

Arctic Heat Cooling Vest

Basic care and usage

Initial Soak

- Vest comes in crystal form. Initially soak in water for 15 minutes until crystal in pockets swells into gel form (pockets should be firm but not bursting).
- When removing from water, grab top and bottom of vest and gently twist in opposite directions or put vest in spin dry to remove excess water and hang until material is completely dry. Vest is now activated.

Cooling

- Once activated the vest can be placed in the refrigerator or freezer. We recommend storing without any packaging.
- The vest can also be placed inside the resealable bag/satchel it was purchased in and placed on ice or into an ice water slurry.
- If the vest is stiff (frozen) when taken out of freezer, it is ok to snap the frozen gel pockets with your fingers.

Storing

- Whilst in activated (gel) state, the vest must be stored by hanging in a ventilated area. If wishing to store the vest for long periods, allow the vest to completely dehydrate (returning it to crystal), then hang in a ventilated area. To re-activate, simply repeat initial soak.
- If the crystal/gel pockets start to dehydrate and become flat soak for 5-10 minutes until the gel pockets properly swell again.
- If pockets return to crystal state simply repeat initial soak.

Washing

- To wash, simply hand wash in warm water with mild soap for 2 minutes and hang to dry. Or use a short delicate wash cycle in your washing machine.

**For more information, refer to www.arcticheat.com.au
or call Arctic Heat on +61 7 5522 1552**

Arctic Heat Cooling Vest Fact Sheet

- Make sure the fabric of the vest is completely dry before storing in the refrigerator or freezer to avoid the risk of mould developing.
- Vest must always be in activated (gel) state before being used.
- As a guide for cooling ability, if soaked in ice water/slurry for 1 - 3 minutes, the vest will stay cold for up to 30 minutes. If frozen it will stay cold for up to 2 hours.
- The back of vest has only 3 panels at the top that are filled with gel to keep cold away from the kidney area.
- The vest weighs between 800 grams and 1 kg when correctly activated.
- The vest can also be used warm/hot. Vest must be in activated state and placed in the Microwave Oven at 30 second intervals until the desired temperature is achieved. Heating times may vary according to wattage of microwave. It is **IMPORTANT** to check that vest is not too hot before wearing to avoid burns.
- Occasionally beads of gel may appear on the vest after washing; this is not a fault, simply wipe away with a cloth.
- **Please Note:** Gel crystals are non-sensitive to skin and mucous membranes are non-toxic and are not absorbed by skin.

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