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Bogong has been Melbourne's leading store for technical equipment for many years. We have over 30 models of sleeping mats, featuring all the latest, state-of-the-art design innovations. We have sleeping mats for a range of uses; from travel, lightweight bushwalking and base camping, to serious mountain expeditions. No other store carries such a wide range of quality brands and models. Come and talk to us!

#### **CHOOSING THE RIGHT MAT**

A quality sleeping mat is one of the most important purchases you will make. Sleeping mats have come a long way in the last few years. Since the days of the old "foamie," there is now a vast array of innovative mat options available on the market. Having the right mat for your outdoor activities will help make every trip a comfortable and enjoyable one – so, it pays to get it right.

Finding the right combination of weight, durability, comfort and price can be daunting. At Bogong we can help you choose the right mat to match your type of adventure.

#### **CHOICE OF BRANDS**

At Bogong we offer an outstanding choice of the world's leading brands. Each brand has different strengths: some are more suited to your needs than others. Beware of 'one brand' stores. It's harder to offer offer independent advice on the best mat for your needs with a limited range. As a truly independent store, we've carefully selected the best brands for all users. We have firsthand knowledge of the products we sell, because we use them too!



#### **SEPTEMBER 2023**

#### **EXPERIENCED STAFF**

Bogong staff are handpicked for their wide experience in all outdoor situations. We can advise you on your mat requirements for any situation because we get out there ourselves.

From Patagonia to the Grampians, chances are, we have a staff member who has been there and can give you the practical advice you're after.

#### **TO HELP YOU CHOOSE**

#### In What Conditions Do You Plan To Use Your Mat?

If you usually head out into cold environments – like ski-touring alpine Victoria or winter bushwalking – you'll need a mat to cope with cold conditions. You'll need a warm, insulated mat that is compact and durable.

On the other hand, if your idea of a weekend away is car camping and a bit of fishing, you might be interested in one of our larger, thicker and more luxurious mats, ideal when space and weight is not your main concern.

#### **RECENT DESIGN INNOVATION**

Innovations in mat design over the last 10 years now mean that there are numerous options available for just about every circumstance. For example, Exped's synthetic (Synmat) and down (Downmat) inflatable mats provide a warm, thick cushion of air that helps smooth out uneven ground.

This gives a level of comfort never before seen in a compact insulated mat. And for those where light weight is everything, the Thermarest Neo-Air X-Lite – weighing in at 350 grams – is one of the lightest mats on the market.

A reflective barrier in this mat returns warmth to your body and reduces heat loss to the ground, keeping you three times warmer than any other non-insulated air mattress.

We also stock other well known models such as the Thermarest ProLite series and Thermarest closed-cell mats.

## THERMAREST Pioneering Innovation. Unmatched Quality.

Driven by the need to get a better night's sleep outdoors, the founders of Cascade Designs invented the revolutionary self-inflating Therm-a-Rest® mattress. Lightweight and portable, it allows mountain climbers and outdoor enthusiasts to sleep better in warmth and comfort.

#### Thermarest ProLite Plus

When staying warm is as important as keeping your pack light, the ProLite Plus mattress is the perfect solution. Using patent-pending foam-perforating technology, Thermarest created this mattress to provide exceptional warmth – up to 20% more than previous ProLite 4 mattresses, without added weight. It's substantial enough to keep you comfortable while mountaineering or on ski tours, yet rolls up small and light.

#### **Thermarest ProLite**

Thermarest's ProLite<sup>™</sup> mattresses are tailor-made for anyone seeking 3-season comfort with a priority on minimal weight, maximum compactness and, of course, quality. Now lighter and more compact than their previous ProLite 3 mattresses, weight is the only thing you'll find missing. You still get the reliable performance and comfort you need, after the kind of highmileage, high-speed journeys where the ProLite does best.

