

Sleeping Bag Information

Down vs. Synthetic

Down

Down not only has a soft, comfortable feel, it has the best warmth-to-weight ratio of any insulation available. The feathers and fibers are known for their efficiency in trapping body heat and are very easily compressed, which makes for easy storage. The one downfall to this insulation is that it loses all of its ability to maintain warmth when it gets wet.

Synthetic

An affordable alternative to down, synthetic insulation is available in many varieties. It is very efficient at retaining body heat and has the ability to insulate at almost any temperature. Two of the biggest advantages of synthetic fill are its ability to maintain insulating properties when wet and that it has less required maintenance than down.

Hollofil II - Specially designed four-hole fibers are very easily compressed, soft, and supple and will provide for good warmth and comfort without the added weight.

- **Polarguard 3D** - One of the lightest, most easily compressed, high-end insulations, is made from a continuous filament fiber. By decreasing the filament denier by 40% the fiber has a down like feel which is soft and silky. Each fiber is made with exclusive high-void triangular cross-section that prevents fiber collapse, enabling it to retain loft (even when wet), without compromising durability, over years of use.
- **Polarguard IIV** - This insulation is also a continuous filament fiber with a high-void triangular cross-section. It will not separate, mat, or clump and has great strength, loft and thermal efficiency. While these fibers are not as light and as easily compressed as Polarguard 3D, they do create a better barrier that captures and retains body heat more effectively than solid synthetic fibers.
- **Quallofil** - Engineered with seven-hole fibers. Quallofil provides extraordinary warmth and performance. Seven holes allow the fiber to trap and maintain more warmth than solid fibers. Quallofil provides 25% more warmth than down and dries faster. It will maintain its loft and insulating properties over time.
- **Lamilite** - Possesses an extraordinary quality that helps contain the flow of heat that your own body generates. The key to Lamilite's ability to perform is that it allows the body's own thermostat to function efficiently. Lamilite is lofty and light weight, the more loft surrounding your body, the more difficult it is for your body heat to escape. The lighter weight of the insulation the lighter weight of the bag. Lamilite surrounds the body much the same way a down bag does, filling in or draping closed around the body. This eliminates heat loss from convection. Wiggy's bags are guaranteed for life.



Types of construction

- **Offset Quilt** By layering two or more sheets of insulation between the liner and shell of a sleeping bag, heat is easily trapped and maintained. To eliminate cold spots, one layer of fill is stitched to the liner, another layer is stitched to the shell, and then the quilt lines are offset so they do not lay on top of one another. Offset quilt construction is a durable method, designed to last and maintain its shape and structure. 
- **Sewn-Through Construction** - Down is contained by sewing the inner liner and outer shell together to create a tube. This method can allow outside air to come in at the seams and will let the down shift more easily. For this reason, companies use this method in their inexpensive lightweight summer bags. By allowing the down to shift within each baffle, the insulating ability may be varied, but not controlled. 
- **Straight-Wall Baffles** - Down is contained in rectangular "tubes" with a tricot mesh "wall" between the baffles. This allows warm air to circulate while preventing the down from shifting. Although not able to maintain its shape as well as a trapezoidal baffles this baffle method does not allow for cold spots at the seams and works well for three-season and warmer weather bags. 
- **Trapezoidal Baffle** - Uniquely shaped baffles are sewn together opposing one another. This construction keeps the chamber volume constant and provides excellent baffle stability. A tricot mesh "wall" between the baffles allows warm air to circulate while preventing the down from shifting. 

Choosing a temperature rating

The insulating qualities of a sleeping bag depend on much more than simply its temperature rating. Bag shape, the type of sleeping pad, and your physical condition and metabolism all contribute to the overall level of insulation. If you are a cold sleeper, you may consider a bag rated five- to ten-degrees below the anticipated temperature. If you are a warm sleeper, choose a bag with a rating equivalent to the ambient temperature.

Selecting a temperature rating

All temperature ratings refer to the outside air temperature in degrees Fahrenheit



30+ degrees F
For warm
weather & mild
climates



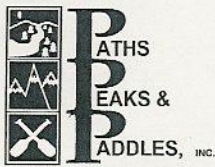
20 degrees F
Generally a
good choice in
mountain
climates for 3
season use



0 degrees F
Good for
extended 3
season to 4
season use



-20 degrees F
Winter use



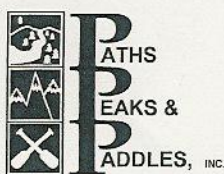
Tips for sleeping warm

- Always use a full-length pad under your sleeping bag. This helps prevent heat loss directly into the ground.
- Take a walk or exercise before getting into the bag. **Don't work up a sweat**— just enough to warm up your body.
- Stay hydrated.
- Eat something before getting into bed. Not too much—just enough to keep the internal fire burning.
- Wear a fleece hat.
- Consider a liner to increase the temperature range of the bag.

Care & Cleaning

Down

- **Professional cleaning services**
 - Send the bag to a cleaner experienced in cleaning down products, who will guarantee their work.
 - A quality service will launder your bag, rather than dry cleaning it.
 - Solvents used in dry cleaning can strip the natural oils from the feathers that help the bag retain loft.
- **If cleaning at home**
 - Close zippers and Velcro tabs.
 - Machine wash in front-loading machine or large tub with cold water and mild soap (Ivory Flakes, Woolite, Sport Wash, Etc). **DO NOT** use detergents, bleach or fabric softener. **DO NOT** use an agitator-style, top-loading machine. The agitator could cause damage to shell and insulation not covered under warranty.
 - Rinse thoroughly in clean water, making absolutely sure that all soap residue is removed from the feathers.
 - When you are sure that all of the soap residue has been removed, drip dry or tumble dry at a no - heat setting. It may take several hours to completely dry the bag.
 - Clean tennis balls may be used in the dryer to restore loft.
 - Check your bag frequently while it is drying.



Synthetic

- **DO NOT DRY CLEAN.**
- Close zippers and velcro tabs.
- Machine wash in front-loading machine (**DO NOT** use an agitator-style, top-loading machine. The agitator could cause damage to shell and insulation not covered under warranty) with cold water and mild soap (Ivory Flakes, Woolite, Sport Wash, Etc.) Not detergents. **DO NOT** use bleach or fabric softener.
- Rinse thoroughly; double rinse if necessary to eliminate soap residue.
- Line dry only. **DO NOT** use a dryer to dry (Heat in dryer may cause damage to bag not covered by warranty.) Unzip & dry open.
- Dryer can be used to fluff bag only, **NO HEAT**, fluff cycle only.

Storage

Between trips, it is best to store your bag in a large, cotton sack. Never use a plastic bag since it can trap moisture and encourage mold, mildew and bacterial growth. Try to never store your sleeping bag in a small stuff sack since, over time, this reduces the loft of the sleeping bag (Except for Wiggy's Bags).