Free sample from The Car Camping Trip Planner & Skills Kit. This is worksheet 5 of 11. Get all 11 worksheets: carcampsetup.com/kit/car-camping-trip-planner-and-skills-kit

Sleep System & Vehicle Fit Sheet

Tent size, pad R-value, the car bed and whether the load fits, with the site's own numbers

Name	**Date**
Vehicle	**Sleeping in (tent / car)**

The same arithmetic the site's Tent Size, Sleeping Pad R-Value and Cargo Fit calculators run, on paper, so the numbers travel with you. Run the calculators for the exact figure; this sheet is where it gets written down next to what you actually own.

Your sleep system

Item	Your answer
Forecast low for this trip (F)	
Sleeping on (ground, cot, air mattress, car floor)	
Warm, average or cold sleeper?	
Target R-value from the table below	
Pads you own and their listed R-values (add them)	
Gap: target minus what you own	
Sleeping bag rating (aim for about 10F under the low)	

Pad R-value target (from the Sleeping Pad R-Value Calculator)

Overnight low	On the ground	On a cot or air mattress	On the car floor
50F and warmer	R 1.5	R 2.5	R 2
40 to 49F	R 2.5	R 3.5	R 3

Overnight low	On the ground	On a cot or air mattress	On the car floor
32 to 39F	R 3.5	R 4.5	R 4
20 to 31F	R 4.5	R 5.5	R 5
10 to 19F	R 5.5	R 6.5	R 6
0 to 9F	R 6.5	R 7.5	R 7
Below 0F	R 7.5	R 8.5	R 8

For an average sleeper on the ASTM F3340 scale. Warm sleepers take about 0.5 off; cold sleepers add about 1. R-values add, so a foam pad under an inflatable raises the total by the foam pad's R. A standard air mattress insulates at roughly R 1 or less: put a pad on top of it. Pair it with a bag rated about 10F under the expected low.

Sleeping in the car: measure first

Measurement	Your number
Length, tailgate to the back of the front seats slid forward	
Width between the wheel wells	
Height, floor to ceiling	
Step or slope where the rear seats fold (yes / no)	
Mattress or pad length to buy (about 2 inches shorter than the floor)	

Air and carbon monoxide, every night in the car

- [ ] Two windows cracked on opposite sides, behind mesh screens
- [ ] Engine off all night: never idle for heat or air conditioning while anyone sleeps
- [ ] No stove, heater or lantern that burns fuel inside the car, ever (CDC)
- [ ] Battery carbon monoxide detector tested before the trip

Tent size (from the Tent Size Calculator)

Step	Rule	Your number
Adults	x 13 sq ft on pads, 17 on cots, 16.7 per person on a queen air bed	
Kids (under about 12)	x 8 sq ft on youth pads (17 on cots)	
Room to move	Sleeping area x 1.6, for dressing and the door	

Step	Rule	Your number
Gear inside	+ 3 sq ft per person for a duffel (0 if gear stays in the car, 8 if most gear is inside)	
Dogs inside	+ 6 sq ft small, 10 medium, 16 large	
Floor you need (sq ft)	Add it up	
Tent rating to buy	Floor / 16 sq ft per rated person, rounded up to the next size	

Manufacturers rate tents at roughly 16 sq ft per person, which is pads edge to edge with nothing else on the floor. Compare floor dimensions, not the person count.

Will it fit? (from the Cargo Fit Calculator)

Item	Packed cu ft each	How many	Total cu ft
Tent (your tent's packed size)			
Hard cooler	3.5		
Rotomolded cooler	5		
Camp chair	1.2		
Sleeping bag	0.6		
Sleeping pad	0.7		
Cot	1.6		
Stove	0.7		
Camp table	0.8		
Duffel	1.8		
Storage bin	3.6		
Small items (lights, first aid, tools)	1.5	1	1.5
Gear total			
Usable cargo: your rated cu ft x 0.75			

Packed sizes are the calculator's planning estimates from typical listed dimensions; real loads use about 75 percent of rated cargo space. Over by more than a 14 to 18 cu ft roof box holds? Cut the load, starting with bulky chairs and a second cooler.

The sleep and car-bed picks this sheet names

Real listings from the site's own catalog.

- **LLUAII Self Inflating Sleeping Pad, 4 inch**: A thick self-inflating pad follows the steps in a folded seat better than an air mattress and insulates the cold floor.
- **Exped MegaMat Ultra Sleeping Pad, Medium Wide**: The buy-once pad for cold nights on the ground or the car floor.
- **Car Camping Window Screens for SUV, Tailgate Mesh Screen**: Lets you crack the windows for air without letting the bugs in.
- **Kidde Carbon Monoxide Detector, AA Battery Powered**: Battery powered, no outlet needed, small enough for a door pocket.

Current prices and our latest picks for each item: **carcampsetup.com/kit/car-camping-trip-planner-and-skills-kit/gear/**

Researched guidance, not professional advice. Never run a stove, heater, lantern, grill or the engine for heat inside a tent or a closed car. Carbon monoxide has no smell.