



Heated Socks Bluetooth



User Manual



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SAFETY

- MOUNTAIN LAB GEAR Heated Socks must be used in accordance with the manufacturer's specifications and instructions to reduce the risk of burns and fire, which could result in property damage, serious injury or death.
- Prior to using this product, consult with your physician if you have any health-related issues.
- Check the skin under heated areas regularly to avoid injury.
- Inspect the wires before each use, and discontinue use if the wires show signs of damage.
- Do not operate the socks in high temperature environments.
- If the battery swells or becomes malformed, stop using the product immediately and safely dispose of the battery.
- Do not submerge the sock or battery in water or liquid.
- Avalanche transceivers can experience interference from all electronic devices in close proximity, including heated socks—even when they are powered off. Do not use or wear your heated socks in close proximity to an avalanche transceiver in use. For more information on avalanche transceiver interference, refer to the manufacturer of your transceiver.

CONTENTS

- One Pair of Heated Socks
- Two 74V 2200 mAh Lithium Polymer Rechargeable Batteries
- Dual Battery Charge Cable and Adapter
- User Manual
- MOUNTAIN LAB App Available on Google Play and App Store

SPECIFICATIONS

- 50% wool/50% polyester knit socks
- 3 heating levels – high, medium & low
- Socks can be controlled by MOUNTAIN LAB Android or iPhone app via Bluetooth, or manually

HEAT SETTING	TEMPERATURE	DURATION
LOW	38-45°C / 100-113°F	8 HOURS
MEDIUM	45-50°C / 113-122°F	5 HOURS
HIGH	50-55°C / 122-131°F	2.5 HOURS

USER INSTRUCTIONS

CHARGING

Charge the batteries for three hours at room temperature before first use. Always remove the batteries from the socks prior to charging.

To charge, insert the charging cable connectors into the ports on the batteries, then plug the charging adapter into a household electrical outlet.

The charging adapter light is red while the batteries are charging and green when charging is complete.

HOW TO USE

For each sock, insert the cable connector from inside the battery pouch on the cuff of the sock into the port on the battery, then place the battery inside the knit pouch.

When the battery is plugged in, the four rectangular lights below the power button on the cuff of the sock will illuminate briefly to indicate the battery charge. Four lights indicates a full charge; no lights indicates that the battery is empty.

PAIRING FOR FIRST TIME USE

Download the "MOUNTAIN LAB" app from Google Play or the Apple App Store.

Open the app and allow permission to use Bluetooth and send notifications.

Choose your language from the list.

Power on one sock first by holding the power button for one second. The Bluetooth indicator on the sock will flash red. Press next on the app screen.

The app will search for the sock. With the sock near your smartphone, select the Bluetooth address from the list of "already found" devices. The app will pair with the sock. The Bluetooth indicator on the sock will turn solid blue.

Choose the corresponding product from the list e.g. LEFT SOCK. You may rename it if you choose.

To add the other sock, press the "+" sign in the top right corner of the app screen.

Repeat steps 3-5 with the other sock, again choosing the corresponding product name from the list e.g. RIGHT SOCK.

The app will provide the option to link both socks. Press the "Link" button.

Your socks are now paired and linked.

BLUETOOTH CONTROL

Turn on both socks by pressing and holding the power button on the cuff of the socks for one second. The Bluetooth indicator above the power button will flash red to indicate that the socks are powered on but not currently paired with the app.

Open the MOUNTAIN LAB app on your smartphone. The app and socks will pair automatically and the Bluetooth indicator will turn solid blue.

Select the "SOCKS" icon in the app to enter control of the socks.

The socks can now be controlled independently. To adjust the heat settings of each sock individually, press the circular red button below the corresponding sock icon. The heat can be adjusted between high, medium, low and no heat (standby mode).

The remaining battery capacity of each sock is indicated below the heat setting adjustment.

To power down the socks using the app, press the power button in the upper right of the "SOCKS" display.

The settings gear icon in the top right of the group screen can be used to rename, ungroup or delete the group if desired.

STANDBY TIMER

An automatic timer can be set that will turn off the heat after a desired amount of time has elapsed. The timer can be set for any amount of time between one and 60 minutes. When the timer elapses, the socks enter standby mode—the heat is turned off but the socks remain powered on and paired.

For normal use of the socks without a timer, leave the timer set to "0 min".

MANUAL CONTROL

The Bluetooth Heated Socks can also be used and controlled manually in the event that your smartphone or MOUNTAIN LAB app is turned off, or by choice.

Press and hold the button on the sock cuff of each sock for one second to turn on.

To cycle through the heat settings, short press the power button. The three circular lights below the power button indicate the heat setting:

RED = HIGH, ORANGE = MEDIUM, GREEN = LOW

To turn off the socks, press and hold the button for one second.

CARE INSTRUCTIONS

Remove batteries before cleaning or storing the socks

Clean by hand using mild detergent and cold water to spot clean

Machine washing is not recommended

Do not use bleach

Do not dry clean

Do not wring

Do not iron

Lay flat to air dry

Charge the batteries every six months when not in use

WARRANTY

For warranty information, contact warranty@mountainlabgear.com



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