

# Warmlite® Triple Down Sleeping Bag & Down Filled Air Mattress Care and Use

## Triple Down Sleeping Bag:

- The Warmlite® Triple Sleeping Bag is unique, allowing 3 temperature ranges with just one bag. Our bags are 3 in one, allowing you to add or subtract layers depending on the time of year and temperatures expected for each expedition embarked upon. Using all 3 layers, the Warmlite ® Down Bag is perfect for cold winter adventures that will take you into temperatures such as -20 to -65°F. Using 2 layers, such as the base and thick top, is perfect for Spring and Fall adventures with temperatures such as +15 to -20°F. While using just one layer, the thin top, is perfect for summer explorations with temperatures such as +35 to +15°F.
- For each layer of the Warmlite® Down Bag one can expect a useable range of about 30 to 50°F depending on what clothing material and amount of clothing worn while sleeping in the bag. When using the thick top alone, zip on either the inner or outer zip tracks, or attach to both. When removing and re-adding the thin top, be sure to attach it to the outer zip track. When using the thin top alone, we suggest zipping it to the innermost track. This will shift the placement about 5" towards the head, so the top edge covers the collar, and the hood will close over the shoulders, and non-locking sliders can be held in place with the velcro tabs.
- The lining of Warmlite® sleeping bags is made of fuzzy stuff, it is a blend of vapor barrier material and a warm, wicking, fabric that wicks sweat away from the body keeping the user dry and warm while sleeping. That's why the surface wicking of Warmlite Fuzzy Stuff is so important for comfort. Bags made without vapor barrier liners simply absorb water, from conditions such as sweating while sleeping or environmental condensation, will cause the sleeping bag to become wet. This will make the bag cold and impossible to keep the user warm, it will also take hours under the most ideal conditions to dry. If the weather is inclement, it may be impossible to dry, leaving the user cold and potentially at risk of hypothermia. For more on vapor barrier technology, see *Vapor Barrier* at Warmlite.com
- Another amazing feature of the Warmlite® Triple Down Bag is you can easily dry wet clothes while wearing them inside the bag, due to the VB interior liner. Simply wear the wet or damp clothing inside the sleeping bag, then zip it closed to keep you comfortably warm. The vapor barrier lining will prevent any soaking of the bag itself. Your body heat will begin to evaporate the water on the clothing. Once you are warm, vent the bag around your neck to allow the humidity from evaporation to escape. If you become too cool, reduce venting until you are warm enough. This cannot be done in a bag without a Vapor Barrier interior as it will soak the bag.

## Cleaning:

- Over time, the interior of the sleeping bag may start to become soiled. To clean, simply wipe the interior with a wet cloth and a bit of soap until clean, then wipe again with a clean wet cloth. There is no need to ever wash the whole bag, simply spot clean then allow to air dry. Never leave the bag, DAM, or any fabric item in the sun as UV rays will rapidly damage all materials. For more information check out our blog post *8 Expert Tips to Extend the Life of your Sleeping Bag* at Warmlite.com

## Storage between Expeditions:

- Any time the Triple Sleeping Bag and DAM are not in use between expeditions, they should both be stored loose, or in a very large sack. Storing materials while tightly packed for long periods of time may reduce loft by 50%.
- Never store when sleeping bag and/or DAM is wet as this may damage materials. Allow to air dry first.

## Down Filled Air Mattress:

- Warmlite® Down filled Air Mat or DAM: The valve is a custom made, urethane, RF Weldable material, which has a flap on the inside to act as a check valve against air escape, and has an attached plug for a secure seal. Always keep the valve socket and plug clean: a tiny bit of sand can cause the valve to leak and let you down in 2 to 3 hours. To properly close the valve, be sure to push the plug all the way down. To deflate, put a clean object (finger, pen, pencil, loop of cord from hood closure, etc.) in to hold the flap open.
- The carry sack that holds the Triple Down Sleeping Bag and air mattress can also be used as a pump sack to fill the DAM. The pump sack/carry sack has an identical plug (with hole punched into it) sewn to the lower side.
  1. To use, plug insert into the DAM valve body.
  2. Open the sack so it is full of air
  3. Quickly close the top opening, hold it tight
  4. With other hand on sack bottom, squeeze the sack, top to bottom, pushing the air into the DAM.
  5. Do not push down on, or lift up from, the DAM: pushing down seals the flap so no air gets in, lifting up may separate the pump from DAM.
  6. Repeat steps 2-4 about 8 to 12 times or until DAM is full.
    - ❖ Jack, founder of Stephenson's Warmlite® would: "kneel on the mat after about 7 sacks of air, pump until the DAM gets snug against my leg, then get off and put in 1 more sack. Any more makes the DAM too hard."
  - We suggest that before putting in the plug to lie on the DAM. If it feels too hard, carefully push on the flap valve to let out excess air.
  - Do not try to inflate the DAM by mouth as breath contains too much moisture.
  7. When fully inflated, place plug securely into valve to ensure tight seal. Be sure the plug is straight, if crooked the mat may leak.

