

Check list:

10 Important questions to ask yourself before buying a sleeping bag:

- 1. What am I going to use it for?**
Backpacking / Camping/ Trekking / Hut to hut hikes
- 2. Which altitude am I going to?**
What temperatures am I going to expect? Alpine/ Tropical / Arctic / Mediterranean / all?
- 3. Where am I going to use the sleeping bag?**
Asia/ Africa, Expedition, Camping / Holiday, The Alps
- 4. Is weight important for me?**
Am I going to carry it all the time?
- 5. Am I going to bivouac under the stars?**
Is there a tent, am I in the hut? Do I need to look for anything that is water repellent?
- 6. Am I a woman?**
Or a man. Does it really matter?
- 7. Does shape matter?**
How do I sleep? Curled, at the side, on my back, on my tummy, I am a restless sleeper
- 8. What else do I need besides the sleeping bag?**
Good quality sleeping pads, Dew protection, Inlets
- 9. What features should I look out for?**
- 10. Are you a left or right hand sleeper ?**