



Emergency Sleeping Gear

Small steps. Practical preparation. Keep this page where you can find it.

BEFORE YOU CHOOSE

- ☐ Identify the coldest realistic conditions and whether you will carry the bag.
- ☐ Compare comfort ratings, not just survival or extreme ratings.
- ☐ Allow for a suitable insulating sleeping pad and weather protection.
- ☐ Check fit, packed size and weight for the actual user.

BEFORE YOU RELY ON IT

- ☐ Inspect zippers, seams and insulation.
- ☐ Follow care and storage directions; keep insulation dry.
- ☐ Test the complete sleep setup in a safe, controlled setting.
- ☐ Plan a warmer shelter option if conditions exceed the setup's limits.

SAFETY NOTE A thin emergency blanket or bivy is not a substitute for a complete cold-weather shelter and sleep system.

Checked by: _____ Date: _____ Review again: _____

Full guide: [readyguidance.com/gear/best-emergency-sleeping-bags/](https://www.readyguidance.com/gear/best-emergency-sleeping-bags/)

Safety reference: <https://www.ready.gov/winter-weather>