#### Thermarest RidgeRest

A modern twist on the traditional foam mat. The Ridge Rest comes in two thicknesses; the Solar range at 20mm and the Solite at 15mm. Its unique ridged pattern traps more heat and provides more comfort than any flat foam mat and is practically indestructible. Use it as your only mattress all summer or pair it with a small ProLite mattress for lightweight and reliable allseason use.

- Travel Light: Lightweight foams reduce weight for situations when every gram counts.
- Sleep Anywhere: Closed-cell foams provide unmatched reliability for use on any surface without worry.



- Added Warmth: Unique, diagonal-cut foam provides the most efficient insulation possible.
- Light and Compact: Tapered design and high-performance foams eliminate excess weight and roll up into an ultra-compact unit.



- Travel Light: Innovative materials create a mattress that's 20% lighter than previous ProLite 3 mattresses.
- Save Space: Die-cut foam eliminates excess weight and
- rolls up ultra-compact.



• Keep Warm: Valleys trap warm air against your body, while the ridges make a softer sleeping surface.

#### **Thermarest ProLite Plus** Women's

The Women's ProLite Plus brings the comfort and added warmth you need for cold-weather mountaineering and ski tours. It's size-specific to save weight and space. Plus, Thermarest added insulation in the torso and feet, where research has shown you need it most. Thermarest's new patent-pending diagonal-cut foams are more efficient than anything they've used before and provide up to 20% more warmth overall, with no added weight.

#### **Thermarest ProLite** Women's

Designed with extra insulation in the torso and foot, Thermarest's Women's ProLite mattress adds warmth exactly where our testing shows that women need it. It's tailor-made for women who want three-season comfort with a priority on minimal weight and maximum compactness. Now lighter and more compact than previous Women's ProLite 3 mattresses, weight is the only thing you'll find missing. You still get the reliable performance and comfort you need, after the kind of high-mileage, high-speed journeys where the ProLite does best.

#### Thermarest Z-lite

Thermarest's ultralight 3-season camping mattress is perfect for those go-anywhere, sleep-onanything treks and bivvies where every gram counts. All-new proprietary foams are softer on top for extra comfort and denser on the bottom for extra durability, and the accordion shape packs more comfort into a smaller space than any other closed-cell foam mattress out there.

- Travel Ultralight: Weighing under 500 grams, this mattress goes anywhere.
- Packs Small: Accordion-style design packs lots of comfort into as small a space as possible.



- Added warmth: Unique, diagonal-cut foam provides the most efficient insulation possible, while added warmth in the torso and feet addresses the specific needs of women.
- Light and Compact: Tapered design eliminates excess weight and rolls up compactly.



- Travel Light: Innovative materials create a mattress that's 20% lighter than previous Women's ProLite 3 mattresses.
- Save Space: Die-cut foam eliminates excess weight and rolls up ultra compact.



## THERMAREST Pioneering Innovation. Unmatched Quality.

Thermarest's Fast & Light® mattresses allow you to experience unrivalled comfort without compromising your goals. They weigh little and pack small, facilitating high-speed, low-weight trips.

#### Thermarest Neo-Air XLITE

NeoAir<sup>™</sup> technology changed what people expect from a backcountry mattress. Warm, comfortable and extremely lightweight, Thermarest's nextgeneration NeoAir<sup>™</sup> mattress delivers even greater performance than the original. The streamlined shape makes the XLite<sup>™</sup> mattress ultra light and highly packable, while continuing to provide the comfort you need in the backcountry. Stuff sack and repair kit included.

- Lightweight: the lightest mattress in the NeoAir™ collection – almost 15% lighter than the original.
- Ultra-packable: Low-bulk materials make the XLite as packable as a water bottle!



#### **Thermarest Accessories**

**Chairs: The Trekker Chair** provides the essential comfort of a chair in a modular form that's easier to pack and designed to be removed when not in use. Set-up is fast and easy. Comfortable, durable and light.

**Pillows: Thermarest's Compressible Pillow™** offers unprecedented portable comfort. It packs smaller and expands bigger than ever – perfect for everyone from trekkers and travellers, to car campers.

