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### Exped Ultra 1R (Long Wide, Mummy)

# Exped Ultra Series Sleeping Mat Instruction Manual

Model: Ultra 1R (Long Wide, Mummy) | Brand: Exped

## INTRODUCTION

The Exped Ultra Series Lightweight Backpacking Mat is designed for optimal comfort and packability during outdoor adventures. This manual provides essential information for the setup, operation, maintenance, and care of your sleeping mat to ensure its longevity and your comfort.





*Figure 1: Top view of the Exped Ultra Series Sleeping Mat.*

## SAFETY INFORMATION

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### **WARNING:**

- Do not use in temperatures below 50°F (10°C) for the 1R model. Refer to your specific mat's R-value for appropriate temperature ratings.
- Always use the included Schnozzel Pumpbag for inflation and deflation to avoid suffocation risk and damage to the mat.
- Keep away from water and moisture to prevent mold growth.
- Always follow the manufacturer's instructions for safe use and storage.

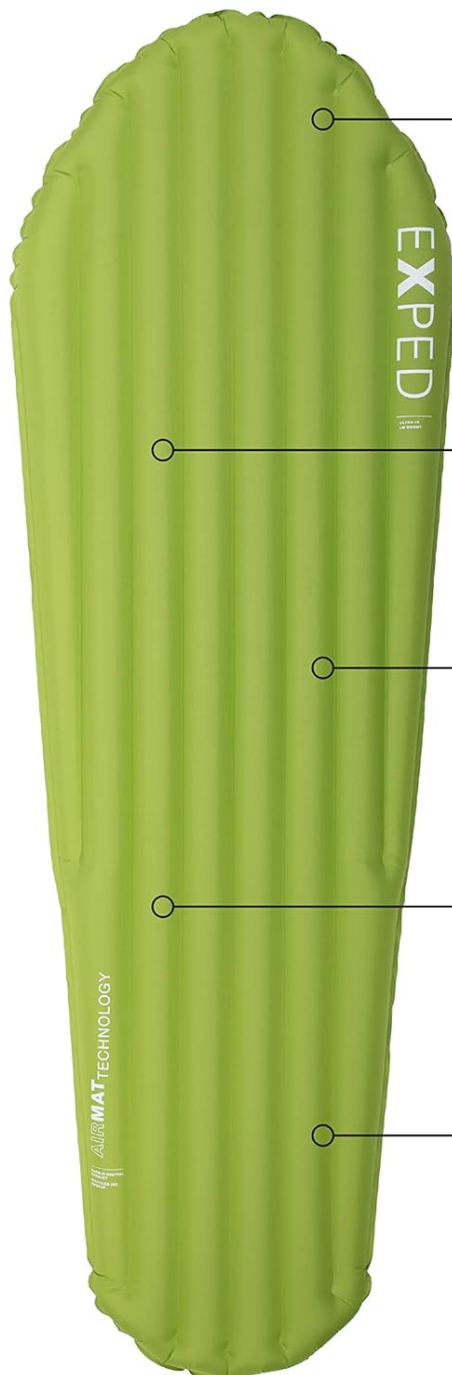
## KEY FEATURES

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- **Recycled 20d Ripstop Polyester:** Oeko-tex® 100 Certified for sustainability.
- **Ultralight Backpacking Mat:** Designed for summer camping, fast, compact, and lightweight.

- **Ultimate Comfort:** Head-to-toe air chambers provide full body support and increased durability.
- **AirMat Technology:** Air-insulated for use in warmer temperatures.
- **Pumpbag Included:** EXPED's Schnozzel Pumpbag ensures rapid, moisture-free mat inflation without lung power.
- **Sustainability:** All EXPED sleeping mats are CO2-balanced through myclimate.

# FEATURES



## ULTIMATE COMFORT

Head-to-toe air chambers fully support the body for an unrivaled night's sleep and increased durability

## AIRMAT TECHNOLOGY

Air-insulated for use in warmer temperatures

## SUSTAINABLY DESIGNED

Designed with recycled 20 D ripstop face fabric

## 3-INCHES THICK

Amazing comfort for its weight and packability

## SUMMER-READY

Ultralight pack size for fast & lite expeditions and made for warmer weather camping

*Figure 2: Key features and design elements of the Exped Ultra Series mat.*

## SETUP GUIDE

### Unpacking and Initial Inspection

1. Remove the sleeping mat and Schnozzel Pumpbag from the stuff sack.
2. Unroll the mat on a flat, clear surface, ensuring no sharp objects are underneath.
3. Inspect the mat for any visible damage or punctures. A repair kit is included for minor repairs.





