

# SELF-INFLATING MAT

INSTRUCTIONS  
STORAGE  
CARE & MAINTENANCE



## TO INFLATE:

1. Locate the valve at the top corner of the mat
2. Twist the valve counter-clockwise to open, which allows air to enter the mat. The expanding foam inside the mat will cause air to be pulled in through the valve.
3. Because the mat has been packed tight for shipping, the foam will take a while on first inflation to fully expand - with additional use the foam will expand faster. You can assist with the first inflation by unrolling and gently shaking the mat.
4. After the mat has stopped self-inflating, you can increase firmness by blowing into the valve.
5. Close the valve when desired firmness is achieved.

## TO DEFLATE:

1. Open the black valve located at the corner of the mat to allow air to escape.
2. Starting from the end opposite the valve, roll the mat towards the valve to push out air
3. When most of the air has been removed, close the valve so that air does not re-enter and unroll the mat.
4. Fold the mat in half lengthwise, then roll once again towards the valve. Release the valve when necessary to allow additional air to escape. This will further compact your rolled mat.
5. Close the valve when finished

## TO STORE:

- Make sure the air mat is clean and dry.
- When storing avoid temperature extremes.

## CARE AND MAINTENANCE:

- Do NOT use mechanical air pumps.
- To Clean: Fill the mat with air. Wash the mat with water, a soft brush or cloth and mild household cleaner. Hang or lay flat to dry thoroughly before storage. Do NOT wash the mat in a washing machine. Do NOT dry the mat in a machine/tumble dryer.
- Keep the mat away from sharp objects such as rocks, twigs, thorns, pet's claws and teeth.
- Do not leave the inflated mat in a closed vehicle in the hot sun, or leave it in direct sunlight for extended periods of time.
- Keep the valve clean and free of dirt, sand or grit. Protect the mat from flames, sparks and chemicals such as sunscreen, chlorine, and insect spray.
- Do not use the mat as a flotation device.
- Moving the mat from a warm environment to a cold place can drastically reduce the volume of the mat. This may look like a leak, but is normal under those circumstances



**REPAIR KIT INSTRUCTIONS:** (Repair Patch Included) For holes, tears or cuts - clean the surface around the cut. Cut a patch around 2.5cm / 1in beyond the damaged area. Spread the adhesive around the cut. Try to avoid touching the glued surface and press the patch to the cut area and gently spread the adhesive uniformly. Allow a minimum of 30 minutes for a complete cure. Inflate the mat and check your repair.

**NOTE:** The contact adhesive is NOT INCLUDED in your repair kit because we are prohibited from doing so due to shipping regulations. To carry a complete repair kit, you will need to buy a small tube of repair glue which can be purchased at most outdoor or hardware stores.