

## Sleeping Bags – Lightweight Supplies

		Mummy bag		
		One	Two	Four
Fabric:	1.1-oz Rip-stop Nylon, 64"-wide	17-ft	32-ft	64-ft
Insulation:	<b>Primaloft™</b> , 60"-wide only one layer of insulation in Rossi's bags.	9-ft	17-ft	32-ft
Zipper w/hood:	#3 Coil	40-in		
	or #3 Coil full opening	84-in		
Zipper no hood	114"			
Zipper pulls:	Reversible (two sided)	1-ea		
Zipper Pull Tabs:	3/4" Grossgrain Ribbon	1-ft		
Drawstring:	1/4" nylon flat	6-ft		
Cord Toggle:	small	1		
Thread:	100% polyester Gutermann vgs black 1094yd spool			

### Materials cost \$45-50 per bag

Ordering materials for a minimum of 4 sleeping bags offers good discount. An additional discount is available on insulation if 8 bags are made.

**Recommend ordering fabric and insulation from Quest Outfitters.**

### Integral Designs suggestions on home made bags

- Pick your dimensions from a ready made one that you like.
- Double layer the insulation at the foot. It's important to keep them warm.
- Maximize the 'puffiness' on the top and sides. Your 'Therm-A-Rest™' sleeping pad offers an insulating layer so you can use thinner insulation on the bottom.
- A 3-season bag should have 2 layers of Thinsulate™ LiteLoft™ or Primaloft™.
- Made properly that should be good to -5 to -10°C.
- Use approximately 3 quilting lines over the length of the bag.
- An internal insulated flap along the zipper will stop cold air entry.
- Try to keep seams limited to the feet, head, and the zipper.
- Rip-stop nylon for the outer shell and a Taffeta lining makes a tough
- Economical bag that is light in weight and won't absorb moisture.

# Fabrics

## 1.1-oz Rip-stop Nylon Uncoated, Breathable

<b>Quest Outfitters</b> , www.questoutfitters.com		<u>1-15yd</u>
Item #1015	1.1-oz 65" 2nds call for colors	\$5.45
Item #1015	1.1-oz 65" 1sts call for colors	\$6.75
<b>Outdoor Wilderness Fabrics</b> , www.owfinc.com		
1.1-oz 59-62" 2nds	call for colors	\$5.45
1.1-oz 59-62" 1sts	call for colors	\$7.45
<b>Para-Gear</b> , buy full yard only		
Item #W9110W wide	1.1-oz Ultra-Lo-Porosity Nylon Rip-stop, 64"	\$7.00/yd
<b>Seattle Fabrics</b> , www.seattlefabrics.com	8702 Aurora Ave N	
1.1-oz Uncoated Rip-stop, "Exacta-Chute" 60" 1st		\$9.00
1.1-oz Uncoated Rip-stop, "Exacta-Chute" 60" overrun		\$6.00

## Primaloft™ Insulation

<b>Quest Outfitters</b> , www.questoutfitters.com		<u>1-15yd</u>
#1414 Primaloft™	60" 3.0-oz 0.8" thick	\$ 7.50
#1415 Primaloft™	60" 6.0-oz " thick	\$13.95
<b>The Rain Shed</b> , www.therainshed.com		<u>1-10yd</u>
Primaloft™ Sport, quilted	60" 1.8-oz 0.4" thick	\$ 5.50
Primaloft™ Sport, scrim	60" 3.0-oz 0.6" thick	\$ 6.00
Primaloft™ Sport, scrim	60" 4.0-oz 0.8" thick	\$ 8.00
Primaloft™ Sport, scrim	60" 6.0-oz 1.2" thick	\$11.75
<b>Outdoor Wilderness Fabrics</b> , www.owfinc.com		
Primaloft™ PL2 w/scrim	60" 135g (4.0-oz) 0.8" thick	\$ 8.15
Primaloft™ PL2	60" 200g (6.0-oz) 1.2" thick	\$11.79

## Zipper

#5 Coil <b>Zipper</b> , non-separating, double pull (two sided)	39"
#5 Coil <b>Zipper</b> , non-separating, double pull (two sided)	86"
#5 Coil <b>Zipper</b> , non-separating, double pull (two sided)	114"
Mummy bag, short zipper	39" (buy <b>39"</b> )
Mummy bag, full length side zipper	65" (buy <b>67"</b> x)
Mummy bag, full length around foot zipper	84" (buy <b>86"</b> x .08) = <b>\$6.88</b>

Note: #3 coil zipper from Stephenson is much lighter.

