

INSTRUCTIONS DOWNSYNAIR (DOWNMAT 7, DOWNMAT 9, SYNMAT 7, SYNMAT 9)

Inflation:

- For 1st time use allow the mat to self inflate its foam and insulation as much as possible by opening the inflation valve and leaving it for 24 hours in a warm environment.
- In normal use once in camp, unroll and spread out the mat, then open the inflation valve. The insulation will gradually expand and partially inflate the mat. Complete inflation by using the integrated pump. To inflate the mat it is best to kneel parallel to the mat while placing both hands on the pump, covering it as much as possible in order to press in as much air as possible per pump. Make sure to work the pump with both hands using one hand as 'valve cap'. It will take about 1 to 1.5 minutes to inflate the mat completely.
- If after inflation the pump is not fully inflated, you can refill the pump with air by squeezing the round marking at the end of the curved line under the word 'integrated pump' with your thumb and forefinger. This relieves the one way valve allowing air to flow back into the pump.
- You can use the same above method to reduce the pressure in the mat when lying on making it softer. Open the inflation valve first to allow the air to escape.
- Inflate to personal comfort level. The more you inflate the mat, the warmer and firmer it will be. This is a question of individual preference. Let comfort guide you.
- Valve caps are most easily closed by pressing down with one thumb at cap hinge while walking your other thumb around the edge of the cap.

Use and Care:

- Use the packsack as a pillow by stuffing it with clothes. Cover with a fleece sweater for added comfort. If you place pillow off the mat, it makes the mat longer providing enough length for taller sleepers
- Mat converted to chair: check out Exped's Chair Kit which provides luxurious seating in combination with the mat and doubles as a protective cover.
- Since the abrasive force of dirt is a fabric's primary enemy, use mild soap and water to occasionally wash the mat. Do not machine wash or tumble dry.
- Beware of exposure to heat: Do not expose an inflated mat to direct sunlight or heat sources. This may cause the air to expand and put excessive pressure on the seams which could then fail.
- Keep mat away from sharp objects like thorns, corals, jagged stones or similar.
- Just like a bicycle tire, punctures can occur. For conditions or trips where a puncture is more likely, Exped recommends the use of a closed cell foam mat (e.g. Exped MultiMat) for added durability, as a backup mat and as a tent floor cover when not sleeping. As a protecting cover for the mat, check out Exped's Mat Cover.
- Do not use mechanical air pumps. These can lead to excessive pressure and ruptured seams.

- Check valves periodically to ensure a positive seal. Debris can be removed with a damp cloth.

Deflation and Packing:

- Begin at the foot end. With deflation valve open, roll the mat up loosely and kneel on the bundle to remove most of the air.
- Unfold mat completely and re-fold lengthwise to match the mat's stuff sack.
- From the foot end, roll the mat as tightly as possible, expelling all the air.
- Close deflation valve and slip mat into stuff sack.

Storage:

- Be sure to store the mat unrolled with valves open in a dry, cool area e.g. under the bed !
- When storing your mat take care to keep it away from pets. Sharp claws and teeth kill mats.

Tips and Tricks:

- Moving the mat from a warm to a cold place can drastically reduce the volume of the mat. This may look like a leak, but it is perfectly normal physics!
- The resilience of the foam in the integrated pump can be temporarily reduced in the most extreme cold, especially when humidity had got into it. Warming the pump section of the mat with body heat or a warm water bottle will quickly restore it to functionality.
- Variations in pressure: When moving to and from different elevations by air travel or from sea level into higher altitudes, we recommend the valves be left open. This will make it easier to remove the mat from the packsack.
- To remove humidity or water that may have reached the insulating foam: open both valves and force cool to warm air through the inflation valve using a hair dryer. The circulating air will force humidity out through the deflation valve and dry the insulating foam.
- Distribution of the down in DownMats: Should the down shift to the end of a chamber, redistribute it simply by tapping and shaking Downmat. This is best done when the mat is half inflated.

DOWNSYNAIR_5110 (DownMat 7 M, DownMat 7 LW, DownMat 9 M, DownMat 9 LW, SynMat 7 M, SynMat 7 MW, SynMat 7 L, SynMat 7 LW, SynMat 9 LW)