

# GOOSE & DUCK DOWN SLEEPING BAGS

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## WASHING

The most effective way to care for your sleeping bag is by keeping it clean. You can reduce the need to wash it by using a sleeping bag liner, spot cleaning marks on the outside with a damp cloth, and by using a sleeping mat.

Down bags are constructed with an internal baffle system. This consists of fine, lightweight mesh panels that concentrate the down into specific areas to ensure effective loft and insulation. Wet down is heavy and can tear these baffles if not handled with care. When you do need to wash your bag please follow these instructions carefully.

**N.B: During washing, ensure all zippers and velcro tabs are secured.**

### TO WASH YOUR SLEEPING BAG:

1. Fill your bath with 150mm of warm water and add a pure, mild soap, detergent or a specific washing product such as Nikwax.
2. Place your bag into the tub and gently massage the water into the bag by just adding pressure from above with your open hands until the bag is saturated.  
**N.B: When your bag is laden with water, do not attempt to lift it out.**
3. Leave to soak for 1-4 hours, depending on how dirty your bag is. Release the water from the tub.
4. Add fresh water and massage the water into the bag again. Repeat this process until no suds are visible in the water.
5. Press the water out of the bag until all fluid water is gone.
6. Fold the ends of the semi-dry bag in towards the centre of the sleeping bag, press firmly and express as much water as possible.
7. Once all the excess water has been released the bundled bag can be put in a tumble dryer set on a low setting or air-dried. To air dry the bag lay out flat on towels over two portable clothes racks.  
Dry in a shaded area out of direct sunlight, as excessive exposure to UV will degrade the shell fabric.  
A hot dry windy day provides the perfect conditions for air drying your sleeping bag.



LIVE THE DREAM®

## CARE

When new, Kathmandu down sleeping bags have excellent lofting properties.

### TO HELP MAINTAIN THE HIGH PERFORMANCE OF YOUR SLEEPING BAG AND PROLONG ITS LIFE:

Store your sleeping bag in the large cotton storage sack provided. Only use the smaller stuff sack or compression sack while on the move. Never roll or fold your sleeping bag, always force the bag into the stuff sack or storage sack with your fist. To stuff the bag into the small stuff sack pack it firmly from the bottom. For bags with a eproof or Pertex® fabric shell, first turn the sleeping bag inside out.

While away, lay out your sleeping bag as soon as you arrive at your destination to allow the bag to fully loft. A fully lofted bag will provide better insulation.

The use of a sleeping bag liner will also add some warmth while sleeping, but its main purpose is to keep your bag clean. Keeping your bag clean and hence reducing the need to wash it will prolong the life of your bag.

It is important to keep your bag as dry as possible. Moisture will affect the insulation capacity of the down by reducing its lofting ability. Take any opportunity to air out your bag during your trip, and always ensure that it is completely dry before storing.

If a down bag is very wet it is important to treat it carefully as the weight of the wet bag can cause damage to the internal baffles (see washing instructions for further information).

**DO NOT DRY CLEAN – the fumes produced from dry cleaning fluids can be dangerous and can age the down prematurely.**