

## What Sleeping Bag to Take to Philmont?

Question--I'm searching for a new sleeping bag for Jake for Philmont. He currently only has a big bulky one for -30 degrees, so I'm looking for something lighter, more compact. I'm looking at a 40 degree bag-- is that warm enough for Philmont in August ? I'm not familiar with how the elevation/topography affects the temperature, humidity etc. Thanks for your opinion on this--

Answer: When you talk about sleeping bags you are talking about a sleep-system.

1. 40 degree is not warm enough, look more at 20 degrees for Philmont. But there is no ONE RATING system, so it is tough to say what they mean by a "20 degree sleeping bag". You are taught to pack for "One Season Worst Than Where You Are". For the Nov trip, assume 20 degree weather and snow. The same for Philmont, after all, we are hiking between 8,000 and 12,000 feet. That is pretty high up. A cool August and it might snow.

2. A sleep system includes the following: sleeping bag, ground pad (acts as an insulator, the cold ground will suck the heat away), any liners (fleece and otherwise), and what you go to sleep in. It all comes together. And changing into clean, dry sleep cloths is a BIG advantage to keeping warm.

2.A -- Just like staying warm on a cold day, you use layers to stay warm at night. Start with what your wear to bed, add your sleeping bag liners, then the sleeping bag followed by the sleep pad.

3. You stay warm by heating the air in the sleeping bag with your body. The less air to keep warm, the bag tends to get warm "quicker", therefore, the advantage of a mummy bag. I have a square bottom bag because I like to move around. Noah uses a mummy bag with a fleece liner.

4. My layers: sleeping pad, down bag, fleece liner, and cotton liner to sleep in and keep my sleeping bag clean. I change my clothes, wear a fleece jacket over my t-shirt, and clean dry socks on my feet and even something on my head and hands if I need to more assistance.

6. Today's synthetics are just as good as down and they are washable.

7. Go to the bathroom before going to bed. When you have to pee, you body temperature drops, you become cold and wake up. If you do not have to pee, your body temperature stays up.

Finally: You want something that is crushable, so it can be made into a small package and carried in your backpack. You need a ground pad as in insulator and to protect you from the rocks and stones sticking up from the ground at Philmont. You can buy liners that fit the type of sleeping bag you buy.

Go to REI, Dicks, Uncle Dans (Evanston) or Cabellas

more information --

got to [http://troopnine.bucksbaum.com/camping\\_resources.htm](http://troopnine.bucksbaum.com/camping_resources.htm) and scroll down to Okpik and look at "Okpik Overview Sleep Systems"

Thanks for asking,

Steve Bucksbaum.