

# ICEPLATE SAFETY VEST



50 OZ CAPACITY



70+ WATTS COOLING



2-4 HOUR DURATION



WEIGHS ONLY 12 OZ



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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## SAFETY VEST SETUP - ELASTIC

1. Safety Vest comes assembled. Put arm through vest on belt closed side.
2. Fasten buckle on other side when in place.
3. Pull slider on Belt to adjust length. Towards buckle loosens, away tightens.

## SAFETY VEST SETUP - TOOLBELT

1. Start with Nylon loops on bottom of ToolBelt.
2. Attach hook field of both ToolBelt pieces to loop field on back panel of
3. Safety Vest, meeting in the middle.
4. Secure hook field of ToolBelt pieces to loop field on front panel of Safety Vest, adjusting for comfort.
5. ToolBelt can be flipped upside down for different radio pocket depth.
6. Keep ToolBelt out of Freezer to ensure continued integrity.

## 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](https://qoreperformance.com/forever-iceplate-warranty)

**Web:** [qoreperformance.com](https://qoreperformance.com)  
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