**Coupling Kit: The Universal Couple Kit** securely holds any two Thermarest mattresses side-by-side (20-30" wide), making it perfect for couples who want to sleep close but don't want to get stuck in the gap between mattresses in the middle of the night. **Packed** 







water bottle!			Packed			
Туре	Weight	Size (cm)	Size (cm)	R Value	Temp*	Price
Thermarest PROLITE PLUS						
PROLITE PLUS SHORT	450g	3.8 x 51 x 119	28 x 10	3.4	-5	\$249.99
PROLITE PLUS REGULAR	650g	3.8 x 51 x 183	28 x 12	3.2	-5	\$269.9
PROLITE PLUS LARGE	880g	3.8 x 64 x 196	33 x 13	3.2	-5	\$314.95
PROLITE PLUS WOMENS	640g	3.8 x 51 x 168	28 x 12	3.9	-8	\$269.9
Thermarest PROLITE						
PROLITE SHORT	350g	2.5 x 51 x 119	28 x 9	2.4	+2	\$204.9
PROLITE REGULAR	510g	2.5 x 51 x 183	28 x 10	2.4	+2	\$229.9
PROLITE WOMENS	510g	2.5 x 51 x 168	28 x 10	3.0	-2	\$229.9
Thermarest RIDGEREST SOLAR						
RIDGEREST SOLAR LARGE	740g	2 x 63 x 196	64 x 24	3.5	-3	\$134.9
Thermarest RIDGEREST SOLITE				1		
RIDGEREST SOLITE SHORT	260g	1.5 x 51 x 122	64 x 22	2.1	-2	\$51.95
RIDGEREST SOLITE REGULAR	400g	1.5 x 51 x 183	51 x 20	2.1	-2	\$77.95
RIDGEREST SOLITE LARGE	540g	1.5 x 63 x 196	63 x 22	2.8	-2	\$105.9
Thermarest Z-LITE SOL						
Z-LITE SOL SHORT	290g	2 x 51 x 130	51 x 20 x 14	2	-1	\$104.9
Z-LITE SOL REGULAR	410g	2 x 51 x 183	51 x 13 x 14	2.6	-1	\$124.9
Thermarest NEOAIR XLITE						
NEOAIR XLITE REGULAR	340g	6.4 x 51 x 183	23 x 10 x 10	4.2	-3	\$449.9
Thermarest NEOAIR UBERLITE		ļ	1			
NEOAIR UBERLITE SHORT	170g	6.4 x 51 x 119	15 x 9	2.3	N/A	\$429.9
NEOAIR UBERLITE REGULAR	250g	6.4 x 51 x 183	15 x 9	2.3	N/A	\$ <b>499</b> .9
Thermarest ACCESSORIES	5				1	
COMPRESSIBLE PILLOW MEDIUM	255g	36 x 46	N/A	N/A	N/A	\$67.95
COMPRESSIBLE PILLOW LARGE	340g	41 x 58	N/A	N/A	N/A	\$84.95
PILLOW CASE	65g	36 x 43	N/A	N/A	N/A	\$30.95
COUPLE KIT (combines 2 mats)	70g	for 20–30" mats	N/A	N/A	N/A	\$41.95
TREKKER CHAIR 20	290g	for 20" mats	N/A	N/A	N/A	\$119.9
TREKKER CHAIR 25	365g	for 25-inch mats	N/A	N/A	N/A	\$129.9

\*Figures are estimates by our experienced staff, taking into account years of use and comparative ratings with Exped mats.

# EXPED

## The maximum outdoor experience with minimal means.

Exped has become a leading brand in outdoor equipment ever since the Swiss company burst onto the scene in the mid-nineties. The Exped Team are passionate outdoor enthusiasts. Their ethos is about minimalism: the best materials and design, refined back to the basics. Introducing revolutionary technology like the Downmat, Exped has consistently produced elite level gear with a focus on comfort, warmth, weight and durability.



