Therm a Rest Trail Lite Regular Self Inflatable Sleep Pad

- **R-Value:** 3.2
- **Weight:** 1 lbs 10 oz / 0.74 kg
- **Dimensions (W x L x H):** 20 x 72 x 1.5 in / 51 x 183 x 3.8 cm
- **Thickness:** 1.5 in / 3.8 cm
- **Packed Dimensions:** 11 x 7.8 in / 28 x 20 cm

