

- Thank you for trusting TRINORDIC -

Please follow this guide to maximize the lifetime and experience of your sleeping mat.

- FIRST THINGS FIRST – UNPACKING THE NEW MAT -

Your new mat has been tightly packed since production. Please follow the steps below in order to get it “adventure ready”.

1. **Unroll it with valves fully open.**
2. **Keep it unrolled for approx. 30 min.**
3. **Fully inflate the pad and the pillow, then close the valves.**
When the mat is new or has been stored for an extended period, more breaths than usual may be required to fully inflate.
4. **Store mat inflated overnight.**
5. **Adventure ready!**

- INFLATE -

1. **Unroll your mat and open the first part of the valve.**
See pic to the right. →

2. **Blow air into the valves until fully inflated.**
Stand upright and take deep slow breaths, in through the nose and out through the mouth, just like yoga.
3. **Close valves by firmly pushing the cap back on.**
If the valve isn't completely closed air will slowly leak out.
See pic to the right. →

4. **Personalize the firmness of the pad and the pillow.**
Do this by lying on the mat while slightly opening the second part of the valve to bleed air out.

- DEFLECT -

1. **Open second part of valves and the air will leak out in an instant.**
← See pic above.
2. **Fold the mat 3-4 times on the width.**
3. **With the valves still fully open, start rolling from the pillow end to the foot end of the mat.**
This way you will push the remaining air out of the mat.
4. **Now the mat is rolled and ready to get back in to the carry bag.**

- INFLATE - - DEFLECT - - REPEAT -

- Storage -

If you love your mat and sleep on it all the time you can skip this part.

Otherwise we recommend leaving the valves open and storing your mattress rolled in the carry bag to protect it from dirt and sharp objects. Make sure the mat is clean and dry before storing.



- REPAIRING IS CARING - FIELD REPAIR -

Nothing is impossible, not even a hole in the mat. No worries though, it should be easily fixed with the glueless repair kit included in your purchase. Below you find some simple guidance.

1. **Find the leak.** If it's not a oblivious one you should inflate it and put the mat under water or soak it. Air bubbles will expose the leak like smoke from a campfire. Mark the hole with a pen.
2. **Clean and dry the patch area.** Avoid using detergents. Alcohol-based cleaners is best for getting rid of grease, but using water should be enough.
3. **Deflate the mat completely.**
4. **Firmly apply the patch over the hole.**
5. **Wait at least 30 min before you inflate the mat again.**



- CLEANING -

It doesn't hurt to clean you mat every now and then to prevent food, oils or other materials from degrading your mat. Avoid using detergents, mild eco-friendly soap and water should do the job perfectly fine. Make sure to rinse and dry the mat unrolled before putting it back in the carry bag.

- OTHER USEFULL TIPS FOR MAXIMUM LIFETIME & EXPERIENCE OF YOUR SLEEPING MAT -

- Always check for potential puncturing hazards under the mat area.
- If you are sleeping beneath the stars without a tent you should consider using a ground cloth beneath the mat. Us a reflective one and you also get some extra warmth.
- Be careful around the campfire! Do not expose the mat to flame or sparks.
- Do not pressurize the mat with high-pressure pumps.
- Beware of the sun! Do not expose the mat to long periods of direct sunlight. Too much ultraviolet rays will wear down both you and the mat.
- Never leave your mat inflated to the max in a hot place like a car or a tent. To much heat and air pressure can damage the mat.
- We have tried and the mat is not a good flotation device.... Nor is it approved by Her Majesty's Coastguard or The Swedish Coastguard.
- Avoid to contaminate the mat with insect repellents, sunscreen, chlorine or other potent chemical substances.
- Be aware of pets and children! They are not dangerous but could hurt your mat or the mat can

- SHARE YOUR ADVENTURE -

We would be very happy if you shared your adventure with us. Please hashtag #TRINORDIC
If you are looking for more useful tips and inspiration, make sure to follow us on social media and check out www.trinordic.se

- WE DO NOT HAVE A RESCUE HELICOPTER -

...But if you do have a **problem with your sleeping mat** we will do our best to make sure that the problem gets solved. Just send a message to "hello@trinordic.se" and we will respond as fast as possible.

- ON LAST THING -

We are sorry if we are nagging you. But we are really interested in what you think and would be very happy if you could spare a moment and write a review at Amazon.co.uk.

- THANKS FOR YOUR TIME -



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