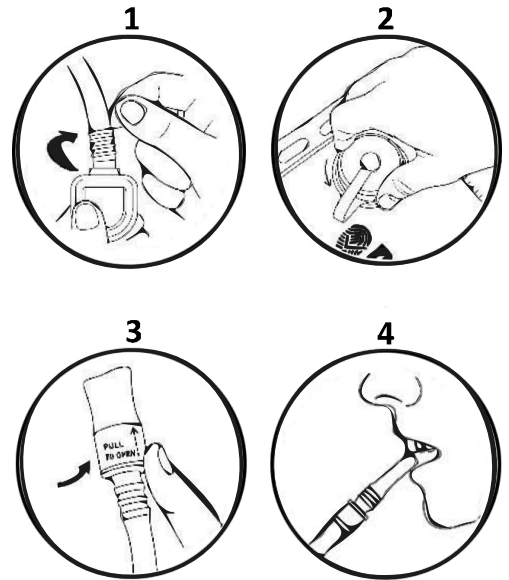


# HYDRATION BLADDERS WORK BEST WHEN USED WITH WATER ONLY, OTHER LIQUIDS ARE NOT RECOMMENDED.

## Instructions for use

1. **For first use:** Screw the end of the tube onto the outlet in the bladder - clockwise.
2. Open the round cap counterclockwise, and fill only with water according to the upper marking line, and close the large round cap clockwise.
3. Pull the top of the valve outward to open the valve.
4. Gently bite the end of the soft valve with your front teeth and start drinking.
5. When finished drinking, pull the valve inward again, and empty the remaining water from the end of the soft valve.



## Care and cleaning instructions

1. To clean the bladder, use a mild detergent in warm water (max 20°C/70°F).
2. Before storing, dry the inside of the bladder thoroughly, leave the bladder open in the air until completely dry.
3. Keep the water bladder away from sharp objects and heat sources.
4. Do not freeze the water bladder.

