

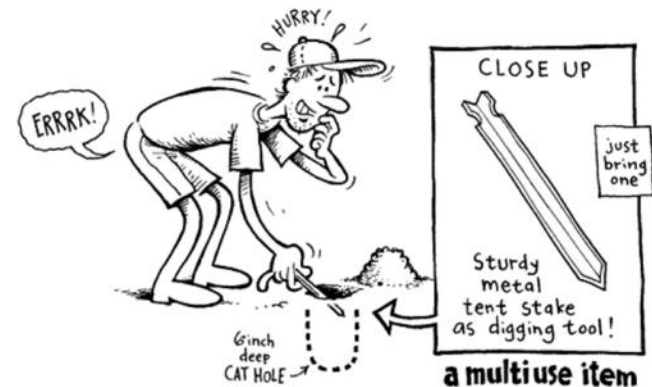
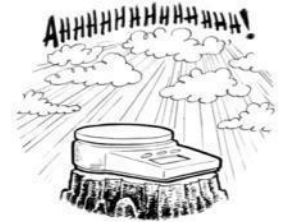


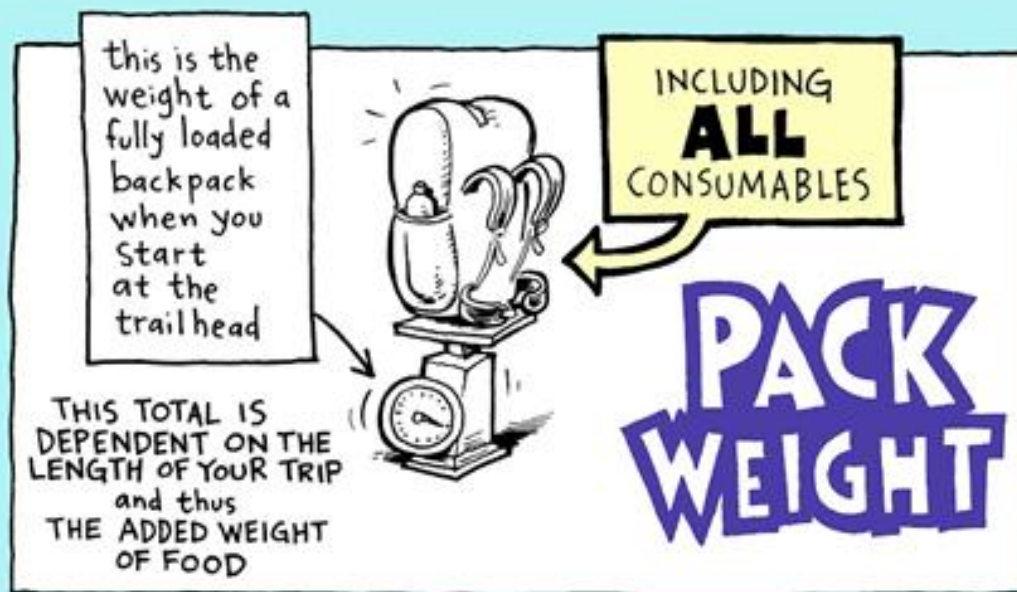
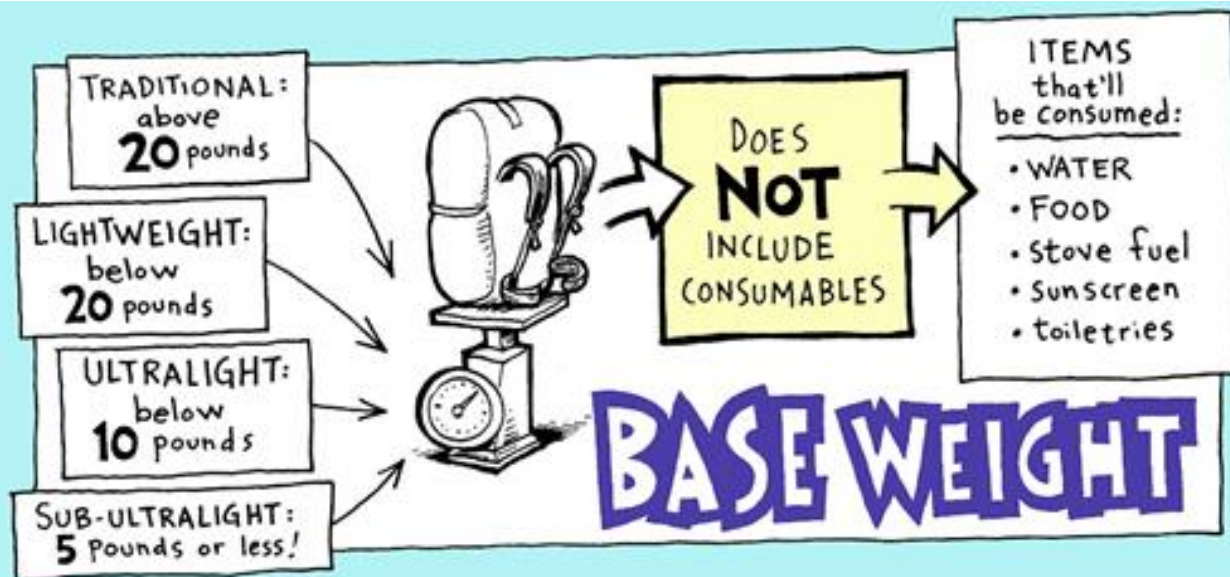
Sleeping Systems for Lightweight Backpackers