### Hiking Mat Range

In 2022, Exped simplified their hiking mat range into three major categories; the Ultra, Dura and Versa. Each group provides a simple solution to your requirements and the mat's intended use. Whether you need a lightweight mat (Ultra), a durable mat (Dura), or want to keep the cost down (Versa), Exped has a mat that is just right for you. Once you decide on a category, you need to ask yourself these 2 questions about intended use:

#### 1. What warmth level do I need?

R-value determines the warmth level of the mat. The higher the R-value, the warmer the mat.

#### 2. What size and shape do I need?

Single and duo sizes available in selected ranges. Small (S), medium (M) and large (L), increasing in length, with wider (W) options available. Mummy shape is also available in selected ranges.

In addition to the new 2022 hiking range, Bogong is continuing to stock the SIM Lite, SIM Comfort, MegaMat, Multimat and Flexmat ranges.



#### **Carbon Neutral**:

EXPED measures, reduces and fully offsets CO2 from the manufacturing and shipping of their new hiking mats.



#### 5-Year Warranty:

5 years limited warranty on materials and workmanship across the full mat range.



#### 100% Recycled Polyester

100% recycled polyester is used for face fabrics in new hiking mats, keeping plastics out of landfill.



#### **SIM Lite**

Hollow air channels make these self-inflating mats extremely lightweight. The FlatValve Technology that has proven itself in Exped's baffled mats is also used in this range. Exped is the first manufacturer worldwide to incorporate these durable, easy-to-use valves in selfinflating mats. Two flat valves, one for inflation and one for deflation are utilised in the mat. One-way flaps on the valves hinder air from escaping during inflation, and prevent air from re-entering during deflation and roll-up.

- · FlatValves are designed to be flat and non-protruding.
- Made of soft PU without sharp edges, these valves are more durable than traditional ones.

#### **SIM Comfort**

These self-inflating mats are exceptionally comfortable and ideal for base camp or vehicle camping. Supersoft but durable fabric, the resilient Polyester Tricot fabric with embossed honeycomb structure is comfortable next to skin and slip resistant. The laminated air block film is of PU-Ether. It is hydrolysis resistant making it leakproof even if humidity accumulates during inflation. These self-inflating mats covered in velvet soft Tricot fabric are thick and sinfully comfortable. They are surprisingly lightweight thanks to air cores in the foam.

• All models feature Velcro strips on the side seams that allow two or more mats to be joined together.

#### MegaMat

Amongst the SIM Comfort family is the MegaMat, the three-dimensional, self inflating, goliath of a camping mat. Although technicallly made for adventuring, the MegaMat is so comfy they have been used as spare matresses for guests at home. If you can spare some weight and want the most comfortable sleep possible, the durable, supersoft MegaMat is the way to go.

#### **Deepsleep Mat**

Using technology from EXPED's famous MegaMat, the Exped Deepsleep Mat offers edge-to-edge, 3D comfort with a cosy brushed 75 denier top fabric - all at a great price. The 7.5cm of open-cell foam provides excellent support. EXPED's extra-large deflation valve ensures fast deflation and the generously sized, velcro-strap-equipped stuff sack eases packing.

#### ULTRA

When a small pack size and minimal weight are the top priority, Ultra is the mat type for you. Made from 20 denier recycled ripstop polyester, the Ultra is considerably stronger than previous Exped ultra-light mats, while remaining comparable in weight. Higher R-value mats utilise Down to reach higher insulation, the lower R-value rated mats use Synmat technology. Air chambers run head to toe, with slightly increased side rails, called the Comfort Cradle, to provide comfort and stability while sleeping. The Schnozzel pumpbag is included for lung-free, moisture-free, rapid mat inflation.

#### DURA

Designed for comfort and extra durability, the Dura series weaves 75 denier/175 denier brushed, recycled polyester to withstand harsher conditions. A broad R-value range means you can choose a 3-season all-rounder mat, extreme cold winter mat, or anything in between. Like its sibling, the Ultra, the Dura uses Synmat and Downmat technology, as well as having the Comfort Cradle and Schnozzel pumpbag for ultimate comfort and convenience.

