

HOW TO CHOOSE A CAMPING MATTRESS

Great days begin with a great night's rest. Follow this guide to make sure you're sleeping on the right mattress.

BEFORE YOU GO

HOW DO YOU CAMP?

Are you a gram-shaving alpinist, thru-hiker, or backpacker? Or do you prefer car camping with your family and friends in plush comfort?



Knowing how you camp is the first step in choosing a mattress. We break our mattresses into three categories to make it easy for you:



FAST & LIGHT



TREK & TRAVEL



CAMP & COMFORT

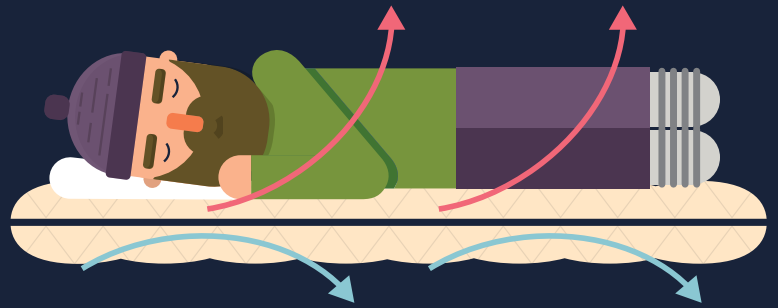
WHAT TIME OF YEAR WILL YOU CAMP?

Are you a fair-weather camper, or will you test your physical limits by sleeping outside in the dead of winter?

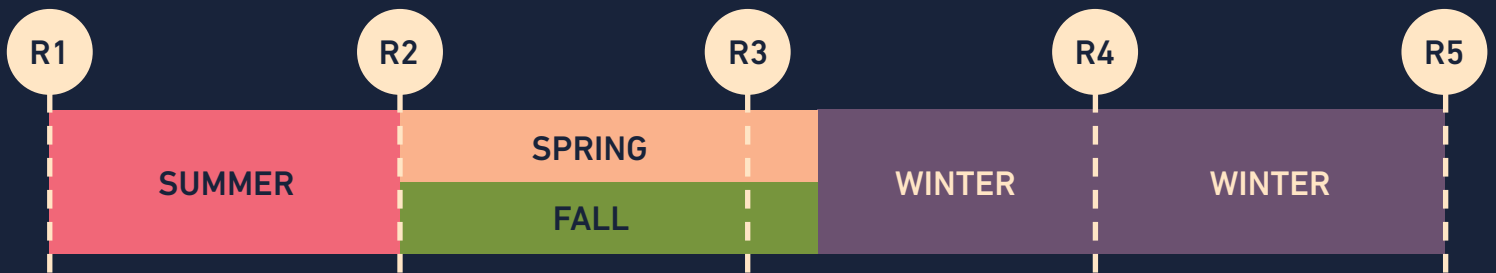


Knowing when you're going to camp with your mattress is crucial. Why? Because of warmth.

Named for Thermal "R"esistance, R-Value is a measurement of a mattress' ability to resist heat flow — the higher the number, the warmer the mattress keeps you.



SO WHAT IS THE BEST R-VALUE FOR A PARTICULAR SEASON? HERE'S WHAT WE RECOMMEND:



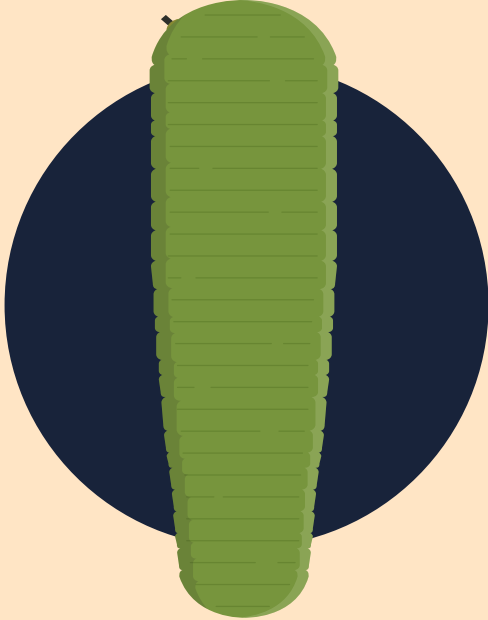
PRO TIP

DOUBLE UP FOR DEEP WINTER CAMPING

Many experienced winter campers will combine a closed-cell mattress with a lightweight air-mattress for ultimate winter camping warmth.

