

GelCool Systems

User Information Card

2008-2009

Important: These gel packs cool much longer than your head will tell you they are cooling.

Your skin will adjust to the pack temperature within 1 minute, so it will feel like the pack has stopped cooling, but the pack will still be 30 – 40 degrees below your body temperature and still actively cooling.

Generally, athletes should change packs each time they go to the sideline or take a break, and hard hat wearers should change the pack every 15 to 20 minutes.

Please see the chart on page two (the flip side of this card)

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Gel Pack Temperature Over Time Test Data

Outside Ambient Temperature	Temperature After 5 Minutes	Temperature After 10 Minutes	Temperature After 15 Minutes	Average Temperature
85	53	68	81	67.3
90	56	73	86	71.7
95	60	77	92	76.3
100	65	82	97	81.3

All Temperatures Shown in Degrees Fahrenheit Averaging Wet and Dry Bulb Ambient Temperatures

GelCool Systems, Incorporated's Products are NOT Designed to Protect from Physical Shock, Trauma or Blows to the Head. The ONLY Recommended Use of Our Products is to Provide Cooling (or Winter Warming) to the User's Head.

For More Information, Please Visit www.gelcool.com