#### VERSA

The entry level option from Exped, the Versa is a versatile, multiuse mat that is competitively priced, while remaining high quality and comfortable. 75 denier recycled polyester outer fabric. An integrated hand pump is the unique feature that sets it apart from the Ultra and Dura. Although a bit more work involved in comparison to its counterparts, a simple press down action on the pumping area will have the mat firm and ready for use in minutes. Synmat technology is used throughout the range, with the Comfort Cradle keeping you stablised while sleeping.



*SIM Lite* – "*SIM*" stands for Self Inflating Mat: traditional-style mats with hollow air channels, resulting in reduced weight and bulk. Comfortable, slip resistant, well priced and durable.



*SIM Comfort* – The ultimate in comfort. Perfect for base camping, car camping and ideal as guest bed at home.



Туре	Fill	Size (cm)	Weight	Packed Size (cm)	R-Value	To Temp	Price
Exped ULTRA							
Ultra 3R S	Synthetic	160 x 52 x 7	415g	27 x 13	2.9	-5°C	\$269.95
Ultra 3R M	Synthetic	183 x 52 x 7	465g	27 x 13	2.9	-5°C	\$279.95
Ultra 3R LW	Synthetic	197 x 65 x 7	560g	32 x 14	2.9	-5°C	\$299.95
Ultra 3R M Mummy	Synthetic	183 x 52 x 7	365g	25 x 11	2.9	-5°C	\$279.95
Ultra 3R MW Mummy	Synthetic	183 x 65 x 7	440g	25 x 12	2.9	-5°C	\$289.95
Ultra 3R Duo M	Synthetic	183 x 105 x 7	845g	25 x 14	2.9	-5°C	\$449.95
Ultra 5R M	Synthetic	183 x 52 x 7	575g	31 x 13	4.8	-20°C	\$289.95
Ultra 5R LW	Synthetic	197 x 65 x 7	700g	34 x 15	4.8	-20°C	\$319.95
Ultra 5R MW Mummy	Synthetic	183 x 65 x 7	445g	27 x 13	4.8	-20°C	\$289.95
Ultra 7R M	Down	183 x 52 x 9	650g	28 x 14	7.1	-30°C	\$379.95
Ultra 7R MW	Down	183 x 65 x 9	790g	33 x 14	7.1	-30°C	\$419.95
Ultra 7R LW	Down	197 x 65 x 9	855g	33 x 14	7.1	-30°C	\$439.95
Ultra 7R M Mummy	Down	183 x 52 x 9	495g	27 x 12	7.1	-30°C	\$359.95
kped DURA							
Dura 5R M	Synthetic	183 x 52 x 7	850g	32 x 14	4.8	-20°C	\$269.95
Dura 5R LW	Synthetic	197 x 65 x 7	1030g	35 x 15	4.8	-20°C	\$289.95
Dura 6R M	Down	183 x 52 x 7	975g	33 x 16	5.8	-25°C	\$349.95
Dura 6R LW	Down	197 x 65 x 7	1215g	35 x 17	5.8	-25°C	\$379.95
Dura 8R M	Down	183 x 52 x 9	975g	33 x 16	7.8	-40°C	\$389.95
Dura 8R LW	Down	197 x 65 x 9	1215g	35 x 17	7.8	-40°C	\$429.95
cped VERSA		1					
- Versa 4R M	Synthetic	183 x 52 x 7	695g	25 x 13.5	3.7	-10°C	\$189.95
Versa 4R LW	Synthetic	197 x 65 x 7	885g	25 x 17.5	3.7	-10°C	\$219.95
cped SIM LITE	oynarous		ooog	20 x 1710		10 0	<b>41111111111111</b>
SIM Lite 3.8 M	Foam	183 x 50 x 3.8	740g	27 x 16	3.2	-5°C	\$159.95
kped SIM Comfort	TUalli	105 x 50 x 5.8	740g	27 x 10	5.2	-5 C	\$159.95
	_						1
SIM Comfort 5 LW	Foam	197 x 65 x 5	1215g	36 x 19	4.6	-15°C	\$199.95
SIM Comfort 7.5 LW	Foam -	197 x 65 x 7.5	1820g	67 x 23	6.4	-28°C	\$279.95
SIM Comfort Duo 7.5	Foam -	197 x 125 x 7.5	3350g	67 x 23	7.6	-36°C	\$449.95
SIM Comfort 10 LW	Foam	197 x 65 x 10	2150g	67 x 23	9.5	-48°C	\$329.95
cped MegaMat							
MegaMat 10 Duo M	Foam	183 x 104 x 10	3340g	56 x 28	8.1	-40°C	\$479.95
MegaMat 10 LXW	Foam	197 x 77 x 10	2605g	79 x 25	9.5	-48°C	\$389.95
MegaMat Duo 10 LW+	Foam	197 x 132 x 10	4630g	70 x 30	8.1	-40°C	\$549.95
xped Deep Sleep Mat							
Deep Sleep Mat 7.5 LXW	Foam	197 x 77 x 7.5	2575g	79 x 25	8.5	-43°C	\$359.95
kped MULTIMAT							
Multimat Uno	Foam	200 x 50	285g	50 x 10	1.4	9°C	\$99.95
Multimat Duo	Foam	200 x 100	525g	50 x 15	1.4	9°C	\$139.95
Multimat Trio	Foam	200 x 150	760g	50 x 18	1.4	9°C	\$199.95
cped FLEXMAT							
Exped FlexMat XS	Foam	130 x 52 x 1.8	235g	52 x 10	1.5	6°C	\$44.95
Exped FlexMat M	Foam	183 x 52 x 1.8	350g	52 x 10	1.5	6°C	\$49.95
Exped FlexMat LW	Foam	197 x 65 x 1.8	480g	65 x 14	1.5	6°C	\$59.95
Exped FlexMat Plus XS	Foam	120 x 52 x 3.8	315g	52 x 13	2.2	2°C	\$79.95
Exped FlexMat Plus M	Foam	183 x 52 x 3.8	480g	52 x 18	2.2	2°C	\$89.95
Exped FlexMat Plus LW	Foam	197 x 65 x 3.8	645g	65 x 18	2.2	2°C	\$109.95

