3000MAH 5 VOLT WARNINGS

- Read all instructions and warnings before use.
 Use carefully. Product gets very hot. Do not use while sleeping or unconscious.
- Unattended use of electric heated products on animals, children or incapacitated persons may be dangerous.
 Due to the nature of battery heated products, they may
- Due to the nature of battery heated products, they may cause burns or discomfort. Consult physician prior to use on sensitive skin or if you may have a medical condition affecting circulation or skin sensitivity.
 When using the ActionHeat[™] 5 volt heated garments do not use
- 5. When using the ActionHeat[™] 5 volt heated garments do not use the HIGH (RED) heat setting for more than 5 minutes at a time. Heated products may become too hot for continuous use and may result in serious burns.
- 6. Frequently check skin under heated areas to avoid burning. Understand your individual early warning signs or sensations of a burn and remove the heated garment before any burns occur. In the rare event of experiencing any sensation of overheating or discomfort while using any ActionHeatTM product, immediately remove the garment and unplug any wires and power banks.
- 7. Do not attempt to disassemble or alter any part of this product or power bank.
- Bo not store power banks below -4°F (-20°C) or above 120°F (49°C).
 Do not allow power bank to come into contact with water or other liquids. If water or other liquids enter the power banks interior immediately unplug the product from the power bank. Continued use of a potentially damaged product may result in fire or an electrical shock.
- Recycle all power banks and batteries in accordance with local regulations.
- 11. Do not attempt to warm up the heated garment when not being worn. Heating elements should not be stacked on top of each other when the heated garment's power is on. When heated garment is turned on, make sure not to cover or put anything on top of the heated garment. Any of these actions may cause temperature of the heating elements to rise, resulting in burns or damage.
- burns or damage. 12. Make sure to turn the heated garment off and disconnect from power bank when not being worn.

HOW TO POWER YOUR 3000mAh 5V HEATED ACCESSORIES

1. Connect fully charged power bank to the 5V heated item's internal USB connection cord, which can be found inside the 5V heated item's pocket.

2. Press & hold the temperature control button, located on the 5V heated item for 3-5 seconds or until the LED light on the control button turns RED.

3. Once the power is activated, press the front of the control button 1-3 times to select your desired heat setting.

4. To turn the 5V heated item off, press & hold the control button for 3-5 seconds or until the button's LED light turns off.

5. Disconnect & remove power bank from the 5V heated item when not in use.



3000MAH 5 VOLT USAGE

1. Be certain to use your ActionHeat[™] product with the provided ActionHeat[™] power bank or with a power bank that has no more than a (1.2) Amp output. Be certain that you do not use a heated garment with an Amp rating higher than the maximum capacity output rating of the power bank used to power the heated garment. Failure to do so can overheat the battery causing damage.

2. Recommended power setting of 50% is sufficient for temperatures around 50°F- 64° F while at lower temperature setting the power to 75% or 100% is sufficient. It is not recommended to use the 100% power setting for a long time as it may cause overheating and/or bodily discomfort.

3000MAH 5 VOLT STORAGE

1. It is important to maintain at least 25% of battery power when not in use. Failure to do this will result in performance problems and reduced battery life.

2. Disconnect the power bank from the garment when not in use because even when it is turned off, the garment will continue to slowly drain power from the power bank.

3. Our power bank is similar to a typical cell phone battery, so be sure to treat the battery with care. Proper care and storage of the battery will ensure that it has a full lifespan of 500+ cycles.

ACTIONHEAT[™] WARRANTY SCAN THIS QR CODE TO LEARN ABOUT OUR WARRANTY OR VISIT WWW.ACTIONHEAT.COM



UNDERSTANDING THE TEMPERATURE CONTROL BUTTON

The temperature control button, located on your 5V heated item, allows easy access to the 3 heat settings.

To choose a heat setting press the control button 1-3 times



UNDERSTANDING THE "SLEEP MODE" FUNCTION

Some 5V heated items now feature a "Sleep Mode" function which allows you to turn off the control button's LED light, while maintaining your current heat setting.

1. To activate the "Sleep Mode" feature, click the small button on the side of the temperature control button.

2. If you have put the LED light on "Sleep Mode" and wish to check which heat level setting you are on, click the "Sleep Mode" button again.

3. If you wish to change your heat setting, press the front of the temperature control button 1-3 times.



3000MAH 5 VOLT POWER BANK SPECIFICATIONS & DETAILS

 CAPACITY:
 3000мАн / 11.1WH
 INPUT:
 5V/1A (MAX)

 BATTERY:
 LITHIUM POLYMER
 OUTPUT:
 5V/1.2A (MAX)

 DIMENSION:
 7.35*4.45*1.38cm
 OUTPUT POWER:
 6W (MAX)

 CHARGING TIME:
 3.5 HOURS
 RESISTANCE LOAD:
 5Ω-200Ω



UNDERSTANDING THE LED INDICATOR LIGHTS

On the front of each power bank, 4 LED indicator lights will display the battery life & charging status.

••	••	=	76-100%	NOTE:
0.	••	=	11- 75%	LED lights will blink when charging.
00	••	=	26-50%	LED lights will be solid when fully
00	•	=	0-25%	charged.

CARE INSTRUCTIONS

3000MAH 5 VOLT POWERED HEATED SOCKS

1. Disconnect and remove power banks from socks when not in use and before cleaning.

2. Before washing secure all wires inside sock's pocket $\&\ \mbox{snap}\ \mbox{button}\ \mbox{to}\ \mbox{close}.$

- 3. Place socks into the provided wash bag.
- 4. Wash separately from all other pieces of clothing.

5. Use mild liquid detergent only. Do not use powdered detergent. Do not use fabric softener. Do not use bleach.

6. Machine wash with cold water, on gentle cycle.

7. Lay flat or hang to dry. Do not put in dryer. Do not dry clean. Do not iron. Do not wring to dry.

3000MAH 5 VOLT POWERED HEATED ACCESSORIES

 Disconnect and remove power bank from the heated accessory when not in use and before cleaning.
 Before cleaning, secure all wires inside pockets,

2. Before cleaning, secure all wires inside pockets, fasten all zippers and close pockets.

3. Spot clean only. Do not scrub. Do not put in washing machine.

4. Use mild liquid detergent only. Do not use powdered detergent. Do not use fabric softener. Do not use bleach.

5. Lay flat or hang to dry. Do not put in dryer. Do not dry clean. Do not iron. Do not wring to dry.

HOW TO CHARGE YOUR 3000mAH 5 VOLT POWER BANKS

To charge your ActionHeat[™] 3000mAh 5V power banks, you will need to use the provided dual micro-USB charging cord and a standard USB wall adaptor. * Wall adaptor is not included. * Select items come with (1) 3000mAh power bank & micro-USB cord

1. Plug the larger USB end of the dual-micro USB charging cord into a standard USB wall adaptor.

2. Plug the smaller, micro-USB ends of charging cable into the micro-USB input ports located on the top of each 3000mAh power bank.

3. Charge for approximately 3.5 hours until the LED lights on front of power banks are solid blue. * LED lights will blink blue when charging & will become solid blue when fully charged.



HOW TO CHARGE OTHER DEVICES

- 1. Plug the large end of a USB charging cable to the USB output port on one of the 3000mAh 5V power banks.
- 2. Connect the smaller, micro-USB end of charging cable to the device that you would like to charge.
- 3. Leave connected until your device receives desired charge.





INSTRUCTION MANUAL: 3000mAH 5 VOLT POWER BANK & 3000mAH 5 VOLT POWERED HEATED ACCESSORIES



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