

## WELCOME TO THERMACELL<sup>™</sup> TECHNOLOGY

Dear ThermaCELL<sup>™</sup> Heated Insoles Purchaser:

Thank you for purchasing ThermaCELL Heated Insoles. ThermaCELL Heated Insoles feature a wireless remote control and rechargeable stateof-the-art Lithium-Ion Polymer batteries embedded in each insole. With the touch of a button, you control the amount of warmth under your feet while they stay protected inside your shoes or boots.

ThermaCELL Heated Insoles keep your feet warm, not hot, to avoid sweating and freezing. Your Heated Insoles maintain a steady temperature inside your shoes or boots, keeping your feet around normal body temperature, ensuring they do not overheat. ThermaCELL Heated Insoles are great for a variety of cold weather activities. Operating instructions included in this document provide clear and concise directions on how to properly use your Heated Insoles.

ThermaCELL products, including the award-winning ThermaCELL Mosquito Repellent product line, enable outdoor enthusiasts to enjoy their favorite activities in comfort. We thank you again for your purchase of ThermaCELL Heated Insoles and are confident your cold weather activities will be more comfortable and enjoyable than ever before.

Enjoy your purchase,

The ThermaCELL Product Group

# THERMACELL" HEATED INSOLES INSTRUCTIONS

### PACKAGE CONTENTS

The ThermaCELL Heated Insoles box contains two Heated Insoles, one Remote Control, one Global Charger, one Lanyard, one Drawstring Travel Bag, and this instruction booklet.

## TRIMMING INSOLES FOR EXACT FIT

Insoles may be trimmed to fit shoes or boots if needed. If your footwear has a removable insole, take it out and use it as a cutting guide. Be sure to follow the **WARNING** statement printed on the bottom of the Insoles!

**Caution:** Do not cut beyond the solid line or excessively bend the Insoles. This will cause damage to the heating elements and the product, and will void the warranty.

## CHARGING AND RECHARGING INSOLES

ThermaCELL Heated Insoles must be fully charged before the first use. For best results, charge Insoles at room temperature. It may take up to 4 hours to charge.

The ON/OFF switch and recharge port for the Insoles are located at the back of the heel of each Insole. A black rubber flap protects the switch and recharge port.

### **Directions:**

- 1. Set the ON/OFF switch on the back of each Insole to the left (OFF) position.
- 2. Plug the Global Charger into an electrical outlet. The LED on the inline connector will not yet turn on.
- 3. Plug the Global Charger cables into each Insole Recharge Port located at the back of each Insole. Once the connections are established, the charger LED light on the inline connector will glow green indicating that the charging process has started.
- 4. Charge Insoles until the LED light on the inline connector turns off, indicating that the Insoles are fully charged.
- 5. Unplug the Global Charger from the electrical outlet and remove the cables from each Insole. The ThermaCELL Heated Insoles are now ready for use.

**Note:** You can charge one or both insoles at the same time. If either Insole needs to be charged, the LED light on the inline connector will glow green when plugged into both the wall and the Insole. When the insoles are fully charged, the green LED on the inline connector will turn off.

## TO ACTIVATE THE INSOLES

The first time that you use your ThermaCELL Heated Insoles, you will have to remove the clear plastic tab from the Remote Control to activate the already installed battery.

- 1. Turn each Heated Insole on by moving the ON/OFF switch at the back of each Insole to the right (ON) position. The red LED light at the back of each Insole will flash intermittently and Insoles will default to the No Heat setting. **Note:** If no specific heat setting is selected, the Insoles do not generate heat and use minimal battery power.
- 2. Select a setting on the Remote by using the buttons indicating: High, Medium or No Heat. The LEDs on the back of each insole will flash in different patterns depending on the heat level selected. On No Heat they will flash one time every several seconds, on Medium they will flash two times every several seconds, and on High they will flash three times every several seconds.

- 3. Insert the Insoles into shoes or boots by following the directions located at the bottom of the Insoles. Trim Insoles to fit if needed. Insert into shoes with the black side facing down (red side up).
- 4. Use the Remote Control to operate the Insoles while shoes or boots are on feet. The LED light on the remote will flash once to confirm a heat setting has been transmitted to the Insole. Remote can be used up to 7 feet from Insoles.