PICK YOUR CONSTRUCTION

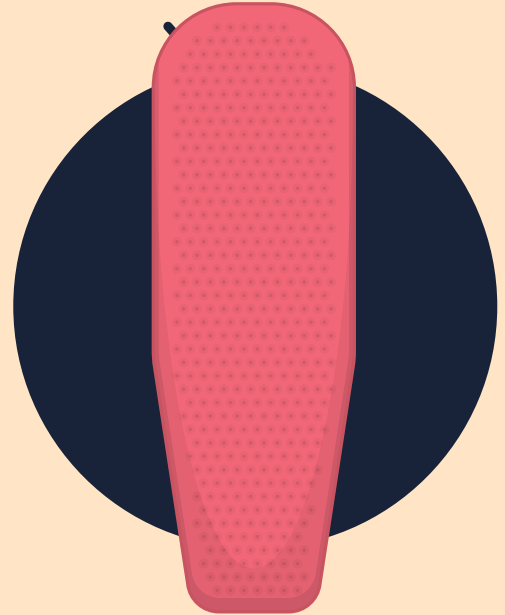
NEOAIR® MATTRESS



The best solution for backpackers who want to keep pack-size and weight to a minimum

- ✓ **Ultralight:**
Materials minimize weight
- ✓ **Warm:**
Unique technologies deliver outstanding insulation
- ✓ **Packable:**
Packs down to the size of a 1-liter water bottle
- ✓ **Comfort:**
Extra cushion for exceptional comfort
- ✗ **Punctures:**
Extra care must be taken to prevent punctures
 - ▶ Easily repaired in the field
- ✗ **Inflation:**
Mouth, pump sack, or pump-inflation required

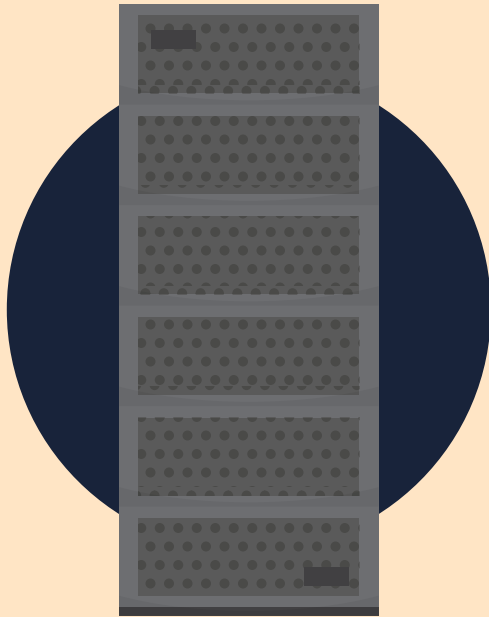
SELF-INFLATING MATTRESS



Convenience and versatility for a wide range of uses

- ✓ **Reliable:**
Proven design introduced by Therm-a-Rest in 1971
- ✓ **Easy to Use:**
Expanding foam self-inflates
 - ▶ A few puffs to top it off and you're done
- ✓ **Comfort:**
Foam creates a stable and supportive mattress
- ✗ **Size/Weight Compromise:**
Foam cores add a bit of weight and bulk

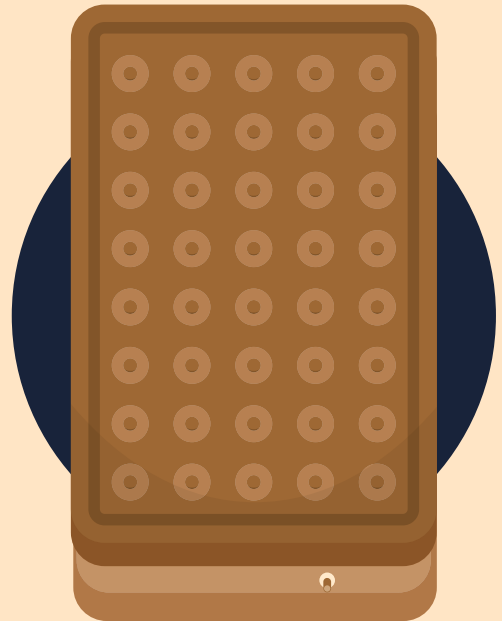
CLOSED CELL FOAM MATTRESS



The simplest of camp mattresses — just lay it on the ground (or in your tent) and you're done

- ✓ **No-hassle:**
No inflation required
- ✓ **Reliable:**
Puncture-proof
- ✓ **Lightweight:**
Easily carried on the outside of your pack
- ✗ **Bulk:**
Closed cell foam does not pack as small
- ✗ **Comfort:**
Minimal comfort on uneven surfaces

INFLATABLE AIR BEDS



Usually used for car camping trips, the air bed is a thick, uninsulated air mattress inflated by a pump

- ✓ **Cushion:**
Air beds are generally thicker than traditional camping mattresses when fully inflated
- ✗ **Cold:**
Air beds lack insulation, so are only ideal for mild temperatures
- ✗ **Heavy:**
A bulky air bed is heavy
- ✗ **Pump Required:**
Air beds are not inflatable by mouth

MORE NIGHTS UNDER THE STARS = MORE HAPPINESS.



THERMA-REST®
REST BETTER. PLAY BETTER.