

Thermrup FIR Heated Insoles with Remote Control

Thermrup Heated Insoles with Remote Control Instruction Manual

1. INTRODUCTION AND PRODUCT OVERVIEW

Thank you for choosing Thermrup Heated Insoles. These high-quality insoles are designed to provide warmth and comfort to your feet in cold conditions, utilizing infrared (FIR) heating technology. They are battery-operated, feature a remote control for convenient heat adjustment, and are designed for versatility and durability.

Key Features:

- **Infrared (FIR) Heating:** Provides even and deep warmth from heel to toe with an 18 cm heating element.
- **Remote Control:** Easily adjust between 4 heat settings (25%, 50%, 75%, 100%).
- **Battery Operated:** Powered by 7.4V, max. 7W/DC batteries (2500 mAh Lithium-ion).
- **Customizable Fit:** Can be cut to size to fit shoe sizes 35-48.
- **Washable:** Designed for both hand and machine washing for easy maintenance.
- **Versatile Use:** Ideal for winter sports, outdoor work, cycling, and general cold weather use.

2. SAFETY INFORMATION

Please read all safety instructions before using your Thermrup Heated Insoles to ensure safe and proper operation.

- Do not use if you have a medical condition that makes you sensitive to heat or if you have impaired circulation or nerve damage in your feet. Consult a physician if unsure.
- Keep batteries and electrical connections dry. Avoid prolonged exposure to moisture.
- Do not puncture, disassemble, or modify the insoles or batteries.
- Use only the provided charger and batteries. Using incompatible components may cause damage or fire.
- If the insoles become excessively hot or uncomfortable, immediately turn them off and remove them.

- Keep out of reach of children and pets.
- Always ensure the cables are routed safely to prevent tripping or damage.

3. SETUP INSTRUCTIONS

3.1 Package Contents

Before starting, ensure all components are present:

- 2 x Heated Insoles
- 2 x Rechargeable Batteries (2500 mAh)
- 1 x Charger
- 2 x Gaiters (for battery placement)
- 1 x Instruction Manual



Image: The complete package contents of the Thermrup Heated Insoles, showing all included items neatly arranged.

3.2 Charging the Batteries

1. Connect the charger to a power outlet.

2. Connect each battery to the charger. The indicator light on the charger will show the charging status.
3. Charge the batteries fully before first use. This typically takes several hours.

3.3 Trimming the Insoles to Size

The insoles are designed to be trimmed to fit your specific shoe size (35-48). Use your existing shoe insoles as a guide for accurate trimming.

1. Remove your original insoles from your shoes.
2. Place the Thermrup heated insole on top of your original insole, aligning the heels.
3. Using a marker, trace the outline of your original insole onto the Thermrup insole, following the marked size lines.
4. Carefully cut along the traced line with sharp scissors. **Exercise extreme caution to avoid cutting the internal heating element or wires.** It is recommended to cut slightly larger and then trim down if necessary.
5. Insert the trimmed heated insoles into your shoes.



Image: Demonstrates the process of cutting the heated insoles to match your shoe size, highlighting the importance of following the size guides.

3.4 Connecting and Placing Batteries

The batteries connect to the insoles via a cable and can be secured using the provided gaiters.

1. Insert the heated insoles into your shoes.
2. Route the insole cable up your leg.
3. Place a battery into each gaiter.
4. Secure the gaiters around your lower leg, typically above the ankle or calf, ensuring the battery is comfortably positioned and the cable is not strained.
5. Connect the insole cable to the battery in the gaiter.



Image: Visual guide on how to properly position and secure the battery gaiters on the leg for optimal comfort and cable management.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off and Adjusting Heat Settings

Your Thermrup Heated Insoles are controlled via a remote control, allowing you to adjust the heat levels conveniently.

1. **To Power On:** Press and hold the power button on the remote control for a few seconds until the indicator lights on the battery illuminate.
2. **Adjusting Heat:** Press the heat level button on the remote control to cycle through the four available heat settings:
 - **Level 1 (25%):** Lowest heat, longest battery life.
 - **Level 2 (50%):** Moderate heat.
 - **Level 3 (75%):** High heat.

- **Level 4 (100%):** Maximum heat, shortest battery life.

The indicator lights on the battery will show the current heat level.

3. **To Power Off:** Press and hold the power button on the remote control until the indicator lights turn off.



Image: Illustrates the four heat settings available on the battery pack and how heat is distributed across the foot by the insole.

4.2 Battery Life

Battery life varies depending on the selected heat setting and environmental conditions. The 2500 mAh Lithium-ion batteries are designed for extended use. Lower heat settings will provide significantly longer operating times.