## Storage between Expeditions:

- Any time the Triple Sleeping Bag and DAM are not in use between expeditions, they should both be stored loose, or in a very large sack. Storing materials while tightly packed for long periods of time may reduce loft by 50%.
- Never store when DAM is wet. This can damage the coating and cause leaks that cannot be repaired.

## Other DAM Information:

- The air mattress can be used for other purposes as well. It is made out of bright orange fabrics so that it can be seen from the air should user be lost and need to signal assistance from search and rescue. It can also be used as swim float if user is near water and wants to cool off and relax.
- The DAM is removable from the sleeping bag through the zipper on the outside bottom of the liner.
- To pack DAM separately from sleeping bag:
  - Fully deflate by rolling from the foot end while valve is propped open with a clean utensil. Once fully deflated, plug valve.
  - Unroll DAM
  - Fold in half (side to side), then roll again from the foot.
- Emergency repairs are best made with surgical or a similar non-perforated tape.
- If it is colder than 20°F, hold the valve end of mat up under your parka until it feels warm so the valve can work normally. If too cold the check flap won't function, before inflation gently push the flap open with a finger.
- Do not allow more than 1 person to sit on an inflated DAM.

## **Packing Sleeping Bag and DAM during an Expedition:**

- When you are ready to pack the DAM pull out the DAM plug and place a clean object (finger, pen, pencil, loop of cord from hood closure, etc.) in to hold the flap open to let the air out during packing.
- Always roll sleeping bag and mattress from the foot end so trapped air can escape. The DAM valve must be held or propped open. Roll slow enough for all air to be expelled from the DAM.
- If after first rolling the roll is not small enough to slide into the sack, unroll it completely and try again. Each time is easier and the roll becomes smaller.
- Slide the roll into the sack, then compress it endwise until the sack can be closed. It is important that you are only compressing the Down, not sliding or shearing. Sliding or shearing makes Down fibers into string which would cause the Down to lose its ability to hold warmth.
- Zippers: Any item with zippers, if the slider snags fabric, immediately stop and gently pull the caught fabric out from the side of the slider. Any effort to back the slider off will only catch more fabric and spread the slider so it can no longer push the teeth together. If a zipper opens behind the slider, the slider has been spread: back it to where teeth are together, then use slip joint pliers to squeeze the back of slider to original thickness. In the field, lacking pliers, usually you can close a zipper with spread slider by twisting the slider across the zipper as you zip it. If squeezing it back to original thickness doesn't work, the slider is excessively worn from sand and dirt & must be replaced. Rarely is the zipper itself the cause of problems.
- Always carry and store DAM with the plug fully inserted into the valve.

## **How to Care for a Wet Bag:**

- If the bag gets wet, hang it in the shade with Down tubes horizontal, to dry. If bag has been immersed in water, is dripping wet, or soaked completely through, roll it tightly to push excess water out. DO NOT WRING. Then separate layers and hang them with Down tubes horizontal.

**Warning:** This bag has a vapor barrier liner. This prevents moisture from penetrating your bag and dampening the down helping to protect against and prevent extreme cold and hypothermia. This vapor barrier liner is also air proof and can trap air inside. DO NOT sleep in this bag with your head fully covered by any layer as it may trap carbon dioxide. ALWAYS sleep with your nose and mouth outside of the bag. If you are concerned about these body parts being exposed we suggest wearing a ski mask or other breathable mask. Warmlite is not responsible for improper use of this bag and any damages it may cause.

## **SETTLING MAY OCCUR!**

These newly manufactured air mattresses have Goose Down feathers inside the baffle strips. This Down may settle into one area.

- Half inflate air mattress
- Shake/tap the mattress to spread the Down evenly throughout the mattress.

This method can also be performed while in use if one part of the mattress becomes too warm or too cool.

### **Warmlite®**

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