Exped Accessories	Air Pillow		Pad	Neck Pillo	
Chair kit Type	Size (cm)	Weight	Packed Size (cm)	Price	
Exped ACCESSORIES					
Deep Sleep Pillow M	38 x 28 x 13	180g	22 x 12	\$44.95	
Air Pillow UL M	38 x 27 x 11	45g	5.5 x 12	\$54.95	
Air Pillow M	38 x 27 x 11	70g	5.5 x 12	\$49.95	
Air Pillow L	46 x 30 x 11	85g	6 x 14	\$54.95	
Air Pillow XL	52 x 34 x 13	95g	6.5 x 15	\$59.95	
REM Pillow M	38 x 25 x 13	130g	13 x 9	\$89.95	
REM Pillow L	49 x 26 x 15	190g	13 x 12	\$99.95	
Mega Pillow	53 x 32 x 12	170g	15 x 10	\$89.95	
Down Pillow M	38 x 28 x 13	150g	13 x 9	\$99.95	
Down Pillow L	48 x 29 x 15	190g	14 x 10	\$109.95	
Neck Pillow	38 x 32 x 12	70g	12 x 5.5	\$49.95	
Neck Pillow Deluxe	38 x 32 x 12	80g	12 x 7	\$74.95	
Sit Pad	40 x 30 x 3.8	125g	8 x 16	\$59.95	
Chair Kit M	N/A	440g	55 x 10	\$199.95	
Chair Kit LW	N/A	495g	65 x 10	\$209.95	
Mini Pump	12 x 9	45g	5 x 16	\$39.95	
Pillow Pump	35 x 17 x 10	140g	9 x 16	\$69.95	
Schnozzel Pumpbag UL M	68 x 49 x 16	60g	N/A	\$69.95	
Field (Mat) Repair Kit	N/A	20g	N/A	\$39.95	
Coupler Kit	N/A	50g	N/A	\$44.95	
FlatValve Adapter	N/A	5g	N/A	\$11.95	