## Sleeping Bags - Lightweight

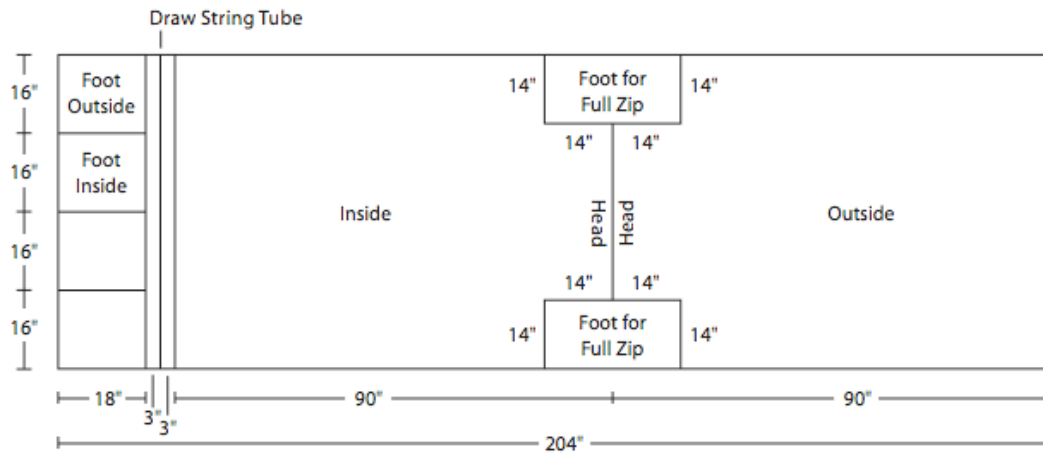
# Frank's Sewing Instructions

1. Cut fabric and insulation.
2. Sear the fabric edges in a candle flame to reduce unraveling.
3. Mark the center point on both ends of the long fabric.
4. Sew edges of insulation to **one** of the rip-stop fabrics
5. Sew 14"-edges together, this forms a hood.
6. Drawstring tube:
  - a) Tie an overhand or figure-of-eight knot in the center of the 7-ft cord. Melt ends in a flame. Insert both ends through the toggle and move toggle to knot.
  - b) Fold ends of drawstring tube over about 1/2" and sew. Fold the drawstring tube over the cord and sew the cord to one end of the tube, pin cord into fold of tube. Do the same with other tube.
  - c) Sew drawstring tube to head of sleeping bag (toggle goes at top of piece with insulation) with edges together on fabric side of insulation.
7. Sew zipper to one side of insulation/fabric piece with top of zipper at the end of the drawstring tube. First sew ribbon over end of zipper so pull to not come off. Across both sides of zipper at bottom and around each piece at top end of zipper.
8. Place both body fabric together, outside to outside. Sew together along only the drawstring tube and full length of the one side with the zipper. Turn right side out and topstitch.
9. Sew zipper into other side.
10. Turn bag inside out and sew all edges together below zipper to foot end but not around the foot.
11. Foot End:
  - d) Sew all three-foot pieces together along the edge (fabric-insulation-fabric).
  - e) Turn bag inside out. Pin foot section to end. Sew foot section to end of the bag.

Yes this is a crude bag. The edges are exposed on the inside below the zipper and at the foot section.

# Frank's Sewing Patterns

Fabric: 1.1-oz Rip-stop Nylon, breathable



Insulation: Primaloft™