Presented By
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Principles of Lightweight Backpacking

1. Take enough gear to be safe, comfortable and confident.
2. Know the actual weight of each item.
3. Whenever possible, use multipurpose items.
4. Look at the heaviest items first.
5. When selecting items, use the smallest items that will suit your needs.
6. Choose lightweight gear that is useful, sturdy and dependable.





Packing Categories

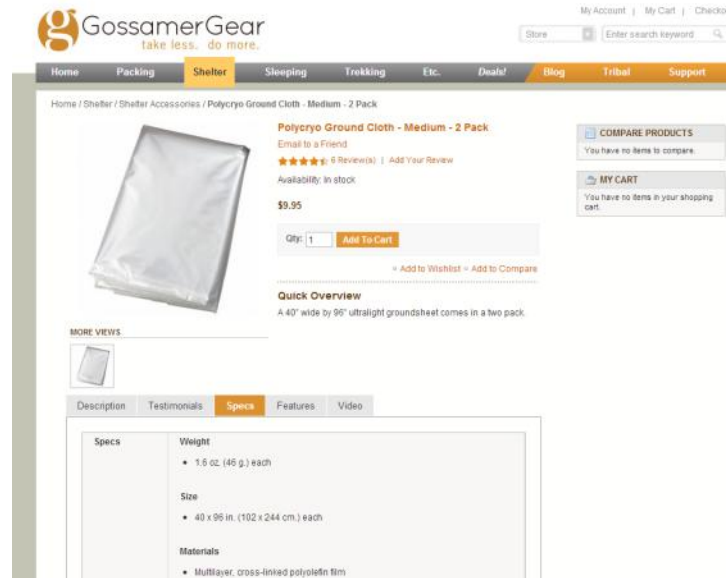
No.	Description	Notes
1	Risk Management	Know before you go: weather forecast , terrain, route and water sources.
2	Pack Weight	My objective is 10-12 lbs
3	Footwear	Trail shoes or low cut hiking boots
4	Backpacks	Gossamer Gear Mariposa
5	Navigation	Map, compass, GPS
7	Clothing System	Weather protection, thermoregulation and layers
8	Sleep System	Sleeping bag or quilt, pad, sleep wear
9	Shelter	Tarp tent
10	Hydration	Platypus , purification tablets
11	Food & Cooking Equipment	Plan for about 2 lbs of food per day, stove, fuel, pot/bowl/cup, spoon
12	Hygiene	Toothbrush, toothpaste (mini size)
13	First Aid	Advil, bandaids, moleskin, tweezer

What Type of Sleeping System Do I Really Need?

