



# JUST CHILLIN'

COOLING PAKS BY RELAXPAK

*Oh...A new cooling pak. How nice!  
Here are some things you may find interesting:*

The paks contain absorbant crystals made of polymer. They can absorb up to 400 times their size in water. That's a lot!

Use the instructions sewn on the tag of your pak. Soak them for about 20 minutes in cool water. This requires patience. The smaller the pak, the less time it takes to soak up the water and turn to gel. Please don't oversoak the paks.

And yes, the paks are wet and drip as they come out of the water. What do you expect? Just dry them with a towel or let them drip off until you are ready to wear them.

These paks stay cool using evaporation. Just "Google" Evaporative Cooling. It's the same as getting misted. A simple science...no magic.

If you are out all day, turn or flip the pak once in a while. The side away from your skin is actually cooling.

Every now and again, run the pak under cold water to refresh it. Or you could put the pak in an airtight bag in the cooler or fridge for a bit. Just don't forget about it.

These paks need a good hand washing after spending the day with your perspiration. Just use a tiny bit of Woolite, Dawn, or a mild laundry detergent. Rinse and let them hang dry.

And promise that you won't freeze them. The crystals hate the freezer. Hate it!

For a red or black pak, soak and soak again until the water is clear. These colors can bleed even though we pre-wash them.

The paks take 4-5 days to dry flat again, requiring even more patience.

And don't forget that you can always email questions to [Relaxpak@verizon.net](mailto:Relaxpak@verizon.net). Better safe than sorry.

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