














Marmot Sleeping Bag Chart

SYNTHETIC SLEEPING BAGS												
												
Product	TRESTLES ELITE ECO 0	TRESTLES ELITE ECO 20	WM'S TRESTLES ELITE ECO 20	TRESTLES ELITE ECO 30	WM'S TRESTLES ELITE ECO 30	TRESTLES 15	WM'S TRESTLES 15	TRESTLES 30	NANOWAVE 25	NANOWAVE 35	NANOWAVE 45	
Style #	39630 39640	39610 39620	38320 38330	39590 39600	38300 38310	23530 23730	23610 23710	23520 23720	38860 38870	38840 38850	38820 21840	
Product Family	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	Backpacking	
Down	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Synthetic	HL-ElixR Eco	HL-ElixR Eco	HL-ElixR Eco	HL-ElixR Eco	HL-ElixR Eco	Spirafil LT	Spirafil LT	Spirafil LT	Spirafil LT	Spirafil LT	Spirafil LT	
RDS Down	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Down Defender	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
PFC Free DWR	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	
Zipper	LZ	LZ	LZ	LZ	LZ	LZ	LZ	LZ	LZ	LZ	LZ	
Temperature °C	-18	-7	-7	-1	-1	-9	-9	-1	-4	2	7	
Comfort °C	-9.1	0.1	-6.5	3.1	-1.3	-2.6	-8.5	2.3	3.4	7.8	13.4	
Limit °C	-16.5	-5.8	-13.4	-2.2	-7.4	-8.9	-15.8	-3.2	-1.9	3.3	9.8	
Extreme °C	-37.2	-23.2	-33.2	-18.5	-25.3	-27.2	-36.3	-19.8	-18.1	-10.4	-2.7	
Weight	1595g Reg 1744g Long	1077g Reg 1160g Long	1214g Reg 1326g Long	855g Reg 918g Long	1041g Reg 1133g Long	1535g Reg 1695g Long	2040g Reg 2170g Long	1380g Reg 1507g Long	1300g Reg 1450g Long	1050g Reg 1190g Long	950g Reg 1050g Long	
Fill Weight Down/Synthetic g	1238g Reg 1357g Long	710g Reg 770g Long	832g Reg 900g Long	490g Reg 918g Long	714g Reg 775g Long	1018g Reg 1151g Long	1385g Reg 1520g Long	854g Reg 957g Long	705g Reg 805g Long	505g Reg 582g Long	400g Reg 450g Long	
Gender/Length	Mens Reg/Long	Mens Reg/Long	Wm's Reg/Long	Mens Reg/Long	Wm's Reg/Long	Mens Reg/Long	Wm's Reg/Long	Mens Reg/Long	Mens Reg/Long	Mens Reg/Long	Mens Reg/Long	
Fit Range	183cm Reg 198cm Lona	183cm Reg 198cm Lona	166cm Reg 183cm Lona	183cm Reg 198cm Lona	166cm Reg 183cm Lona	183cm Reg 198cm Lona	166cm Reg 183cm Lona	183cm Reg 198cm Lona	183cm Reg 198cm Lona	183cm Reg 198cm Lona	183cm Reg 198cm Lona	
Fit	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	Mummy	
Interior Length	203cm Reg 218cm Lona	203 cm Reg 218cm Lona	191cm Reg 183cm Lona	203 cm Reg 218cm Lona	190cm Reg 203cm Lona	206 cm Reg 221cm Lona	190cm Reg 208cm Lona	206cm Reg 221cm Lona	213cm Reg 229cm Lona	213cm Reg 229cm Lona	213cm Reg 229cm Lona	
Shoulder	152cm Reg 157cm Lona	152 cm Reg 157 cm Lona	145cm Reg 150cm Lona	152 cm Reg 157 cm Lona	145cm Reg 150cm Lona	158cm Reg 163cm Lona	152cm Reg 158cm Lona	158cm Reg 163cm Lona	152cm Reg 158cm Lona	152cm Reg 158cm Lona	152cm Reg 158cm Lona	
Hip	142cm Reg 147cm Lona	142 cm Reg 147 cm Lona	145cm Reg 150cm Lona	142 cm Reg 147 cm Lona	145cm Reg 150cm Lona	145cm Reg 150cm Lona	145cm Reg 150cm Lona	145cm Reg 150cm Lona	147cm Reg 152cm Lona	147cm Reg 152cm Lona	147cm Reg 152cm Lona	
Foot	120cm Reg 124cm Lona	120 cm Reg 124 cm Lona	114cm Reg 119cm Lona	120 cm Reg 124 cm Lona	114cm Reg 119cm Lona	119cm Lona	126cm Reg 122cm Lona	119cm Reg 107cm Lona	102cm Reg 107cm Lona	102cm Reg 107cm Lona	102cm Reg 107cm Lona	
Stuff Sack	53 x 29 cm	48 x 24 cm R 48 x 25 cm L	48 x 27 cm	48 x 24 cm R 48 x 25 L	46 x 22 cm	48 x 24 cm	48 x 24 cm	48 x 24 cm 48 x 24 cm L	37 x 25 cm	31 x 22 cm	31 x 19 cm	
Shell Top	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	70d 100% Polyester Ripstop Emboss	70d 100% Polyester Ripstop Emboss	70d 100% Polyester Ripstop Emboss	50d 100% Polyester	50d 100% Polyester	50d 100% Polyester	
Shell Bottom	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	20d 100% Recycled Polyester Ripstop	70d 100% Polyester	70d 100% Polyester	70d 100% Polyester	50d 100% Polyester	50d 100% Polyester	50d 100% Polyester	
Lining	30d 100% Recycled Polyester Taffeta	30d 100% Recycled Polyester Taffeta	30d 100% Recycled Polyester Taffeta	30d 100% Recycled Polyester Taffeta	30d 100% Recycled Polyester Taffeta	70d 100% Polyester	70d 100% Polyester	70d 100% Polyester	50d 100% Polyester	50d 100% Polyester	50d 100% Polyester	

Weights and Measurements are average data. Individual product may vary