- Conditions?
 - Expected Weather – rain, snow, etc.
 - Night time Temperatures
 - Humidity
- Classifications
 - Mummy
 - Quilt
- Insulation
 - Down and Dri-Down
 - Synthetic (Polarguard, etc.)

Shelter Materials

- Urethane-coated Rip Stop Nylon
- Silicone coated Rip Stop Nylon (Sil Nylon)
- Cuben Fiber
- Spinnaker
-
- And don't forget about the ground cloth...



The screenshot shows the GossamerGear website interface. The top navigation bar includes links for Home, Packing, Shelter, Sleeping, Trekking, Etc., Deals, Blog, Tribal, and Support. The main content area displays the product page for "Polycryo Ground Cloth - Medium - 2 Pack". The product is priced at \$9.95 and is available in stock. The page includes a "Quick Overview" section and a "Specs" table.

Polycryo Ground Cloth - Medium - 2 Pack
Email to a Friend
★★★★☆ 6 Review(s) | Add Your Review
Availability: In stock
\$9.95
Qty: 1 [Add To Cart](#)
[Add to Wishlist](#) [Add to Compare](#)

Quick Overview
A 40" wide by 96" ultralight groundsheet comes in a two pack.

Specs

Specs	Weight
	• 1.0 oz. (46 g.) each
Size	• 40 x 96 in. (102 x 244 cm.) each
Materials	• Multilayer, cross-linked polyolefin film

Sleeping Gear Manufacturers

Sleeping Bag Manufacturers

- North Face
- Marmot
- REI

Lightweight Specialty Manufacturers

- Feathered Friends
- Western Mountaineering
- Jacks R Better



The Difference of Premium Down

North Face “Blue Kazoo”

- Old School Mountaineering Bag
- EN Temp Rating: 28°F (-2°C)
- Insulation = 650 Goose Down Fill
- Weight = 2 lbs 12 oz
- Price = \$279-\$299



Marmot “Hydrogen”

- Lightweight/Compactness using Higher Quality Down Fill
- EN Temperature Rating: 28°F (-2°C)
- Insulation = 850 Goose Down Fill
- Weight = 2 lbs 3 oz
- Price = \$399



Shed Weight With A Quilt

- Bottom of Down sleeping bag provides no insulation where crushed flat by body weight
- Eliminates weight of bottom half of sleeping bag
- Same comfort – more versatile and adjustable



Multifunction Sleep Systems

EXPED Dreamwalker 450

- Formerly Wallcreeper
- EN Temp Rating: 38°F (3°C)
- Insulation = 750 Goose Down Fill
- Weight = 31 oz
- Price = \$389-\$439
- Synthetic version also available



Jacks R Better “Sniveler”

- Quilt doubles as a serape!
- Temperature Rating: 25-30°F (-2°C)
- Insulation = 800 Goose Down Fill
- Weight = 22 oz
- Price = \$249



Sleeping Pads

Cascade Designs / Therm-A-Rest

- Neolite Xlite (12 oz), \$160
- Z-Lite and Z-Lite-SOL (14 oz), \$45
- RidgeRest SOLite (14 oz), \$30





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Top Quilts



Sierra Stealth

FROM: \$189.95

Select options



Sierra Sniveller

FROM: \$249.95

Select options



High Sierra Sniveller

FROM: \$279.95

Select options

Economic Multi-Function Quilts



Shenandoah Quilt

FROM: \$169.95

Select options



Hudson River Quilt

FROM: \$229.95

Select options



Old Rag Mtn Quilt

FROM: \$259.95

Select options

Recent News

Activ-dri down

We are now past the first two months of offering active-dri down in 800 fill power. It is pleasing to report; that, you also see the value of this improvement in the hydrophobic quality of down. In fact, well over half of the recent orders are for active-dri down.

900 fill power

Well we have come to the end of 900 fill power down again. The global shortage persists. The pricing is in a bubble state. The value is not what we consider appropriate for our customers, thus JRB is again discontinuing it. We do not anticipate re-offering 900 fill power until 2014, if then.