#### Vaude Performance & Performance Winter

Incredibly light mat, available in two sizes (Medium & Large). Winter version offers greater warmth in colder climates. Egg shaped form. Primaloft, ecofriendly synthetic insulation.

Bogong recommends purchasing the Pump Bag to keep the inside of the mat moisture free.

## The Spirit of Mountain Sports



#### Vaude Hike 9

3D pad construction available in two sizes (Medium and Large). Filled with a synthetic insulation. Durable pad that packs down into a small size.

Туре	Size (cm)	Weight	Packed Size (cm)	<b>R-Value</b>	To Temp	Price
Vaude HIKE 9						
Hike 9 M	183 x 55 x 9	850g	22 x 12	2.5	-2°C	\$179.95
Hike 9 L	196 x 62 x 9	1110g	25 x 14	2.5	-2°C	\$199.95
Performance 7 M	183 x 51 x 7	410g	22 x 9.5	2.5	-2°C	\$249.95
Performance 7 L	196 x 61 x 7	520g	26 x 9.5	2.5	-2°C	\$269.95
Performance Winter 7 M	183 x 51 x 7	560g	22 x 13.5	4.1	-12ºC	\$259.95
Performance Winter 7 L	196 x 61 x 7	680g	26 x 13.5	4.1	-12ºC	\$279.95
Pump Sack (Bag)	N/A	80g	30 x 2	N/A	N/A	\$59.95



#### LOOKING AFTER YOUR MAT

#### HOW DO I INFLATE MY SLEEPING MAT?

There are various types of sleeping mats with different methods of inflation. Some are self-inflating – such as mats within the Thermarest range – while other mats require a pump to inflate them or they may be inflated by mouth. For example some mats within the Exped range have a pump that is actually built into the mat itself. New advancements in convenient pumping has introduced pump bags, which stops moisture from your lungs getting into the mat.

It's important to follow the inflation instructions provided by the manufacturer. Inflating and deflating your mat inside your tent will limit your mat's exposure to potential punctures. If you're leaving your mat set up in your tent for a period of time, remember to partially deflate it since heat may cause your mat to expand, thereby potentially damaging the internal structure.

#### HOW DO I CLEAN MY SLEEPING MAT?

We recommend cleaning your mat with warm water and a mild detergent (no bleach!). Using a rag or soft sponge, carefully clean the mat. Make sure all valves are fully closed. Rinse well. The mat should air dry after cleaning. Do NOT put your mat inside a washing machine or dryer.

#### HOW DO I STORE MY SLEEPING MAT?

Just like any other piece of gear, your sleeping mat will reward

Firstly, ensure your mat is completely dry before storing it, to avoid mildew. You need a reasonably cool storage place excessive heat can destroy the lamination that holds the mat together - in a wardrobe or under the bed is ideal. The best way to store your sleeping mat is unrolled, with the valve open. This allows the fill to breathe and maintain its loft and warmth for years to come.

#### WARRANTIES

At Bogong we stand behind the products we sell. If you have a problem with a product that you have purchased from us, please tell us so that we can remedy it. See our website for our complete warranties policy.

#### SO, WHAT IS THE STORY ON MATS?

All Exped mats have a 5-year warranty on material and manufacturing defects. Thermarest mats do not have a specific time limit on their warranty.

There is no warranty on mats for punctures, damage caused by sitting hot cooking pots on them or leaving them inflated with the valve closed in the hot sun. Valve issues, delaminations and fabric faults are the most likely cause of warranty issues with mats.

