



Hot days can become exhausting fast when your body struggles to cool itself properly. Cooling vests are designed to help make heat, warm environments, outdoor activities, workdays, sport, travel, and summer temperatures feel more manageable by helping keep the body cooler for longer.

Each vest contains six built-in cooling pockets across the front and back and comes with 12 reusable cooling sachets that can be filled with water and frozen before use. Once frozen, simply place the cooling packs into the vest pockets and wear as needed throughout the day.

Made from lightweight mesh fabric with adjustable side straps, the vest is designed to feel breathable, flexible, and comfortable to wear across a wide range of body shapes and sizes. They can be especially helpful for people living with autonomic dysfunction, dysautonomia, temperature regulation difficulties, heat sensitivity, or conditions where overheating becomes difficult to manage.

### **Great For:**

- Hot weather and summer days
- Dysautonomia, POTS and autonomic dysfunction
- Heat sensitivity and overheating
- Sensory and temperature regulation support
- Cystic Fibrosis, Multiple Sclerosis, Cerebral Palsy, and Spinal Cord Injury support
- Menopause and hot flush support
- Medication-related heat intolerance
- Sport and outdoor activities
- Fishing, boating, and camping
- Hot kitchens and work environments
- Travel and long outings
- Heat sensitivity and overheating
- Cooling support during fevers
- Everyday temperature regulation support

**Features:**

- 12 reusable cooling sachets included
- Six built-in cooling pockets
- Lightweight breathable mesh fabric
- Adjustable side straps
- Soft and flexible material
- Reusable freeze-and-wear cooling system
- Comfortable for extended wear

**Image Description:** A blue cooling vest being modelled by a person outdoors. The vest features adjustable side straps, lightweight mesh fabric, and multiple built-in cooling pockets across the front and back. Additional images show the cooling vest from different angles and the included cooling sachets.

**Details:**

**Material:** Cooling Polyester

**Size:** 23cm (L) x 47cm (W)

**Max fit:** 124cm Diameter

**Weight:** 293 grams (dry weight)

**Package includes:** 1x Cooling Vest + 12 Cooling Sachets

**Age Guidance:** Suitable for children, teens and adults. Younger users may require assistance or supervision depending on support needs. Not a toy.

**How to Use:**

1. Fill the cooling sachets with water before first use
2. Place the filled sachets into the fridge or freezer until frozen
3. Insert the frozen sachets into the built-in vest pockets
4. Adjust the side straps for your preferred fit and comfort
5. Wear during hot weather, outings, sport, work, or when cooling support is needed
6. Refreeze sachets as needed once thawed

**Care Instructions:**

- Wipe the vest clean as needed
- Allow to fully dry before storage
- Remove cooling sachets before washing or storing
- Do not puncture cooling sachets

**Please Note:**

- Cooling products are not intended to replace medical treatment or emergency care for heat-related illness
- Cooling tolerance and duration will vary depending on weather, body temperature, and activity levels