

# EZCOOLDOWN

Performers PCM Cooling Vest



User Manual

## **Congratulations on your new EZ Cooledown Performers Vest purchase!**

Thank you for choosing the EZ Cooledown Performers Vest. We trust it has arrived in perfect condition. Should you encounter any issues, please don't hesitate to reach out to us at [info@ezcooledown.com](mailto:info@ezcooledown.com).

### **Activating your PCM packs**

To activate the PCM packs, expose them to temperatures below their phase change temperature. For instance, if you've ordered the 15°C/59°F PCM packs, activate them at any temperature below this. The cooler the environment, the quicker the activation. We recommend activating the PCM packs in a fridge, freezer, or ice water. Your packs are ready to use once the PCM inside has solidified completely.

Should a PCM pack activate into an irregular shape, simply place it in warm water until the PCM melts, then reactivate it in a flat position for optimal shape.

When using packs from the freezer, let them warm for about 5 minutes before wearing. Packs activated in a fridge are ready for immediate use.

### **Adjusting your vest**

For the perfect fit, you may need to adjust the Velcro straps. Please note: The vest cannot be returned once straps are trimmed, so ensure you have the correct size before making adjustments.

Adjustment Instructions:

1. Insert the 4 activated packs into the vest pockets, securing them with the internal Velcro strips.
2. Zip up the vest.
3. If needed, adjust the Velcro straps on the shoulders.
4. Adjust the Velcro straps on the front for a tight fit, ensuring even tension on both sides.
5. Trim any excess strap length near the zipper for a tailored fit.
6. Even after trimming, the Velcro straps allow for ample adjustment in the future.

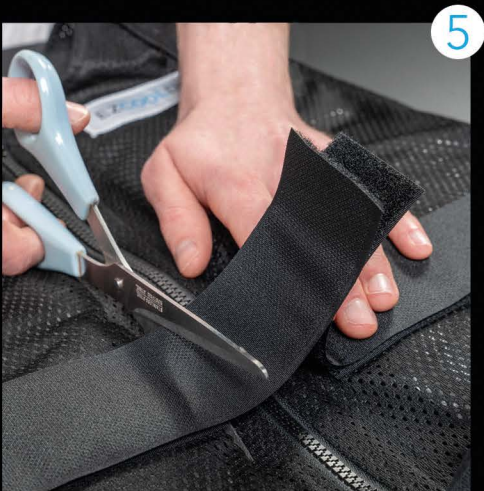
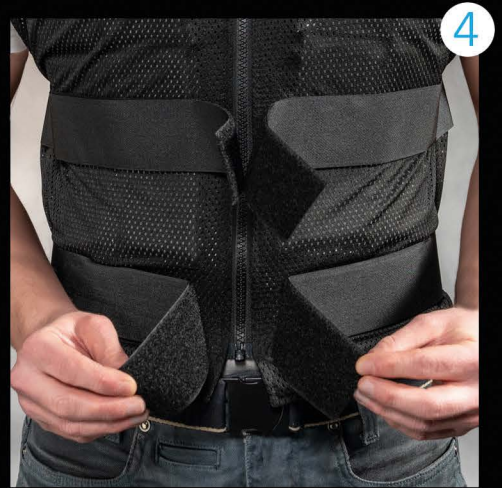
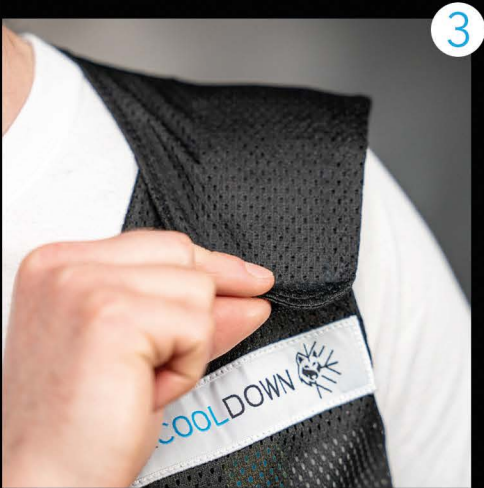
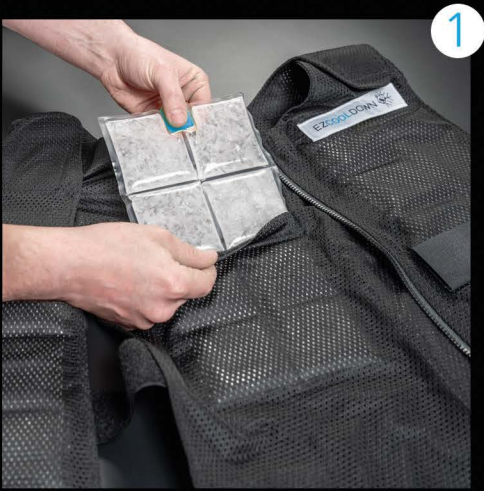
### **Maintenance**

