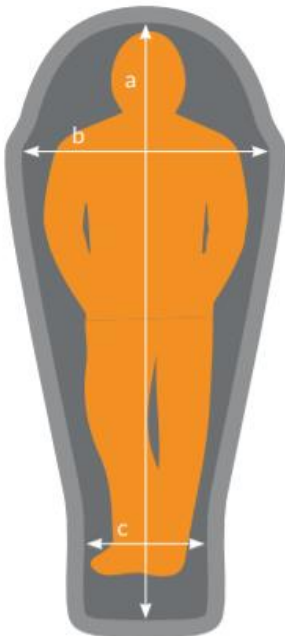


FITS

The fit of a sleeping bag is crucial in optimising performance. A well-fitting sleeping bag is not only highly comfortable it also reduces dead air space and maximises thermal efficiency. Every Mountain Equipment sleeping bag is specified to one of three fit blocks: Expedition, Alpine and Mountain; in turn bags are then available in either regular or long and Women's specific shape and specification where appropriate.



Expedition Fit

Wider and marginally longer than our Mountain Fit, the Expedition Fit caters for the needs of high altitude mountaineers and polar explorers who need to wear or store additional items of clothing or even their boots inside their sleeping bag.

Expedition - Men's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	185	73	200	79
Length (a)	204	80	219	86
Max Width (b)	80	31	80	31
Inner Foot Width (c)	50	20	50	20

Expedition - Women's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	170	67	185	73
Length (a)	189	75	204	80
Max Width (b)	80	31	80	31
Inner Foot Width (c)	50	20	50	20

Getting a sleeping bag to function optimally also requires it to fit optimally. That is why, in addition to the three different fit blocks we use, we also offer both regular and long length options.*

Regular:

Designed to fit a maximum user height of 185cm / 6ft 1"

It will perform optimally for those users who are between 178cm and 183cm (5ft 8" and 6ft) in height.

Long:

Designed to fit a maximum user height of 200cm / 6ft 6"

It will perform optimally for those users who are between 185cm and 197cm (6ft 1" and 6ft 5") in height

Regular Women's:

Designed to fit a maximum user height of 170cm / 5ft 6"

It will perform optimally for those users who are between 163cm and 168cm (5ft 3" and 5ft 5") in height.

Long Women's:

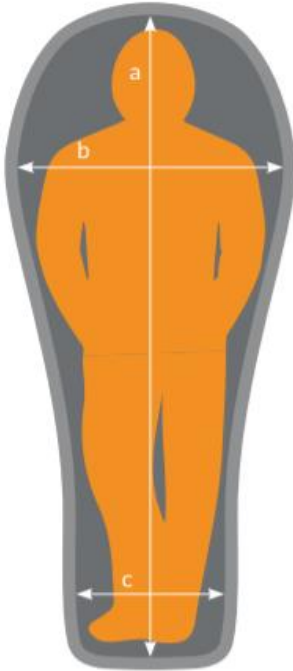
Designed to fit a maximum user height of 185cm / 6ft 1"

It will perform optimally for those users who are between 178cm and 183cm (5ft 8" and 6ft) in height.

* Some models are only available in Regular or One Size only.
Please refer to individual model specifications for details.

Alpine Fit

Slightly more tapered in the upper body and in the legs than our Mountain Fit this fit maximises thermal performance and minimises weight.



Alpine - Men's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	185	73	200	79
Length (a)	190	75	205	81
Max Width (b)	75	30	75	30
Inner Foot Width (c)	50	20	50	20

Alpine - Women's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	170	67	185	73
Length (a)	180	71	195	77
Max Width (b)	75	30	75	30
Inner Foot Width (c)	50	20	50	20

GT Fit

Shaped like our Alpine Fit but with each dimension increased by approximately 15%, the GT Fit is oversized for extreme comfort or for larger users. It is used in the Helium XXL styles.

GT Fit	(cm)	(In)
Max User Height	200	81
Length (a)	220	87
Max Width (b)	84	33
Inner Foot Width (c)	57	22

Mountain Fit

The foundation of all our fit blocks, this semi-tapered mummy profile combines excellent thermal efficiency and comfort for all-round mountain use

Mountain - Men's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	185	73	200	79
Length (a)	190	75	205	81
Max Width (b)	78	31	78	31
Inner Foot Width (c)	50	20	50	20

Mountain - Women's	Regular (cm)	Regular (In)	Long (cm)	Long (In)
Max User Height	170	67	185	73
Length (a)	180	71	195	77
Max Width (b)	78	31	78	31
Inner Foot Width (c)	50	20	50	20

