

Artificial or Down Sleeping Bags

When you're camping, one item you should certainly have with you is a sleeping bag. No matter where you might be going, whether it's in the forest or up the mountain, you should ensure that you have a sleeping bag with you. Sleeping bags are not only providers of comfort, they serve a much more crucial purpose, and this is to provide insulation. You'll be surprised at how cold it can get during the night when you're in the wilderness. Warmth becomes an increasingly important commodity. And a sleeping bag with good insulation may just become your best friend during the cold evenings. But there are two types of sleeping bags to pick from, one is the down sleeping bag and the other one has synthetic filling.

Down Sleeping Bags

As far as usefulness goes, most people prefer down sleeping bags. This type of bag is filled with goose feathers or, as it is called, goose down. It provides the best insulation as it traps air quite nicely. You can be sure that you'll have a warm and comfortable night if you have a down sleeping bag with you. Also, down sleeping bags are also rather light. Bringing them along would save you a lot of energy because of their low weight. They're quite compact and can be rolled quite tightly, which makes them easy to haul around. Indeed, for the camper, down sleeping bags have the most benefits, most especially if the location they're going to is in the mountains or in other cold areas.

Another good point about down sleeping bags is their durability. Even if you keep them for years and years, as long as they don't get too tattered, they will still serve their purpose of being wonderful insulators.

Perhaps, the biggest disadvantage of down sleeping bags is that they don't do well in places where the atmosphere is damp. Once the bag gets damp, it loses its power to insulate. So, if you can't keep your bag safe from water, it's best to use the other type.

Synthetic Sleeping Bags

Although heavier and bulkier than down sleeping bags, synthetic sleeping bags actually have their nice points too. For one thing, their performance in wet climates is better than that of down's. Also, this kind is hypoallergenic so they're best for people who are allergic to down. They're also much cheaper. So if price is a big factor for you, then it's best to go with synthetic.

About the Author

Before you go and choose a down sleeping bag, you just have to read Ron's advice on what to choose and what not to choose when it comes to [down sleeping bags](#) and [sleeping bags liners](#).

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