

# Troop 157 Tips #2

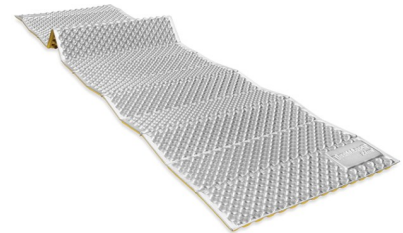


## Do YOU use a sleeping pad when you go camping? Why you should!

This link is a 'great' article from Boy's Life magazine

<https://boyslife.org/outdoors/guygear/12726/sleeping-gear-buying-guide/>

1. You're an old adult leader with brittle bones and you need the comfort of home
2. It gives you some comfort after a hard day of running around
3. It gets you off the cold ground
4. It provides warmth during a cold night
5. It provides another layer of protection at night.



There's basically two types of pads. Closed cell— which is basically a roll of foam or something (see above). Then there's an air pad type where you blow some air into it (see bottom of page).

- ◆ How these pads are made vary. Cost has a lot to do with the product. The lighter & smaller, the higher the price.
- ◆ Some will be thin and some will be thick (thick tends to weigh more).
- ◆ Some will have a reflective film inside the pad (increased R-value and providing some reflective heat). These tend to "crinkle or makes noise" when moving around.
- ◆ Some are self inflating. Open the valve and the air goes into them and it gets firm.
- ◆ Some you may need to blow into them using good ole lung power. Others you might use some sort of pump.
- ◆ All may have a different design for comfort, ribs, vertical ribs, horizontal ribs, etc.

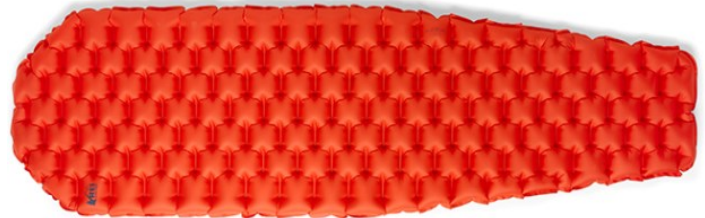


# OK, But what does this really mean?

You need to have an sleeping pad. It will provide protection from the elements. I have several but I've been camping a long time. Which pad I use depends what type of camping I'm doing.

- \* In the winter, I use my big two inch self inflating Coleman pad. Provides insulation and is comfortable. About \$40. Bulky, easy for car camping. Unusable for backpacking because of size. Heavy.
- \* In the summer, when I'm using my backpack all the time, I carry my air pad. It rolls down the size of a softball. Scout shop carries it, called a Klymit. \$50, insulated around \$80. Weighs nothing.
- \* During the fall, I use my REI air pad that has a reflective membrane in it. It reflects heat back to my sleeping bag, providing a little more warmth. \$100. About the size of a softball. Weighs nothing.

Where can you purchase these sleeping pads? Almost anywhere. Walmart, Bass Pro. REI, Academy Sports. Order them online. Read the reviews. You need to determine how much you want to spend and the type camping you're going to do. Heck, you can make one.



Most of the more expensive pads will come with a patch kit. If you take care of it, it will take care of you.

- \* I've had my Klymit sleeping pad about 5 years. Took it to Philmont with me, has worked great. But, it's not holding air like it use too.
- \* My BIG Colman pad I've had since Cubs. Looks ugly because I've used it so much, but still works great.
- \* My new REI pad, looks skinny when pumped up, doesn't squeak when I roll around and provides some warmth due to the increase R-value (3.7). Comfortable.

What if you have an air pad but it doesn't have any R-value to it. Well you can do a couple of things.

- ◆ Put a blanket on top of it. Between you and the pad.
- ◆ Get one of those reflective car window shades. Put it on the tent floor or between your sleeping bag and your pad.
- ◆ If car camping, carry another sleeping bag. Double bag it. Or use the other bag as an extra pad.
- ◆ See if you can get one of those thick moving carrier packing blankets. Super thick.