**Note:** The heating element in each Insole extends from the toe area to the ball of the feet. The arch and heel areas are not heated.

## TWO WAYS TO TURN OFF THE INSOLES

**Long-Term:** When you are not using your Insoles for a prolonged period of time (many hours or days), remove the Insoles from your shoes and turn the ON/OFF Switch at the back of each Insole to the left (OFF) position. The Remote Control will turn off automatically.

**Short-Term:** When you are not using your Insoles for a short period of time (up to a few hours or when your feet are warm), use the Remote Control's "No Heat" setting to put the Insoles into "standby" or "sleep" mode. This will exhaust the battery at approximately 2% per hour. When heat is needed, simply press the High or Medium button on the Remote Control to reactivate heat.

### HELPFUL HINTS FOR USING THE INSOLES

- Heated Insoles do not get "hot" to the touch, and will not get as hot as disposable/ chemical warming pads. They are engineered to keep your feet warm, to avoid sweating and freezing. They maintain a steady temperature of 100° F (38° C) or 111° F (44° C) inside your boots or shoes (depending on the heat setting chosen), keeping your feet around normal body temperature.
- For best results, use Heated Insoles in a cold environment with insulated boots. You are less likely to feel the heat output in a warm environment outside of footwear.
- For a better fit, remove the insoles currently in your footwear (if removable), and replace with Heated Insoles. Make sure footwear is not too tight; tightness naturally causes feet to get cold.
- The tabs at the end of the Heated Insoles will assist in easy removal of the Insoles from shoes or boots after use. Be sure to insert Insoles with the tab sticking up.
- Once Heated Insoles have been fully charged, they will operate for up to 5 hours on Medium. The outside temperature and quality/insulation of footwear will affect run time.
- To prolong battery life, it is recommended that the Insoles be in the No Heat setting when the user is engaged in strenuous activities. At high exertion levels, the body typically generates enough heat to keep the feet warm.
- Maintaining a comfortable heat level while using Heated Insoles depends upon proper installation and activation of the Insoles, along with the type, fit, insulation, and dryness of the footwear and/or socks being worn.
- For best performance, it is recommended to wear well insulated boots and mediumto-lightweight socks that wick away moisture and keep feet dry. A very heavy sock will prevent heat from reaching your foot.
- · For best results, turn Heated Insoles on at the first sign of your feet getting cold.

4 – E

## REMOTE CONTROL BATTERY REPLACEMENT

The Remote Control comes equipped with one Lithium Cell # CR2032. The battery should last approximately two years under normal usage. However, to insure uninterrupted service from the remote, replace the battery annually. To replace the battery:

- 1. Remove the four small Phillips screws on the underside of the Remote Control.
- 2. Lay both sides of the Remote Control open on a table (refer to the diagram on page 4-E). Remove the green printed circuit board and turn the board over so the battery holder is facing up. Using a coin, push the battery out from under the battery holder.
- 3. Replace the battery by inserting the new battery back into the holder making certain that the positive (+) side of the battery is facing up.
- 4. Return the green circuit board to its original position making certain the battery is located on the underside of the printed circuit board. Now place the housing front with the black rubber spacer piece over the circuit board.
  - HOUSING FRONT HOUSING BACK CIRCUIT BOARD

# 5. With the two sides of the Remote Control together, secure the two side panels by replacing the four small Phillips screws.

### THE INTEGRATED LITHIUM-ION POLYMER BATTERIES EMBEDDED IN THE INSOLES

The high-quality Lithium-Ion Polymer batteries can be fully recharged well over 500 times.

The batteries are embedded in the Insole material and cannot be accessed.

If Insoles are not used for an extended period of time, charge them completely before next use.

Battery Disposal: Battery must be disposed of in accord with local laws and regulations.

