

## THERMACELL® HEATED INSOLES INSTRUCTIONS

### PACKAGE CONTENTS

The ThermaCELL® Heated Insoles box contains two Heated Insoles, one Remote Control Unit, one Global Charger, and one Drawstring Travel Bag.

### GETTING STARTED

#### Instructions for Cutting Insoles to Size:

Insoles may be trimmed to fit shoes or boots if needed. Be sure to follow the **WARNING** statement printed on the bottom of the Insoles! The two cutting lines are for reference only.

When sizing the Heated Insole be certain to take into consideration the thickness of socks that you will use with your footwear.

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

#### Charging and Recharging:

The ON/OFF Switch and Recharge Port for the Insoles are located at the back or heel of each Insole. A soft plastic black cap protects the recharge port.

To begin the charging process, the ON/OFF Switches located at the heel of each Insole must be in the left (OFF) position.

Plug the charger into an electrical outlet. The LED light on the charger will glow green. Insert each of the two charging cables into each Insole Recharging Port. The LED light on the charger will glow red while the Insoles are charging. The LED light on the charger will change from red to green when the charging for both Insoles is complete.

The ThermaCELL Heated Insoles must be fully charged before the first use. A full charge is indicated when the LED light on the charger glows continuously green. This may take *up to 6 hours* for the first charge. In some situations, the initial charge time may be less than 6 hours. Subsequent charges will take about 3 hours.

After the charging process is complete, the green LED light glows continuously, disconnect the charger from the Insoles.

### HOW TO CHARGE AND RECHARGE INSOLES

1. Set the ON/OFF Switch on each Insole to the left (OFF) position.
2. Plug the Global Charger into an electrical outlet.
3. Plug the Global Charger cables into each Insole Recharge Port, which are found at the heel of each Insole. Once connections are established the LED light on the Global Charger will glow red indicating that the charging process is ongoing. The LED light will turn green continuously indicating that the Insoles are fully charged.
4. Unplug the Global Charger and remove the cables from each Insole. The ThermaCELL Heated Insoles are now ready for use.

### TO ACTIVATE THE INSOLES

1. Turn each Heated Insole on by moving the ON/OFF Switch at the heel of the Insole to the right position (ON). The red LED light on each Insole will flash intermittently and Insoles will default to the No Heat setting on the Remote Control Unit. **Note:** If no specific heat setting is selected, the Insoles do not generate heat and use minimal battery power.
2. Unpack the Remote Control Unit and remove the protective tab to enable the already installed replaceable battery to activate.
3. Select a setting on the Remote by using the buttons indicating: High (111°F), Medium (100°F) or No Heat.
4. Insert the Insoles into shoes or boots by following directions located at the bottom of the Insoles. Trim Insoles to fit if needed. Insert into shoes with fabric side up.
5. Use the Remote Control unit 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.
6. Remote works best when used between 2 feet to 7 feet from insoles.
7. **Note:** The heating element in each Insole extends from the toe area to the ball of the foot. The arch and heel areas are not heated.

### TWO WAYS TO TURN OFF THE INSOLES

1. When Insoles are being used in a shoe, remove the Insole and turn the ON/OFF Switch at the heel of the Insoles to the left position (OFF). The Remote Control Unit will turn off automatically when Insoles are switched off.
2. When Insoles are seated in the shoe and one does not wish to remove them from the shoe, use the Remote Control Unit's No Heat setting.

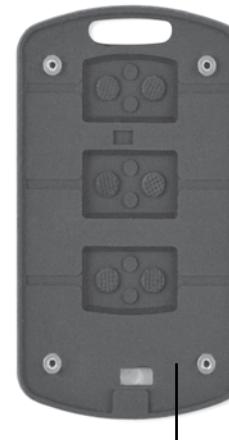
### REMOTE CONTROL BATTERY REPLACEMENT

The Remote Control Unit 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 Unit.
2. Lay both sides of the Remote Control Unit open on a table. Remove the green printed circuit board and turn the board over so the battery holder is face 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 face 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.
5. With the two sides of the Remote Control Unit together, secure the two side panels by replacing the four small Phillips screws.

### REMOTE CONTROL BATTERY REPLACEMENT

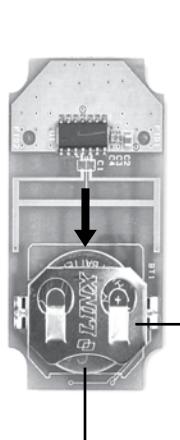
#### HOUSING FRONT



#### HOUSING BACK



#### CIRCUIT BOARD



PUSH  
BATTERY  
OUT TO  
REMOVE

BATTERY  
HOLDER

BATTERY

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

The high-quality Lithium-Ion Polymer batteries (no memory effect) can be re-charged approximately 500 times.

