

CHILLOW® INSTRUCTIONS

Please take a few minutes to read these simple instructions, and get set up before you activate your CHILLOW®!

1 WHAT YOU NEED PREPARE



- Uncapped Chillow® cloth side up
- Clean pouring measuring container
- Towel
- Clean, flat surface free of sharp, puncturing objects
- 4 pints* clean, lukewarm water (tap water is fine)
*4 pints = 80oz = 2 Ltr 350ml.

2 WHAT YOU DO POSITION TO POUR



Lift & tilt Chillow® by valve, forcing inner foam down away from outer shell.

(Use index finger to push foam down if necessary.)

POUR



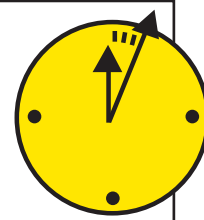
Slowly pour 4 pints* water into valve.

A little spill is okay. An exact amount is not needed.

*4 pints = 80oz = 2 Ltr 350ml

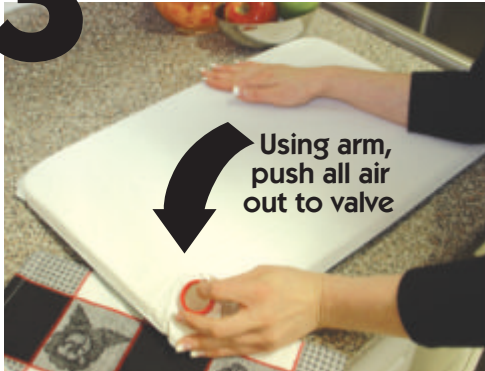
PAUSE

**WAIT 3
FULL
MINUTES**



Wait 3 full minutes allowing water to completely soak the inner core.

3 MAKE IT COOL PUSH OUT ALL AIR



Using arm, push all air out to valve

Raise valve with index finger inserted. Lay forearm across entire end of Chillow®. With a slight downward pressure, slide arm all the way across surface to remove air. Water may bubble up - just pause and let it soak back down.

SEAL OUT ALL AIR



Press down firmly when arm reaches valve to force out all air (some water may spill out). With arm still in place, QUICKLY snap cap into valve making a "popping noise" to create an airless vacuum seal.

Great, You Have Completed Your First Air Removal Pass. Repeat until ALL AIR IS REMOVED.

ALL WATER+NO AIR=COOL CHILLOW®

Keeping Air Out is the Key to COOL!
Repeat Step 3 and Make It COOLER.

4 WRINKLES ARE COOL DOES IT WRINKLE LIKE THIS?



Does your activated Chillow® look wrinkly and vacuum packed?

If so, that's exactly right!



TIP: If your Chillow® does not look wrinkly like this photo, repeat step 3 until ALL AIR IS REMOVED.

5 LET IT COOL LET CHILLOW® REST FOR 2 HOURS

AFTER COMPLETELY DRYING BOTH SIDES, let your activated Chillow® rest for at least 2 hours until cool to the touch.

AFTER TWO WEEKS OF USE REPEAT STEP 3.