



Sleeping Bags & Insulation Mats



DOWN BAGS

- **Performance:** To realise the bags maximum performance rating it should be used in conjunction with an appropriate sleeping mat. This not only keeps out the cold and aids comfort, but also protects your bag from being damaged and becoming damp from wet ground.
- **Liners:** To keep the inside of your bag and down clean, thereby extending the time before washing is required, use a washable liner. (Choose from silk, pertex, polycotton, cotton or fleece.) Using a fleece liner can upgrade your bag for occasional use in colder conditions than those indicated by the manufacturer.
- **Loft:** The greater the loft, the better the insulation. Take all possible measures to protect the bag's loft.
- Protect the bag from wet or damp conditions. If you anticipate these conditions buy a bag with a proofed outer such as "Endurance" by Rab.
- Anything spilt on the bag should be wiped off immediately.
- For long term storage at home, keep the bag in a large breathable bag and store in a dry environment.
- When stowing your dry bag for carrying, always stuff it into it's sack, as constantly rolling it the same way could establish clumping patterns in the fill compartments.
- **WASHING**
 - **Do not dry clean**
 - The best option to avoid worry and disaster is to get the bag cleaned by a professional down cleaner.
 - If you must clean the bag at home use a recommended commercial down soap. If that is unavailable resort to a very mild soap powder. Strong detergent strips the down of its natural oils which help maintain loft.
 - Home wash the bag in a bath, rinse thoroughly, gently squeeze the water from the bag.
 - Transport sodden down bags rolled up. (Mishandling at this stage could result in the weight of absorbed water tearing the internal baffles of the bag).
- **DRYING**
 - Spin dry only when most of the water has been gently expelled, then tumble dry on a cool setting in a large drum. It could take a number of days before the bag is completely dry.
 - Complete the drying by shaking the bag regularly to ensure an even distribution of down.
 - If clumping of the down has occurred it will be due to insufficient rinsing of the soap from the feathers. Try rinsing thoroughly and drying once more.

- **CARE & REPAIR**

Avoid all chemicals and direct heat sources, radiators etc...

- If pieces of down poke through the shell pull them from the inside, back into the bag rather than out of it.
- Emergency repairs of punctures and tears can be made with duct patches. Round off the patch to prevent corners picking up.
- Zip care: keeps zips functional by using silicone spray lubricants (avoid over-spray onto the fabric where possible). Alternatively lubricate the zip with graphite from a soft pencil (run the pencil down both sides of the open zip).
- Close velcro fastenings during storage and cleaning to avoid fluff collection.

- **LIFESPAN**

- With care, up to 10 years of normal use. Better quality down and construction lasts longest.

SYNTHETIC BAGS

- The general procedures for care and performance of a synthetic bag are the same as those for a down bag. The difference being that synthetic fills are not as affected by damp as down bags are, and little loft is lost through dampness.
- Prolonged compression of the bag will affect the bag more so than a down bag so correct storage is essential.

- **WASHING & DRYING**

- Avoid dry cleaning.
- For home washing: hand wash or follow the manufacturers instructions for the use of machines and dryer. Keep settings low (below 40°C)
- Do not use strong detergents or bleaching agents.
- Dry and handle as for a down bag.

- **LIFESPAN**

- Up to 6 years with normal use. Better quality insulation fabrics and designs will last considerably longer than inferior ones.

- **WARNING**

- KEEP FIRE & BAGS AWAY FROM YOUR BAGS!

INSULATION MATS

- **CLOSED CELL FOAM MATS**

- Very low maintenance. Wash with soapy water when grubby, but avoid chemical contact and extreme heat.
- Can be placed under a tent to protect both ground sheet and sleeping bag from puncture.
- Can be cut into sections and taped back together to form a 'hinged' foldable mat suitable for sitting on in awkward bivvies, and stored easily inside your sack against your back.
- Ideal for use as emergency splint in first aid situations.

- **SELF INFLATING MATS**

- Take great care to avoid puncture and always carry a puncture repair kit and spare valve.
- Avoid chemicals and direct heat sources.
- Wash with warm soapy water (valve closed). Dry in a good air current.
- Store with the valve open and the mat inflated to maintain the loft of the foam fill. Keep dry during storage to prevent mildew affecting the P.U. coating.
- Do not leave the mat inflated in a hot place, e.g. in a car as it may expand and explode.
- Not recommended for use as surf board!

REMEMBER: ALWAYS FOLLOW THE MANUFACTURERS SAFETY AND CARE INSTRUCTIONS

- In the unlikely event of you needing to return any items to us please retain your receipt as proof of purchase, as this will speed things along and avoid any misunderstandings as to the origin of the items and the price paid. If a receipt is not available then a credit card or bank statement will do.
- If you want further details of our returns policy please ask to discuss this with one of our managers.
- Our returns policy does not affect your consumer's statutory rights.

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