



## HOW TO INFLATE:

Remove straps

Unscrew valve

Mat automatically fills itself with air

Close valve

## FUNCTION:

The self inflating mat consists of a PU foam core and a durable polyester cover.

When filled with air, the mat forms an insulated cushion against moisture and a cold ground. By rolling the mat up, air is pressed from the mat and the foam core. This causes a vacuum to form internally.

Once air flows in again, the foam stretches, producing the “self inflating effect”.

## USE AND CARE INSTRUCTIONS

- Loosen the flexible straps by pulling these over the outside edges of the mat and spread the mat on the ground.

- Open the valve by turning it in a counterclockwise direction.

Note: the valve cap only needs to be untwisted, please do not remove the cap.

- After untwisting the cap, the mat will self inflate.
- Then, gently close the valve. (Caution: the valve cap should not be closed too firmly as the sealing ring on the inside could get damaged)
- The thickness of the mat can be increased by inflating it further.

**Please note:** for a new mat or one that has been stored in the rolled condition for an extended period of time, the self inflation could possibly take up to 15 minutes to complete. It is recommended that prior to its first use, to spread the mat out for 6-7 hours (for example; overnight) with the valve in the open position, so that the foam core can expand completely.

## REMOVING AIR AND ROLLING UP THE MAT

- Open the valve completely (unscrew valve cap, but do not remove) and, with slight pressure, roll up the mat from the opposite end towards the valve.

By doing this, air escapes from the foam core.

When the mat is completely rolled up, please

close the valve.

- In order to roll the mat even tighter, the mat can be rolled up again with a closed valve. The accumulated residual air at the end of the valve can be discharged simply by opening the valve. After this, immediately close the valve once again.
- The flexible straps can easily be placed around the rolled up mat.

## CARE AND USE

Although the mat’s material is water-repellent, it should never be stored in wet or damp conditions. Please roll the mat up only when it is dry.

- The mat can be cleaned with a damp rag and mild soap. While doing so, the valve must remain closed, so that water will not get into the interior of the mat.
- The mat is not machine washable.
- Never use the mat in close proximity to open flames or heat sources.
- To protect the mat against damage, it should not be used on stone surfaces.
- This mat is not designed to be used in water and/or for swimming. It is NOT a floatation device.

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