



Technical instruction CLIMFEET silicone

Thank you for choosing our products. We hope you enjoy this innovation, especially during your hikes, jogs, outdoor work, walks and other activities in winter or summer.

How does it work?

CLIMFEET products use an air **compression/expansion process** similar to that of heat pumps in air conditioners. One side has hemispherical, compressible cells. The other side has much less compressible hexagonal cells.

Between these 2 types of cells, nozzles (small calibrated holes) allow air to be transferred from one side to the other.

When you exert pressure on the ground during your activity, the air inside the hemispherical cells is compressed and directed towards the hexagonal cells where the **air heats up naturally** thanks to the increase in pressure (just like when you inflate the tyre of your bicycle, the pump heats up naturally).

When you lift your foot, the hyper-elasticity of the chosen material causes the cells to return to their original shape and the air expands through the nozzles into the hemispherical cells, **cooling them naturally** in the same way as when you deflate your car tyre: the air comes out cold.

Materials

Our products are made from **silicone** with **5% copper** for better heat (or cold) distribution.

 www.solecooler.com

 info@solecooler.com



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Usage

Our products can **easily be cut** to the size of your shoes with a pair of scissors. You can cut out the cavities around the edges of the foot, which exert very little pressure.

There are 2 different sides:

- The side with the hexagonal cells is the so-called warm side: your foot should be in contact with it in winter.
- The side with the hemispherical cells is the cold side: your foot should be in contact with it in summer.

To change the heating/cooling direction, simply turn them over and invert them left/right.

Power

Heating or cooling capacity depends on a number of parameters. For example, with a temperature difference of 50°C between a foot at 30°C and the ground at -20°C, heat loss from a shoe is around 6W.

With our insole, heat loss drops to less than 0.6W, i.e. 10 times less.

Operating temperature

CLIMFEET products are designed to work between -40°C and +60°C.

Time to operate

It takes about **5 minutes** (compression/relaxation cycle) for the process to start, but you'll start to feel it after a few minutes of activity.

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Cleaning

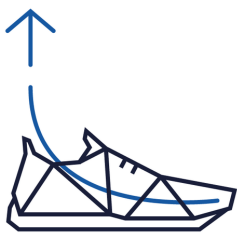
Our products can easily be cleaned with soap and water.

Preparing and fitting insoles

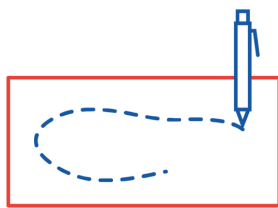
Our insoles can **easily be cut** to size with a pair of scissors and then fitted into your shoes.

If your shoe size is large, you can keep your current insole in addition to the SoleCooler insole.

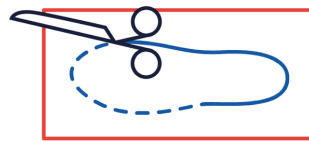
Otherwise, please remove the original insole for greater comfort.



Remove old insole



Trace old insole



Trim with care



Insert & enjoy it !

[Watch the cutting video](#)