With proper care, your cooling vest will provide years of comfort. When washing, please follow these guidelines:

- Remove the PCM packs.
- Hand or machine wash the vest separately, with the zipper and Velcro closed.
- Use the provided laundry bag when machine washing.
- Use mild detergent without fabric softener. Wash at a maximum of 30°C (85°F).
- Spin dry or air dry. Do not tumble dry.
- Store the vest on a hanger in a ventilated area, without the packs.
- PCM packs can be cleaned with warm water and a bit of dish soap.

### **Disclaimer: Cooling Vest Safety Information**

Please note that while this cooling vest is designed to assist in maintaining a safe core body temperature in warm environments or during physical activity, it is not a substitute for essential safety practices to prevent overheating. Users should continue to follow all recommended guidelines for heat safety, including but not limited to staying hydrated, taking regular breaks in a cool environment, and monitoring for signs of heat-related illnesses. This product is intended to provide additional comfort and support under high temperature conditions; however, it does not eliminate the risks associated with extreme heat exposure. Always prioritize your health and safety by engaging in responsible behaviors when dealing with high temperatures.



## Tips and Additional Information

- For optimal comfort under your cooling vest, choose a base layer with good moisture-wicking properties, such as Lycra® or Under Armour® HeatGear. Avoid cotton.
- Stay cool all day by rotating a second set of PCM packs. While one set keeps you cool, the other set can be reactivated, ensuring continuous comfort.
- PCM packs activated in the freezer can remain cool and ready for up to 12 hours when stored in an insulated bag or cooler. To ensure efficiency, select the smallest cooler that can fit the necessary amount of packs.
- EZ Cooldown PCM packs are extremely durable and designed to endure high pressure. However, take caution with sharp objects like needles or glass splinters to avoid damaging the packs.
- A slight greasiness on the pack's surface is a normal occurrence due to the 'sweating' phenomenon of the PCM material and is not an indication of a leak or damage. To reduce 'sweating,' it's advisable to store your PCM packs in a refrigerator or freezer when not in use.
- For quicker activation, place the packs side by side in a fridge or freezer. When activating overnight, stacking the packs is effective.
- PCM technology helps you staying cool as long as solid PCM crystals are visible within the packs. The packs are depleted once all PCM has liquefied, resulting in a temperature rise above their phase change threshold. At this point, remove the cooling vest or insert fresh, activated packs.
- It's normal for the packs to lose their cold feel after 10-20 minutes. This is due to your skin acclimating to the PCM's temperature, leading to the perception that they are no longer working. To verify the cooling effect, simply remove the vest and touch your skin, it will likely feel cold since its surface temperature aligns with that of the PCM pack. Hence, even if the packs do not feel cold, they continue to cool your body.
- Using PCM packs directly from the refrigerator or freezer results in a much colder sensation, given their activation at temperatures of 5°C/41°F (refrigerator) or -18°C/0°F (freezer). The PCM packs will quickly warm to their phase change temperature, thereafter maintaining this temperature for several hours. Remember, PCM packs are engineered to cool at specified temperatures of 21°C/70°F or 15°C/59°F, rather than the colder temperatures of your refrigerator or freezer.
- EZ Cooldown PCM packs are made with a bio-based, non-toxic phase change material that is low in flammability, ensuring your safety.

Please consult our FAQ page for additional details and troubleshooting: [www.ezcooldown.com/pages/faq](http://www.ezcooldown.com/pages/faq)  
For any questions or feedback, please contact us. We're always happy to help!

Warm regards,  
The EZ Cooldown Team

FAQ:

