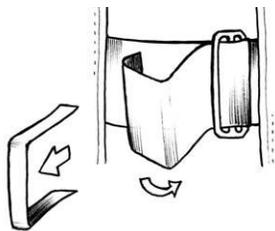


Adjusting Your Vest

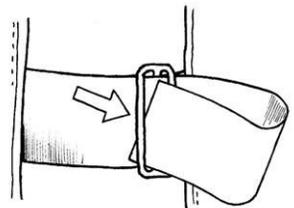
The first step in adjusting your Veskimo Personal Cooling Vest to fit you properly is to verify that the *length* of the vest is correct. If you have not already read the Vest Sizing Guide section, please refer to the second figure that shows where the bottom end of the Vest Zipper should be located on your body when wearing the vest. Don't worry if the vest is initially adjusted too small or large for your chest and waist - it's the length that you want to check first.

If the length is far outside of the recommended range, please do not flow water through the vest. We will gladly exchange it for another size.

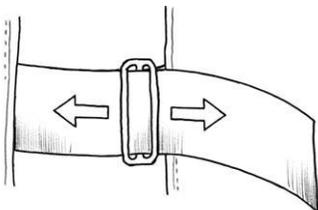
If you have verified that the vest length is correct, but feel that it fits you too tightly or loosely, the six Elastic Straps at the sides of the vest can be adjusted for a custom fit. To adjust, please remove the vest and follow these steps:



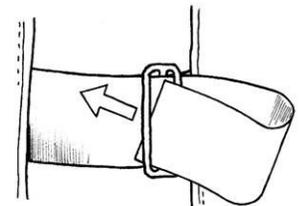
1. Remove the Velcro Wrap from each of the six Elastic Straps and set them aside. You will reinstall them later. Then unfold each Strap as shown in the figure to the left.



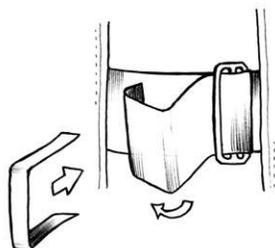
2. Push the end of each Strap out from the black metal Adjuster (as shown in the figure to the right) so the Strap lies straight and flat as shown below.



3. Each Strap can now be pulled easily through its Adjuster to lengthen or shorten as required to adjust the gap between the Front and Back Panels of the Vest.



4. Try on the Vest and readjust the Straps as required until you obtain a snug but comfortable fit. When you are satisfied with the fit, slip each Strap back through its Adjuster, as shown in the figure to the right.



5. Fold up the excess length of the each Strap and secure each with a Velcro Wrap.

Answers to Some Questions You May Have:

Q. How tight should the vest fit?

A. It is necessary for the tubes to be touching your skin (or a very thin garment against your skin) to take heat away. There is no cooling where they don't touch. Tension or "stretch" in the adjustable-length elastic straps on the sides of the vest cause the tubes to be pressed against your body. For optimum body cooling, adjust the vest for a snug fit so as much of the tubing as possible is touching your skin, but not so tight that it feels uncomfortable or limits your movement.

Q. Why are there flaps (shirttails) at the bottom of the vest?

A. These are designed to tuck into your pants to keep your vest securely in place during all of your work and play activities. Of course, you don't have to tuck them in if you don't want to.

Q. Can I wear a T-shirt underneath, or do the tubes have to touch my bare skin?

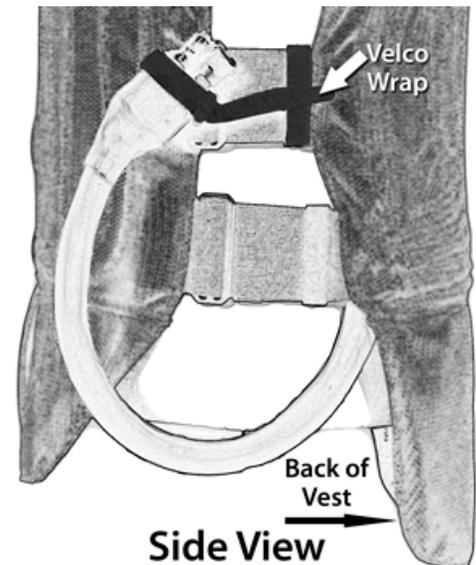
A. You will get maximum cooling when the tubes are against your bare skin, but a thin T-shirt underneath is fine as long as you wear something else (another T-shirt or thicker) over the vest. Otherwise, you may cool the surrounding air more than you cool yourself.

Q. Can I wear clothing over the vest?

A. Certainly! That's what it was designed for and how it works best. By placing a layer of clothing over the vest you insulate it and yourself from the surrounding air, keeping more of the cold inside to cool your body. We recommend that bicyclists wear at least a thin jersey over the vest. Leathers worn by motorcyclists are ideal.

Q. What is this Velcro piece that is around the Vest Connector?

A. If you pull the end up on the Velcro Wrap that is on the end of the Vest Connector, you can use it to keep the Vest Connector stowed against the side of your vest when not connected to the cooler (so it doesn't flop around). It will adhere ("Velcro") to one of the black, side adjustment straps.



Care and Maintenance of your Cooling Vest

Add one teaspoon of chlorine bleach to two quarts of water and circulate through the Cooler or Backpack while connected to the Vest before end-of-season storage and/or periodically to prevent build-up of potentially harmful microorganisms.

- Wash by hand with mild soap in cool water.
- Do not use bleach.
- Do not wring.
- Do not put in the dryer.
- Do not iron.
- Place included foam cushions onto a coat hanger so that the tubes in the vest wrap over the cushions when the vest is placed on the hanger.
- Do not hang the vest on a hanger (wet or dry) without padding for an extended period of time. Hanging the vest without padding may cause kinks to form in the tubing that goes around the neck.