



## SIZES AND STYLES

The Arctic Heat Cooling Vest comes with an easy to use zip front and is available in two colors – blue or white. Orders can be placed online at [www.arcticheatusa.com](http://www.arcticheatusa.com)

A range of other colors and the pull-over (no zip) design are available by special order only.

The vest should be tight fitting to ensure maximum effectiveness.



SIZE

S	M	L	XL	XXL	4XL	5XL
35	37	39	41	43	49	52



## OTHER PRODUCTS

### RAPID INJURY RELIEF EQUINE BOOTS

The Revolutionary, no mess, cold treatment for horses. Cold or Heat, and Compression in one smart application. No ice needed.

Arctic Heat products are dual-purpose, offering both cold and hot applications.

Available for the Hock and Fetlock  
For more information [www.IceBoots.com](http://www.IceBoots.com)

## SCIENTIFIC DATA

Tests on the Arctic Heat Cooling Vest indicate:

- Decreases skin temperature by up to 63°F
- When used over clothing, the skin temperature reduction can be as much as 54°F
- Less total cardiac output is directed towards the skin, allowing more blood to be directed towards active muscles
- Arctic Heat Cooling Vests conserve fluids which would normally have been lost through sweat
- Arctic Heat Cooling Vests delay the onset of dehydration and associated performance decrement.



## Arctic Heat USA

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## BODY COOLING VEST



• SPORT • INDUSTRIAL • MEDICAL  
*WHEN HEAT STRESS IS THE PROBLEM – WE HAVE THE SOLUTION!*

The logo for Arctic Heat, featuring the word "arctic" in white on a red background and "heat" in white on a blue background, with a small "TM" trademark symbol.

THE COOL DOWN AND FIRE UP VEST

## ARCTIC HEAT COOLING VEST

The Arctic Heat Cooling Vest is a revolutionary product designed to counter the harmful effects of heat stress. It is now an essential piece of sporting equipment for athletes seriously seeking a competitive edge.

For industry, the body cooling vests are an effective and convenient method of protecting employee's health, and improving productivity.

People that suffer from heat stress through medical conditions e.g. Multiple Sclerosis and eczema, gain great relief by using the cooling vest.

The Arctic Heat Cooling Vest contains a special non-toxic, completely biodegradable, viscose gel that absorbs the water it is soaked in. The materials used in the vest are designed to lower skin temperature, which in turn stabilises the core body temperature. This allows a person to stay cool and sustain their peak performance levels for much longer. It also reduces sweating and assists the body's natural cooling system.

The vest is manufactured from scientifically tested and proven body-cooling materials – Sportwool™, Microfiber and pockets of gel which are designed to hold any temperature for extended periods.

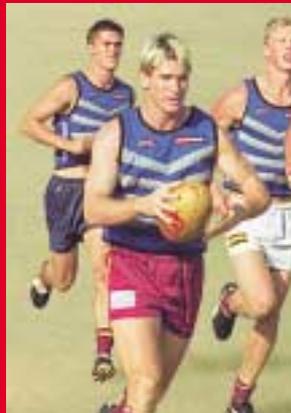
## REDUCING THE DANGERS OF HEAT STRESS

Severe dehydration and overheating can lead to heat exhaustion and potentially death from heat stroke. The Arctic Heat Vest can be used in several ways to reduce the danger of Heat Stress.

**Cooling During Activity.** The lightweight and robust design of the vest allows it to be worn (in suitable sports, football, motor sports) during practice and under protective clothing during competition.

**Pre-Event Cooling** has been shown to help sustain performance over longer periods and postpone overheating, providing an advantage over competitors.

**Recovery.** The Arctic Heat Vest is a great way to help athletes recover during or post activity. The vest is used in many team sports during half time or time outs to help players recover quicker.

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## ACTIVATING THE ARCTIC HEAT VEST

The vest is easy to use and can be activated by simply submerging the cooling vest into water for 15 minutes so that the crystals in the pockets swell into gel form.

Once activated the vest can be placed inside the refrigerator or freezer. The vest can also be placed inside the resealable bag that it was purchased in and placed on ice or in ice water/slurry.

Cooling time is subject to outside temperatures and body heat considerations. As a guide, if soaked in ice water for 5-10 minutes, the vest will stay cold for 30-60 minutes. If frozen for two hours or longer it will stay cold for up to 2 hours.

The Arctic Heat vest can also be heated in a microwave, making the vest useful for heating the body, in extremely cold conditions.

## WHO IS GAINING AN ADVANTAGE?

The Arctic Heat vest is now used around the world by many elite sports athletes.

- Australian Football League Teams
- England World Cup Soccer Squad
- Uruguay Soccer Squad
- Australian Tennis Open
- Australian, South African Cricket Teams
- Shane Kelly, Mark French (Cyclists)
- Suzuki Motor Sport Team
- Marcos Ambrose (V8 Super Car Driver)
- Dack Racing (Motocross)
- Australian Women's Kayak and Canoeing Teams
- British Rowing Team
- British Paralympics Team
- Multiple Sclerosis Societies around Australia

## ENDORSEMENTS

*In an operating room with a temperature of 90°F, sterile gowns and gloves on, it is extremely unpleasant for the staff involved. We found the vests to be of great value in improving the comfort of the scrub team for a period of up to two hours.*

**John Greenwood**

*Director, Burns Unit Royal Adelaide Hospital.*

*The vests have enabled many clients of the MS Society to maintain their employment; by assisting them effectively to manage heat fatigue. The vests also impact positively on general energy levels, so people with MS can fulfill their roles within the home and community. This is vital for maintenance of self esteem and a positive outlook on life. When not using the vests, many of these clients are house-bound due to the effects of heat fatigue and loss of energy.*

**Christine Leech Accot**

*Occupational Therapist, Multiple Sclerosis Society, Queensland, Australia.*

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