

ICEPLATE

WEARABLE MULTIFUNCTION WATER BOTTLE
U.S. AND INTERNATIONAL PATENTS PENDING



INITIAL SETUP

1. Remove cap and set aside.
2. Attach hose to QD port (if equipped). Hose will click into place.
3. Fill from top with hot water for 10-15 seconds to rinse container.
4. Evacuate water, draining through tube and squeezing Bite Valve.
5. Replace cap.

IcePlate is now clean and ready to use.

COOLING PREP

1. Remove cap and set aside.
2. Fill until water level reaches the taper/slant near the top of IcePlate.
 - Hold IcePlate and hose vertical and squeeze Bite Valve to see level.
3. Freeze overnight, or 4-6 hours.
 - For best results, keep in contact with other frozen items or keep an air gap on all sides.
 - For maximum storage efficiency, stack.
4. Remove from freezer carefully. IcePlate will be very cold.
 - **Do not lift, handle, or carry IcePlate by the hose when frozen.**
5. Run exit port (lower part of hose) under water for 10 seconds.

IcePlate is now charged and ready to wear.

WARMING PREP

1. Remove cap and set aside.
2. Fill with 150°-180° F water until water level reaches the taper/slant near the top of IcePlate.
 - Hold IcePlate and hose vertical and squeeze Bite Valve to see level.

IcePlate is now ready to wear.

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POWER USER TIPS

1. Water expands when frozen: fill IcePlate 90% of the way before freezing.
2. Lie flat or upside down to freeze most evenly.
3. Don't handle by hose or exit port - doing so puts strain on the exit port.
4. Run water over exit port when frozen to promote flow and flexibility.
5. Hose is permanently sealed to exit port. Contact us for guidance.
6. IcePlate keeps you warm too! Fill with 150°-180° F water for winter comfort.
7. QD versions work with hoses and Bite Valves from all major manufacturers.
8. Mods not made by a Qore Performance certified center will void warranty.



WARRANTY/RETURNS

We've got your back. If your IcePlate breaks, we'll fix it, or give you a discount on a replacement. See more at qoreperformance.com/forever-iceplate-warranty

Web: qoreperformance.com
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