Trail Days Sale

Well... It is that time of year when everyone starts hitting the trail... The AT community will gather at Damascus Virginia the weekend of 17,18 and 19 May 2013... This will be our TENTH Trail Days in space numbers one and two... If you are in for the week end please stop by and say [...]



Sierra Sniveller

From: \$249.95

Size

Fill

Power [Clear selection](#)



Description

Specs

Video(s)

Reviews (3)

Regular Size

- Length: 78 inches
- Width: 52 inches
- Loft: 2.5 Inches
- Material: 1.1 oz., 30 denier, ripstop nylon
- Insulation: 800 fill power goose down
- Weight: 22 ounces
- Temperature Rating: 25°-30°

Long Size

- Length: 86 inches
- Width: 52 inches
- Loft: 2.5 Inches
- Material: 1.1 oz., 30 denier, ripstop nylon
- Insulation: 800 fill power goose down
- Weight: 24 ounces
- Temperature Rating: 25°-30°

SPECIAL OFFER! Free ground shipping on orders over \$100*.

Question? Live Chat by LivePerson



Sleeping Bags & Quilts

3-Season



M's Z10 Three-Season (Regular)

★★★★★

2 lbs 3 oz. | 990 g

\$349.99

Compare At: \$700.00

Save: 50%

Compare



M's Z10 Three-Season (Long)

★★★★★

2 lbs 6 oz. | 1.06 kg

\$349.99

Compare At: \$700.00

Save: 50%

Compare



W's Z10 Three-Season (Regular)

★★★★★

2 lbs | 905 g

\$349.99

Compare At: \$700.00

Save: 50%

Compare



W's Z10 Three-Season (Long)

★★★★★

2 lbs 2 oz. | 960 g

\$349.99

Compare At: \$700.00

Save: 50%

Compare



M's Adventure 20 Three Season (Regular)

★★★★★

2 lbs 12 oz. | 1.24 kg

\$199.99

Compare At: \$400.00

Save: 50%

Compare



M's Adventure 20 Three-Season (Long)

★★★★★

2 lbs 13 oz. | 1.28 kg

\$199.99

Compare At: \$400.00

Save: 50%

Compare



W's Adventure 20 Three-Season (Regular)

★★★★★

2 lbs 8 oz. | 1.12 kg

\$199.99

Compare At: \$400.00

Save: 50%

Compare



W's Adventure 20 Three-Season (Long)

★★★★★

2 lbs 10 oz. | 1.19 kg

\$199.99

Compare At: \$400.00

Save: 50%

Compare

Unisex Z30 Quilt (Regular)

★★★★★ reviews

\$249.99 Compare At: \$500.00

Save: 50%

WHY SUCH A GREAT PRICE? »

Who says you need a bag to stay warm in the backcountry? Our Ultra Lite 2-Season Quilt is the ideal choice for lightweight purists. Pertex Quantum® GL face fabric and lining combined with 850 Fill Power Goose Down provides maximum warmth-to-weight ratio. Arid Zones™ with waterproof-breathable fabric at the neck and foot protect against moisture in critical areas.

1 lb 6 oz. | 615 g

Out of Stock ▼

Out of Stock ▼



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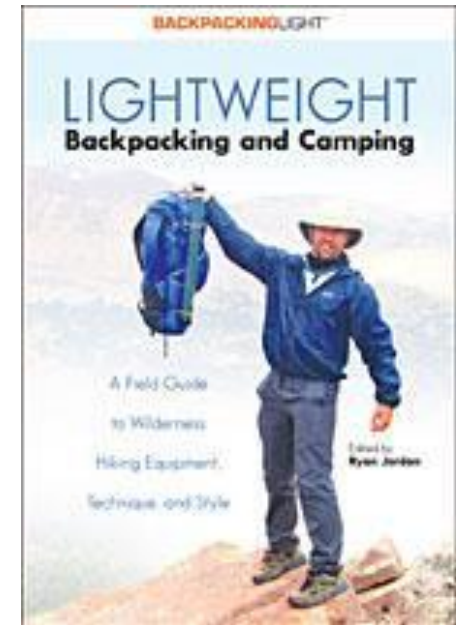
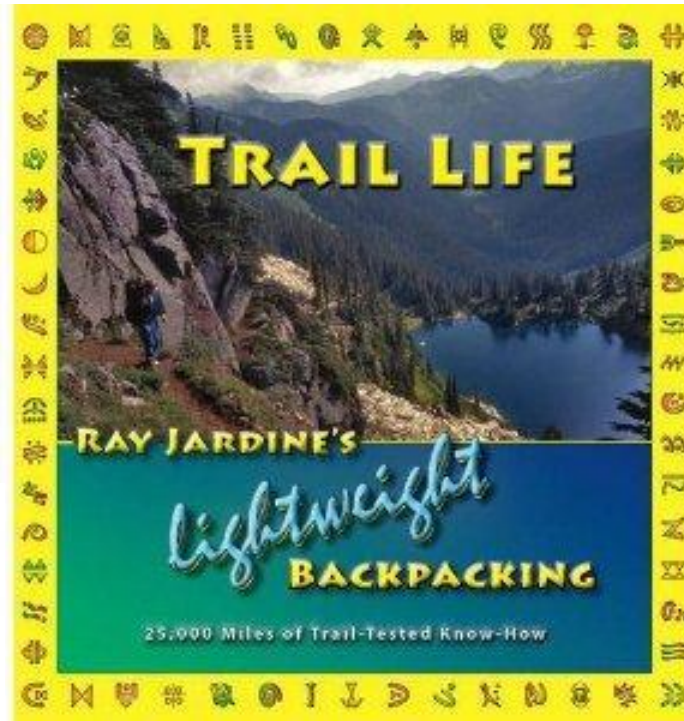
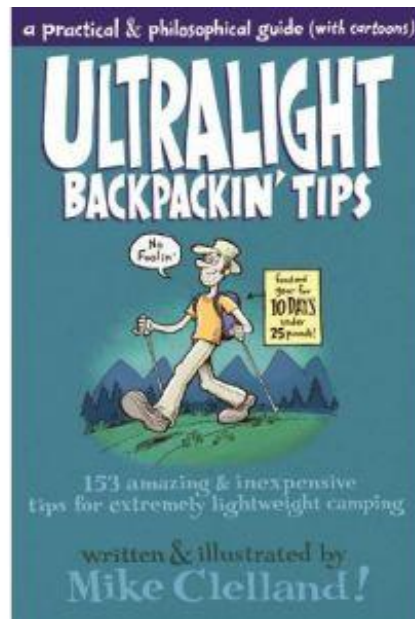
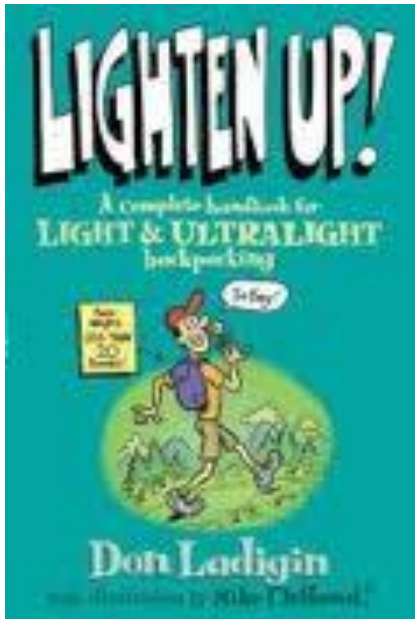


[enlarge +](#)

[Features](#) | [Materials](#) | [Technical Specs](#) | [Product Care](#) | [Ratings & Reviews](#)

- Rating: 30°F / -1°C
- Fill weight: 12.3 oz / 350 g
- User height: up to 6' / 1.83m
- [Download the Sleep System Comparison Chart](#)

LWBP Resources



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