

ABSTRACT

A vacuum heat insulating material 1 including a core material 2 formed of a fiber assembly and an outer cover material 3 covering the core material 2, with an interior of the outer cover material 3 reduced in pressure and sealed, wherein the core material 2 is configured such that a weight ratio of fiber having a fiber length of 1.85 mm or less is 11 wt% or less of this core material 2, thereby making fiber having a fiber length of 1.85 mm or more likely to be oriented perpendicularly to a heat insulating direction of the core material, and minimizing an effect of the fiber having the fiber length of 1.85 mm or less, which is oriented in the heat insulating direction of the core material and is a factor degrading heat insulation performance.