

Sleep Better While Outdoors With A Down Sleeping Bag

Being one with nature is what camping is all about besides rekindling and catching up with friends and family on time lost because of the complexities of life. When you think of camping, fun and excitement comes in and after all that enjoyment, retiring to bed means the warmth and comfort of down sleeping bags.

For some reason, being one with nature soothes the savage beast. After all the fun and excitement of the outdoors, we want the comforts of a down sleeping bag to protect us from the biting cold.

Down sleeping bags can be an alternate for beds that offers warmth. There are 2 types of down sleeping bags which are the blanket style and the mummy bag that are both durable and dependable even on the worst cold weather. The blanket style down sleeping bags is for general use and for all types of weather, which can be folded in half with a zipper to tuck you in. You can just roll this up and stuff it in your camping bag. For extreme cold weather conditions, the mummy style is the best to use for the down feathers saves your natural body heat, so cold air will not pass through. Both types save you the all too important packing space.

Air out the down sleeping bags after each use and if possible turn it inside out, and set it out in the breeze and sun. Just keep the down sleeping bags as clean as possible to avoid frequent washing. When in use, lay in a pad or tarp to avoid soiling.

Since down sleeping bags are made from all natural birds feathers, they contain natural oils that keeps them fluffy and fresh. Avoid laundry detergents and solvents that are used by drycleaners to preserve the natural sebum. You can just hand wash the down sleeping bags yourself by using Woolite or Ivory flakes then just tumble dry on the lowest setting to dry. Don't use fabric softeners for they will mess up the feather's oily composition.

Quality down sleeping bags is expensive so you may want to take very good care of it. If cared for properly, it is going to serve its purpose for years on end.

About the Author

Cristina enjoys writing about her favorite outdoor equipment like [rectangular sleeping bags](#). Check out her suggestions for purchasing [girls sleeping bag](#).

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