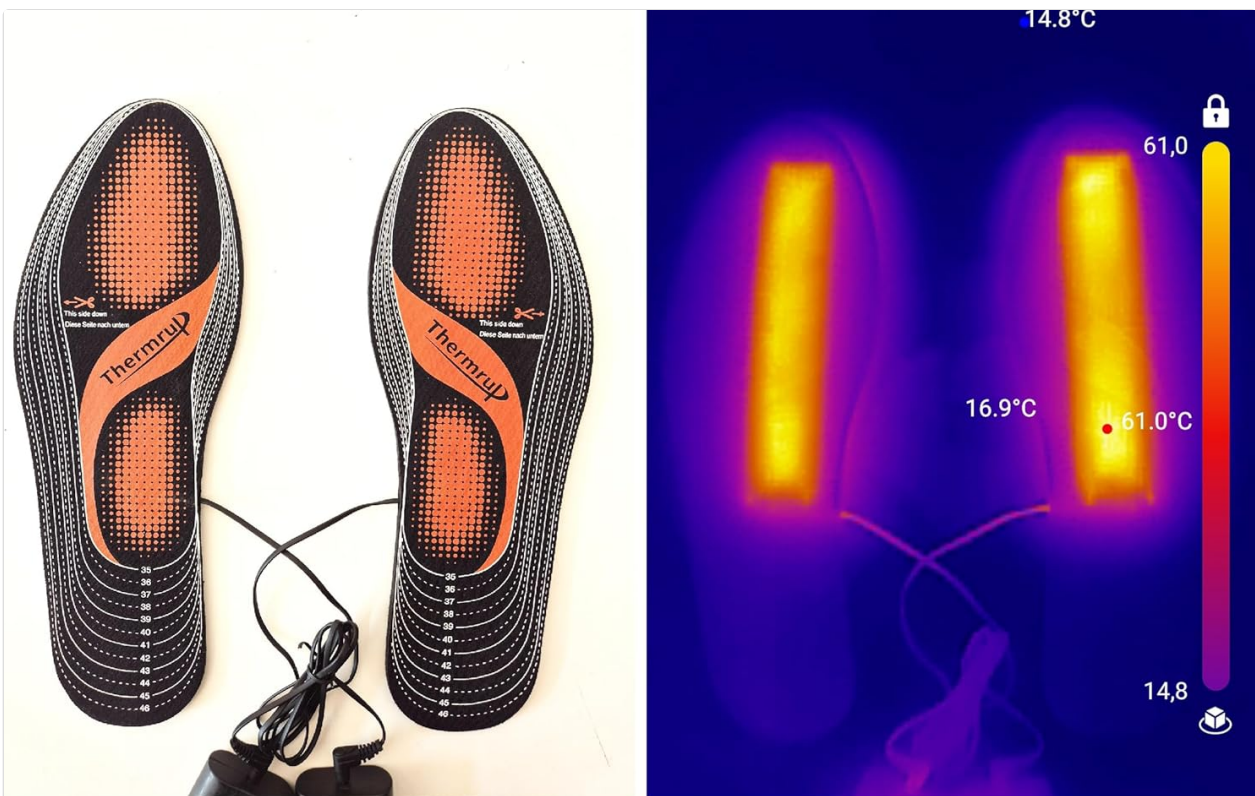


Image: A thermal scan demonstrating the effective and even heat distribution across the insoles when activated.

5. MAINTENANCE

5.1 Cleaning the Insoles

The Therrrup Heated Insoles are washable, but care must be taken to protect the electronic components.

- **Before Washing:** Always disconnect the batteries from the insoles.
- **Hand Washing:** Gently hand wash the insoles with mild soap and lukewarm water. Avoid harsh scrubbing or twisting.
- **Machine Washing:** Place the insoles in a laundry bag to protect them. Use a gentle cycle with cold water and mild detergent.
- **Drying:** Air dry completely before reconnecting to batteries or using. Do not tumble dry or use direct heat sources.

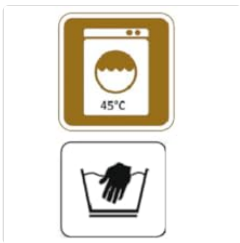


Image: Icon indicating the insoles are washable.

5.2 Battery Care and Storage

- Store batteries in a cool, dry place away from direct sunlight and extreme temperatures.
- For long-term storage, charge batteries to approximately 50% capacity.
- Avoid fully discharging the batteries frequently, as this can reduce their lifespan.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Insoles not heating	Batteries not charged Loose connection Insoles or cables damaged	Ensure batteries are fully charged. Check all cable connections are secure. Inspect insoles and cables for visible damage. If damaged, discontinue use.
Remote control not working	Remote battery depleted Remote not paired	Replace the remote control battery. Refer to the remote control's specific pairing instructions (if applicable, usually automatic).
Uneven heating or no heat in one insole	Internal wiring damage Faulty heating element	Discontinue use and contact customer support.
Insoles feel too hot	Heat setting too high	Reduce the heat setting using the remote control. If discomfort persists, turn off the insoles.

7. PRODUCT SPECIFICATIONS

- **Brand:** Thermrup
- **Model:** FIR Heated Insoles with Remote Control
- **Material:** Neoprene
- **Color:** Black
- **Thickness:** 6 mm
- **Sizes:** 35-48 (cut-to-size)
- **Cable Length:** 70 cm
- **Power Source:** Battery
- **Voltage:** 7.4 V

- **Max Power:** 7W/DC
- **Battery Type:** Lithium-ion
- **Battery Capacity:** 2500 mAh
- **Heat Settings:** 4 levels (25%, 50%, 75%, 100%)
- **Max Temperature:** 45°C
- **Features:** Washable, Remote Control, Infrared Heating

8. WARRANTY INFORMATION

For detailed warranty information regarding your Thermrup Heated Insoles, please refer to the warranty card included with your purchase or contact the retailer from whom you purchased the product. Warranty terms and conditions may vary by region and retailer.

9. CUSTOMER SUPPORT

If you have any questions, require assistance, or encounter issues not covered in this manual, please contact the retailer where you purchased your Thermrup Heated Insoles. Alternatively, you may reach out to the manufacturer, Zewox GmbH, for further support.