weight 1070 g

800+ FILL POWER

Helium 300
ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 680 g · Regular Weight 720 g

Helium 450
ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES
Comfort rating -1˚C · Lower limit -7˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 860 g · Regular Weight 900 g

Helium 600
ULTRALIGHT COMPACT ALL ROUNDER WITH VERTICAL BAFFLES
Comfort rating -4˚C · Lower limit -10˚C · Regular 180 cm · XL 200 cm · Women's Regular Weight 1000 g · Regular Weight 1040 g

CHOOSE THE RIGHT SLEEPING BAG
Speak to our friendly staff today!
Paddy Pallin SINCE 1930
EXPERIENCE IS EVERYTHING

850+ FILL POWER

Spark™ 7
LIGHT & COMPACT BY DESIGN
Comfort rating 11˚C · Lower limit 7˚C · Regular 180 cm · Long 195 cm · Regular Weight 362 g

Spark™ 7
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 362 g

Spark™ -1
LIGHT & COMPACT BY DESIGN
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 394 g

Spark™ -1
Comfort rating -1˚C · Lower limit -7˚C · Regular 180 cm · Long 195 cm · Regular Weight 394 g

Spark™ -9
LIGHT & COMPACT BY DESIGN
Comfort rating -2˚C · Lower limit -9˚C · Regular 180 cm · Long 195 cm · Regular Weight 482 g

Spark™ -9
Comfort rating -2˚C · Lower limit -9˚C · Regular 180 cm · Long 195 cm · Regular Weight 1043 g

Spark™ -9 Double
LIGHT & COMPACT FOR TWO
Comfort rating -2˚C · Lower limit -9˚C · Length 198 cm · Regular Weight 1043 g

850+ FILL POWER

SummerLite
EXTREMELY LIGHT SUMMER HIKING SLEEPING BAG
Comfort rating 5˚C · Lower limit 0˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 540 g

Sycamore MF
SEMI-RECTANGULAR HIKING BAG
Comfort rating 0˚C · Lower limit -6˚C · Regular 180 cm · Long 195 cm · Regular Weight 965 g

UltraLite
VERSATILE LIGHTWEIGHT SLEEPING BAG
Comfort rating -4˚C · Lower limit -10˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 659 g

Apache Gore Infinium
ALPINE SLEEPING BAG
Comfort rating -5˚C · Lower limit -12˚C · Regular 180 cm · Long 195 cm · Regular Weight 1059 g

Puma Gore Infinium Expedition
MOUNTAINEERING SLEEPING BAG
Shoulderstoring Field Tested · Comfort rating -32˚C · Lower limit -50˚C · Regular 180 cm · Regular Weight 1700 g

850+ FILL POWER

MegaLite
ULTRALIGHT SLEEPING BAG WITH ROOM TO MOVE
Comfort rating 0˚C · Lower limit -6˚C · Regular 180 cm · Regular Weight 800 g

TerraLite
SIDE SLEEPER COMFORT & LIGHT-WEIGHT PACKABILITY IN ONE BAG
Comfort rating -2˚C · Lower limit -8˚C · Regular 180 cm · Regular Weight 900 g

Designed to fit broad shoulders.

AlpinLite
VERSATILE LIGHTWEIGHT SLEEPING BAG
Comfort rating -4˚C · Lower limit -10˚C · Regular 180 cm · Long 195 cm · Regular Weight 1060 g

VersaLite
VERSATILE LIGHTWEIGHT SLEEPING BAG
Comfort rating -6˚C · Lower limit -13˚C · Regular 180 cm · Long 195 cm · Regular Weight 1020 g

Alpine
ULTRA LIGHTWEIGHT DESIGN WHERE EVERY GRAM COUNTS
Comfort rating -19˚C · Lower limit -29˚C · Regular 180 cm · Long 195 cm · Regular Weight 1659 g

850-1000 FILL POWER

Zero Superlight
ULTRALIGHT 1000+ DOWN 2-3 SEASON ADVENTURE BAG
Comfort rating 8˚C · Lower limit 2˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Women's Regular Weight 417 g · Regular Weight 450 g

Spark™ Pro -1
GO FURTHER WITH ULTRALIGHT COMFORT
Comfort rating 3˚C · Lower limit -3˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 618 g · Regular Weight 658 g

Spark™ Pro -9
GO FURTHER WITH ULTRALIGHT COMFORT
Comfort rating -3˚C · Lower limit -9˚C · Regular 180 cm · Long 195 cm · Women's Regular Weight 758 g · Regular Weight 798 g

Badger MF
SPACIOUS, WARM AND WEATHER-RESISTANT COMFORT
Comfort rating -9˚C · Lower limit -15˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 1075 g

Sonic -20™
TRUSTED WARMTH IN ALPINE CONDITIONS
Shell and liner fabrics are Bluesign® approved and Oeko-Tex® approved. Note: Water-resistant fabrics on hood and foot only.
Mountaineering Field Tested · Comfort rating -29˚C · Lower limit -45˚C · Regular 180 cm · Long 195 cm · Regular Weight 850 g

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 and are therefore highly prized by those doing multi-day self-powered trips.

5 CAN WE ZIP OUR SLEEPING BAGS TOGETHER?

LEFT RIGHT

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.

NEED HELP?

Speak to our friendly staff in-store.

6 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.

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 Down Wash Direct by Nikwax, Storm or Gear Aid.