# CARE INSTRUCTIONS

- · Turn off ThermaCELL Heated Insoles when not in use.
- Store the Insoles and Global Charger in a clean and dry place. Charge the Insoles fully before long-term storage. Recharge the Insoles every few months to maintain peak performance.
- · Only use ThermaCELL chargers to charge the Insoles.
- · Only charge the Insoles when they are outside of shoes or boots.
- $\cdot\,$  Do not damage the heating elements by excessively bending the Insoles.
- $\cdot\,$  Cut the Insoles to size only as indicted in instructions and on Insole.
- · Clean with a damp cloth only. Do not use chemicals or cleaning agents.
- · Do not submerge in water. Insoles are water resistant, not waterproof. If Insoles become submerged in water, air dry before attempting to use.
- · Only air-dry the Insoles. Do not place them on radiators or any other hot surface.
- · Let the Insoles dry completely before charging again.
- · The switch on the Heated Insoles must be set to the left (OFF) position when charging.

## IMPORTANT INFORMATION IF INSOLES ARE NOT HEATING OR OPERATING CORRECTLY

Perform the following actions if the Insoles do not seem to be heating correctly:

- 1. Charge the Insoles completely then disconnect the charger.
- 2. Turn the Insoles on. The LED light on the back of each Insole should flash once every few seconds. Using the Remote Control, press the High button. The LED light on each Insole should now flash in groups of three every several seconds. If they LEDs do not flash correctly, please refer to the Remote Control pairing instructions below.
- 3. Place the Insoles in a refrigerator for 5 10 minutes.
- 4. After taking the Insoles out of the refrigerator, check the LED lights on both Insoles. The LED lights should still be flashing in groups of three every several seconds.
- 5. If the lights are flashing in groups of three, then the Insoles are in heating mode. Press the Insoles to your hand or cheek and check for warmth. If you do not feel any heat, please contact ThermaCELL Customer Service.

## REMOTE CONTROL PAIRING INSTRUCTIONS

If the Remote Control does not properly activate the Insoles per the instructions, you will need to re-key the Remote Control to the Insoles. The Heated Insoles and the Remote Control are keyed at the factory so that your Remote Control will only operate your Insoles. Please follow the directions below ONLY if you need to re-key Heated Insoles with a Remote Control:

- 1. Each Insole must be "paired" with your Remote and is easiest to do one Insole at a time.
- 2. Turn the Insole switch on the back of each Insole to the right (ON) position. Insert and remove the charging cable twice (2 times) very quickly into the Recharge Port located at the back of the Insole. Note: to ease the process, insert charger into Recharge Port until Insole LED illuminates, you don't have to "click" it in.
- 3. The Insole LED will start flashing a sequence of one (1) long flash followed by four (4) very short flashes to indicate the "pairing" mode is in process. The flash sequence will repeat three (3) times and then will time out. During this process, press any button located on the Remote (if you do not press a button in time, simply repeat the process from Step 2). This will re-key the Insoles with the Remote Control.
- 4. Repeat Steps 2-3 with the other Insole.
- 5. This completes the re-keying of your Heated Insoles.

6 – E

## THERMACELL CUSTOMER SERVICE

If you have further questions regarding ThermaCELL Heated Insoles:

- Call Customer Service at 1-866-753-3837 or 781-541-6900 Monday through Friday between 8:30 AM and 4:30 PM Eastern time.
- · Refer to www.thermacell.com for instructions, tips, and how-to videos.

### HEATED INSOLE ACCESSORIES

Accessories available for the ThermaCELL Heated Insole system include a Car Charger. Contact ThermaCELL Customer Service at 866-753-3837 or visit www.ThermaCELL.com for a retailer in your area.

## CAUTIONS: BE AWARE OF BURN POSSIBILITIES

- · Properly use ThermaCELL Heated Insoles according to instructions.
- Users of Heated Insoles need to be aware of early sensations of a burn, including when an area of a foot becomes hot, or when any area of your foot feels like you are standing on a small pebble or pointed object and may or may not feel hot.
- If you feel the early warning of a foot burn, immediately discontinue use of the Insole and make certain your foot is not at risk of being burned. See a physician immediately if you think you have a burn.

#### RADIO AND TELEVISION INTERFERENCE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

- Increase the separation between the equipment and the receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes and Modifications not expressly approved by The Schawbel Corporation can void your authority to operate this equipment under Federal Communications Commission's rules.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Patent Pending Made in China

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