



MRCOOL[®]
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USER MANUAL

MRCOOL[®]

BodyCool[™]

Cooling T-Shirt

Due to updates and constantly improving performance, the information and instructions within this manual are subject to change without notice. Please visit www.mrcool.com/documentation to ensure you have the latest version of this manual.

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Descriptions:

The MRCOOL® BodyCool™ Cooling T-Shirt uses a backpack cooling system that circulates cold water around the body through an embedded micro-tubing liner woven into the fabric of the shirt. This provides maximum cooling performance during hot conditions and keeps the wearer cool and comfortable. The BodyCool™ system includes a backpack, liquid cooling T-shirt, 3L quick release water bladder, mini water pump, rechargeable 5V Lithium battery (10000 mAh power bank) & charging cable, and quick connect fittings (that connect the piping of the shirt to the backpack).

Components list

Item	Description	Quantity
1	Backpack circulation system (Includes: backpack, water bladder, pump, switch)	1
2	Mesh liquid cooling T-shirt	1
3	10000 mAh power bank	1
4	User manual	1



Liquid cooling T-shirt



Backpack circulation system

Preparation:

1. Take the power bank (battery) out of the backpack and check the battery charge. The default charge of the battery is 80%.
2. Disconnect the bladder from the backpack circulation system and remove it from the backpack.
3. Then, fill the bladder to the line with water, and lay it completely flat in your refrigerator freezer and allow it to freeze. If the water bladder is not laid flat, it could freeze the area around the quick fittings in an irregular shape and make it difficult to reconnect.

Operating Instructions

Step I: Reassembly

1. After the water bladder is frozen, open the lock to add water making sure the water flows into the lower quick fitting. Once it is full, lock the bladder.
2. Connect the water bladder with the backpack circulation system using the quick fittings. **DO NOT** connect quick fittings with excessive force as this could damage the fittings and cause them to leak. The ice inside of the water bladder should melt within 10-30 minutes. (You can pour warm water over the bladder to aid in shortening the amount of time for the melting process if necessary.)
3. Connect the power bank (battery).

NOTE: You can turn on the switch to check for proper water circulation before wearing the cooling T-shirt. You should also be able to see the water flowing back to the water bladder. Using your hand, you should be able to feel cooling from the micro-tubing in 5-10 seconds.

Step II: Wearing/Using the Body Cool

1. Put on the cooling T-shirt.
2. Then, put on the backpack and tighten and adjust the strap to suit your comfort level.
3. Now, connect the quick fittings from the backpack with the piping of the cooling T-shirt.
4. Turn on the switch to start the water circulation.

Cleaning and Maintenance

1. **Backpack circulation system:** A damp cloth can be used to clean the backpack exterior directly.
2. **Liquid cooling T-shirt:** The shirt can be washed by hand or in a washing machine using a mesh laundry bag for protection.

Battery

The MRCOOL® BodyCool™ Cooling T-shirt comes equipped with a rechargeable 5V Lithium battery (10000 mAH power bank) and charging cable. Fully-charged, this battery should be capable of powering the BodyCool™ system for 2-3 hours.

Cooling Shirt Size Chart:

SIZE	LENGTH	SHOULDER WIDTH	CHEST	BOTTOM	SLEEVE LENGTH	SLEEVE OPENING
X-Small	27.56	16.54	18.90	20.87	8.27	6.30
Small	28.74	16.93	19.69	21.65	8.66	6.50
Medium	29.53	17.32	20.47	22.44	9.06	6.69
Large	30.71	17.72	21.26	23.23	9.45	6.89
X-Large	31.50	18.11	22.05	24.02	9.84	7.09
2X-Large	32.68	18.90	22.83	24.80	10.24	7.28

Units: Inches

Optional Accessory:

MRCOOL® BodyCool™ Extension Hose (sold separately)

This extension hose extends allows the distance between the cooling shirt and the backpack/water bladder to be extended by an additional 4.92 ft. (1500 mm). This allows the wearer to hang the backpack at a nearby location instead of continuously wearing it.