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

For best performance occasionally drain the batteries of both Insoles completely before re-charging. To do this, turn the Insoles ON using the ON/OFF Switch at the heel of the Insole, use the Remote Control Unit to put the Insoles on the high setting, and then run the Insoles until the LED lights on the Insoles turn off.

If Insoles are not used for a prolonged period, charge the Insoles completely before using them again.

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

### GENERAL COMMENTS TO ASSIST IN ENJOYING THE USE OF THE HEATED INSOLES

If needed, remove any existing Insoles from shoes or boots to assist in making additional space available to insure a perfect fit for the ThermaCELL Heated Insoles.

The tabs at the end of the ThermaCELL Heated Insoles will assist in easy removal of the Insoles from shoes or boots after use.

Once the Heated Insoles have been charged, depending on the outside temperature

and quality of the shoes or boots, the Insoles will operate for approximately 5 hours on the Medium setting.

It is recommended that the Insoles be in no heat mode when the user is engaged in strenuous work, power walking, snowshoeing, or cross-country skiing activities. At high exertion levels, the body generates enough heat to keep the feet warm.

Maintaining a comfortable heat level and warmth while using the Heated Insoles depends upon not only proper installation and activation of the Insoles, but upon the type, fit and dryness of the footwear and/or socks being worn.

It is recommended that a medium weight sock be worn that wicks away moisture and keeps feet dry.

#### CARE INSTRUCTIONS

- Turn off the Insoles when not in use.
- Store the Insoles and Global Charger in a clean and dry place.
- Only use the ThermaCELL Heated Insoles Global Charger to charge the Insoles.
- Only charge the Insoles when they are outside of shoes or boots.
- Do not damage the heating elements by bending the Insoles.
- Cut the Insoles to size only as indicated in instructions.
- Clean with a damp cloth only.
- Do not submerge in water. Insoles are water resistant, not waterproof. If Insoles become submerged in water, air dry before using.
- Air-dry the Insoles only. 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 OFF (left) position when charging the Insoles.

#### HELPFUL INFORMATION IF INSOLES ARE NOT HEATING CORRECTLY

Perform the following actions if the Insoles are not heating correctly:

1. Charge the Insoles completely.
2. Disconnect the charger.
3. Now turn ON the Insoles (switch to the right) and the LED light on the Insoles will flash once every few seconds. Using the Remote Control Unit, press the High button. Now the LED light on each Insole will flash in groups of three.
4. Place the Insoles in the refrigerator for 5 – 10 minutes.
5. After taking the Insoles out of the refrigerator, again check the LED lights of both Insoles. The LED lights should be flashing in groups of three.
6. If the light is flashing in groups of three, then the Insoles are in the heating mode and you should feel the warmth on the upper and lower sides of the Insoles with your hands or your cheek.

If with the above actions the Insoles still are not heating correctly, drain the batteries of both Insoles completely before re-charging. To do this, turn the Insoles ON using the ON/OFF Switch at the heel of the Insole, use the Remote Control Unit to put the Insoles on the high setting, and then run the Insoles until the LED lights on the Insoles turn off. Now repeat the re-charging process.

#### HEATED INSOLE ACCESSORIES

Accessories available for the ThermaCELL Heated Insole system include: the Remote Control, a Car Charger, the Global Charger, and, a Deluxe Travel Bag. Contact ThermaCELL Customer Service at 866-753-3837 or visit [www.ThermaCELL.com](http://www.ThermaCELL.com) for the location of a retail outlet stocking these items 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.**

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Patent Pending  
Made in China

**ThermaCELL®**

**Heated Insoles**  
WIRELESS & RECHARGEABLE

#### WELCOME TO THERMACELL® TECHNOLOGY

Dear ThermaCELL® Heated Insoles Purchaser:

We are pleased that you made the decision to purchase ThermaCELL Heated Insoles, featuring wireless remote control and rechargeable embedded Lithium-Ion Polymer batteries. Your purchase features patented rechargeable Heated Insoles with Remote Control ON/OFF heat operation.

The ThermaCELL self-contained advanced heat technology is great for cold weather activities. The technology enables purchasers to control temperature adjustments remotely while wearing shoes or boots. Operating Instructions included within this document provide clear and concise directions on how to set up your Insoles for remote control temperature operation.

ThermaCELL products, including the ThermaCELL mosquito repellent product line, enable outdoor enthusiasts to enjoy their activities (hunting, fishing, camping, etc) with confidence and in comfort. We thank you for your purchase of ThermaCELL Heated Insoles and are confident your cold weather activities will be more comfortable and enjoyable.

Enjoy your purchase.

The ThermaCELL Product Group