Free sample from The Base Weight Reduction Planner. This is worksheet 6 of 11. Get all 11 worksheets: ultralightsetup.com/kit/base-weight-planner

Sleep System & Temperature

Bag rating, pad R value and how you actually sleep

Hiker	**Date**
Lowest expected temp	**Camp elevation**

The number printed on a sleeping bag is a survival limit, not a comfort rating. Realistic comfort sits 10 to 15 degrees warmer than the label, and the pad underneath you decides as much as the bag over you. Work out your real number before you find it out at 3 am.

Building the estimate

Input	Value	Effect
Bag or quilt label rating (F)		This is the limit, not the comfort figure
Realistic comfort, label + 10 to 15 F		Start here
Sleeping pad R value		Sets the ground floor
Ground floor from that R value		R 3 near 20 F, R 4.5 near 5 F
Cold sleeper adjustment		Add about 8 F if you sleep cold
Clothing worn in the bag		Dry sleep socks and a hat are real degrees
Shelter type		A single wall shelter buys a few degrees of wind block
Estimated comfortable to (F)		The honest number

The binding limit is whichever is warmer, the bag or the pad. A 0 degree bag on an R 2 pad is a 20 degree sleep system.

What the site can and cannot see

Air at a camp 3,000 feet above the trailhead can be 10 degrees colder than the valley forecast before any wind. Damp down has lost most of its loft, so the sleep system worth planning around is the wet one, not the one in the catalogue photo.

Not worth relying on: liners marketed as adding 10 to 15 degrees, which realistically add a few. Worth relying on: dry sleep socks kept exclusively for sleeping, a hat, and eating enough during the day.

Night log

Two or three nights of honest records beat any chart, because they are about you.

Date	Location	Overnight low (F)	Bag / pad used	Worn in the bag	Warm, marginal or cold

Adjustments to make

What to change before the next cold night

What to change before the next cold night

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Researched guidance, not professional advice. Sleeping bag and quilt temperature ratings printed here are survival limits, not comfort ratings, and hollow fibre filters are destroyed by a single freeze with no visible sign. Confirm current permits, food storage rules and trail conditions with the managing agency before you rely on this kit.