ALPINE WINTER & MOUNTAINEERING

850-1000 FILL POWER

Sonic 0™
TRUSTED PARTNER IN THE BACKCOUNTRY
Note: Water-resistant fabric on hood and foot only.
Comfort rating -10˚C · Lower limit -18˚C · Regular 180 cm · Long 195 cm · Regular Weight 1530 g

Sonic -20™
TRUSTED WARMTH IN ALPINE CONDITIONS
Shell and liner fabrics are Bluesign® approved and Oeko-Tex® approved. Note: Water-resistant fabrics on hood and foot only.
Mountaineering Field Tested · Comfort rating -29˚C · Lower limit -45˚C · Regular 180 cm · Long 195 cm · Regular Weight 850 g

Brindabella XT 850
HIKING AND SKI TOURING ALL ROUNDER
Comfort rating -10˚C · Lower limit -16˚C · Regular 180 cm · XL 200 cm · Women's Regular Weight 1400 g · Regular Weight 1440 g

Kodiak MF
ULTRALIGHT, WITH ROOM TO MOVE.
Comfort rating -12˚C · Lower limit -19˚C · Regular 180 cm · Long 195 cm · Regular Weight 1355 g

Spindrift XT 1000
Comfort rating -13˚C · Lower limit -19˚C · Regular 180 cm · Regular 175 cm · Regular Weight 1430 g

Spindrift XT 850
ALPINE EXTREME ADVENTURE SPECIALIST
Comfort rating -13˚C · Lower limit -19˚C · Regular 180 cm · Regular 175 cm · Regular Weight 1430 g

850+ FILL POWER

Antelope Gore Infinium
HIGH ALTITUDE SLEEPING BAG
Comfort rating -12˚C · Lower limit -19˚C · Short 167 cm · Regular 180 cm · Long 195 cm · Regular Weight 1275 g

850+ FILL POWER

Ultralight Top Quilt
Comfort rating 0˚C · Lower limit -5˚C · Regular 180 cm · Weight 854 g

Alton™ Ultralight Top Quilt
CLOSED FOOTBOX FOR EXTRA TOASTY TOES
Weight 754 g · Regular 180 cm

Also available

Ultralight Top Quilt
Comfort rating -1˚C · Lower limit -7˚C · Regular 180 cm · Weight 854 g

Straps on the underside keep the quilt in place.

AstraLite™
THE PERFECT THRU TREKKING COMPANION
Weight 854 g · Regular 180 cm · Long 200 cm

850 FILL POWER

Waratah Quilt
Comfort rating -2˚C · Lower limit -8˚C · Regular 180 cm · Regular Weight 785 g

NEVE GEAR
Waratah Quilt
ADD WARMTH TO A SLEEPING BAG OR AN ULTRALIGHT SLEEP OPTION
Weight 845 g · Regular 180 cm · Long 200 cm

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.

MILD TO COOL
Average night-time lows of 10˚c

850 FILL POWER

Also available

Ember Quilt™
Comfort rating 7˚C · Lower limit 1˚C · Regular 180 cm · Long 195 cm · Regular Weight 544 g

Ember Quilt™
ADD WARMTH TO A SLEEPING BAG OR AN ULTRALIGHT SLEEP OPTION
Regular Weight 454 g · Regular 180 cm · Long 195 cm

COOL
Average night-time lows of 5˚C

850+ FILL POWER

Also available

Ultralight Top Quilt
Comfort rating -1˚C · Lower limit -7˚C · Regular 180 cm · Weight 854 g

Straps on the underside keep the quilt in place.

AstraLite™
THE PERFECT THRU TREKKING COMPANION
Weight 854 g · Regular 180 cm · Long 200 cm

850 FILL POWER

Waratah Quilt
Comfort rating -2˚C · Lower limit -8˚C · Regular 180 cm · Regular Weight 785 g

NEVE GEAR
Waratah Quilt
ADD WARMTH TO A SLEEPING BAG ON AN ULTRALIGHT SLEEP OPTION
Weight 845 g · Regular 180 cm · Long 200 cm

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.

Tech info

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.

Evo Series
VERSATILE SEMI-RECTANGULAR SLEEPING BAG
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1220 g

Evo **Ultra Light**
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1020 g

Evo **Light**
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1020 g

Evo **Super**
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1020 g

Also available

Hamelin™ -9
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1160 g

Hamelin™ -1
ECO-FRIENDLY, VERSATILE, AND PERFORMANCE-FOCUSED COMFORT
Comfort rating 4˚C · Lower limit -1˚C · Regular 180 cm · Long 195 cm · Regular Weight 1220 g

Jazz Double™
ULTIMATE COMFORT FOR TWO
Comfort rating 0˚C · Lower limit -7˚C · Regular 180 cm · Long 195 cm · Double Weight 1800 g

Also available

Forte™ 35
Comfort rating -1˚C · Lower limit -8˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1410 g

Forte™ 20
3-SEASON SYNTHETIC SLEEPING BAG FOR THE BACKCOUNTRY
Comfort rating -7˚C · Lower limit -14˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1360 g

Also available

Tempo™ 35
Comfort rating -1˚C · Lower limit -8˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1410 g

Tempo™ 35
100% RECYCLED SYNTHETIC STRATOFIBER™ FILL
Comfort rating -1˚C · Lower limit -8˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1410 g

Tempo™ 20
100% RECYCLED SYNTHETIC STRATOFIBER™ FILL
Comfort rating -7˚C · Lower limit -14˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1360 g

Also available

Forte™ 35
Comfort rating -1˚C · Lower limit -8˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1410 g

Forte™ 20
3-SEASON SYNTHETIC SLEEPING BAG FOR THE BACKCOUNTRY
Comfort rating -7˚C · Lower limit -14˚C · Regular 180 cm · Long 195 cm · Regular Wide 180 cm · Regular Weight 1360 g

Note: Sleeping Bag colours may vary from those displayed. Check with our staff to confirm.

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