

Instructions - please read !

Inflation:

- For first time use allow the mat to partially self inflate by opening the inflation valve and inserting the toggle attached to the inflation valve cap. Leave mat for at least 1 hour. Then inflate completely by using the Mini Pump and close inflation valve. Now leave the mat for 24 hours in a warm environment to allow the inner foam layer to recover to its full volume. If time is tight for this procedure, inflate fully using the the Mini Pump and then use the mat.
- In normal use, once in camp, unroll the mat, then open the inflation valve. To speed up inflation of the mat, insert the toggle attached to the valve cap into the inflation valve. To speed up selfinflation even more, push the silicone flap of the deflation valve inside (do not forget to reset it however when deflating respectively packing up the mat).
- After long rolled up storage, use same procedure as for first time use.
- Inflate to personal comfort level. The more you inflate the mat, the warmer and firmer it will be. This is a question of individual preference. Let comfort guide you.
- Valve caps are most easily closed by pressing down with one thumb at cap hinge while walking your other thumb around the edge of the cap.
- To reduce the pressure in order to make the mat softer while lying on it, open the inflation valve, then press in the one way flap allowing air to escape.
- Do not inflate by mouth as this can lead to the accumulation of moisture inside your mat!
- You can use also any other optional pumps like Pillow Pump, Schnozzel Pumpbag or the Schnozzel attached to the deflation valve of one of the waterproof bags Shrinkbag, Shrinkbag WB, Waterproof Compression Bag or Waterproof Telecompression Bag.

Use and Care:

- Use the packsack as a pillow by stuffing it with clothes and cover with a fleece sweater for added comfort.
- The packsack can also be carried as shoulder bag.
- As "bed sheet" we recommend the Exped Mat Sheet or Cozy Sheet. These also feature loops that allow the Exped sleeping bag Versa Quilt Duo to be attached directly to the sheet.
- Since the abrasive force of dirt is a fabric's primary enemy, use mild soap and water to occasionally wash the mat. Do not machine wash or tumble dry.
- Beware of exposure to heat: Do not expose an inflated mat to direct sunlight or heat sources. This may cause the air to expand and put excessive pressure on the seams which could then fail.
- Keep mat away from sharp objects like thorns, corals, jagged stones or similar.
- Do not use mechanical air pumps which could lead to excessive pressure and ruptured seams.
- Check valves periodically to ensure a positive seal. Debris can be removed with a damp cloth.

Packing:

- Deflation: Begin at the foot end. With deflation valve open, roll the mat up loosely and kneel on the bundle to remove most of the air. The built in one-way flap prevents air from flowing back into the mat which is a great help. Repeat the roll up procedure one or two times more rolling as tightly as possible expelling all the air. Then close the deflation valve and slip the mat into the stuffsack.

Storage:

- Be sure to store the mat unrolled with both valves open in a dry and cool area e.g. under the bed.
- When storing your mat take care to keep it away from pets. Sharp claws and teeth kill mats.

Tips and Tricks:

- Moving the mat from a warm to a cold place can drastically reduce the volume of the mat. This may look like a leak, but it is perfectly normal physics!
- Variations in pressure: When moving to and from different elevations by air travel or from sea level into higher altitudes, we recommend the valves be left open. This will make it easier to remove the mat from the packsack.
- To remove humidity or water that may have reached the insulating foam: open both valves and force cool to warm air through the inflation valve using a hair dryer. The circulating air will force humidity out through the deflation valve and dry the insulating foam.