## CONTENTS

- › MAT
- › SCHNOZZEL PUMPBAG
- › REPAIR KIT
- › STUFF SACK

*Figure 3: Contents of the Exped Ultra Series package.*

### **Inflating the Mat with the Schnozzel Pumpbag**

1. Locate the inflation valve on the mat (usually marked "IN").
2. Attach the nozzle of the Schnozzel Pumpbag securely to the inflation valve.
3. Hold the pumpbag open to capture air, then roll the top closure of the bag down to trap the air.
4. Press down on the pumpbag to force the air into the mat. Repeat this process until the mat is firm. Typically, 2-3 full bags of air are sufficient.
5. Once inflated, close the inflation valve tightly.





*Figure 4: Setting up the Exped Ultra Series mat in a tent.*

## OPERATING INSTRUCTIONS

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### Adjusting Firmness

For personalized comfort, you can adjust the mat's firmness. Briefly open the inflation valve and press gently on the mat to release small amounts of air until your desired firmness is achieved. Close the valve immediately after adjustment.

### Sleeping on the Mat

The mat's head-to-toe air chambers are designed to fully support your body. The slightly larger outer tubes help to cradle you, preventing you from rolling off during sleep. This design enhances stability and comfort, especially for side sleepers.



Figure 5: Enjoying comfort on the Exped sleeping mat.

## MAINTENANCE AND CARE

### Deflation and Packing

1. Locate the deflation valve on the mat (usually marked "OUT").
2. Open the deflation valve completely.
3. Roll the mat tightly from the end opposite the valve to expel all air.
4. Once deflated, close the valve and secure the mat with the included strap or place it directly into the stuff sack.

### Cleaning and Storage

- Clean the mat with a damp cloth and mild soap. Avoid harsh chemicals.
- Ensure the mat is completely dry before storing to prevent mold and mildew.
- Store the mat unrolled with valves open in a cool, dry place if possible, to prolong its lifespan. If space is limited, store it loosely rolled in its stuff sack.
- Follow manufacturer instructions for special materials, such as the recycled ripstop polyester.

## TROUBLESHOOTING

### Mat Losing Air

- **Check Valves:** Ensure both inflation and deflation valves are securely closed.
- **Inspect for Punctures:** Inflate the mat and submerge it in water (if possible) or apply soapy water to the surface to locate bubbles indicating a leak. Use the included repair kit for small punctures.
- **Temperature Changes:** Air pressure inside the mat can decrease in colder temperatures. Re-inflate as needed.

## PRODUCT SPECIFICATIONS

Feature	Detail
Size (Current Model)	1R: 50 Degree Long Wide, Mummy
R-Value	1.3
Product Dimensions	77.6"L x 25.6"W x 3"Th
Material	Recycled 20D Ripstop Polyester
Included Components	Stuff Sack, Pump (Schnozzel Pumpbag)



Item Firmness	Medium
Water Resistance Level	Not Water Resistant
Packed Dimensions	8 x 3.7 x 3.5 inches
Package Weight	0.5 Kilograms



ULTRA 1R MUMMY

SPECIFICATIONS

R-Value  
1.3

Temperature  
+50° F

	M	MW	LW
Weight	10.9 oz	13.2 oz	14.3 oz
Width	20.5 in	25.6 in	25.6 in
Length	72 in	72 in	77.6 in
Mat Thickness	3 in	3 in	3 in
Packed Dimensions	6.7 x 3.7 in	7.5 x 3.9 in	7.5 x 4.1 in


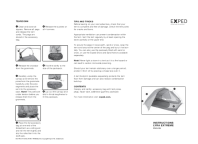

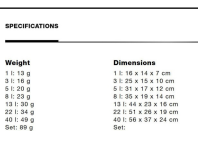
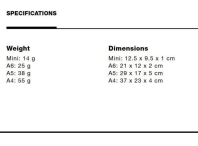
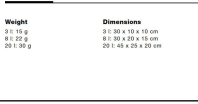
Figure 6: Detailed specifications for the Exped Ultra 1R Mummy mat.

WARRANTY AND SUPPORT

For specific warranty information and customer support, please refer to the official Exped website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

Visit the [Exped Store on Amazon](#) for more products and information.

Related Documents - Ultra 1R (Long Wide, Mummy)

	<p><a href="#">EXPED Orion Extreme &amp; UL Tent: Setup, Teardown, and Care Guide</a></p> <p>Comprehensive instructions for setting up, taking down, and maintaining your EXPED Orion Extreme and Orion UL tents. Includes tips for optimal performance and longevity.</p>
	<p><a href="#">Exped Lyra Extreme Tent Instructions and Tips</a></p> <p>Comprehensive guide for setting up, tearing down, and maintaining the Exped Lyra Extreme tent, including tips for optimal use and care.</p>
	<p><a href="#">Exped Sleeping Mat Size Guide</a></p> <p>Find the perfect fit with the Exped sleeping mat size guide. Compare dimensions for all rectangular and mummy mat models, including S, M, MW, LW, LXW, DUO M, DUO LW, DUO LW+, and DUO Queen sizes in both centimeters and inches.</p>
	<p><a href="#">Exped Ultra Dry Bag Specifications</a></p> <p>Detailed specifications including weight and dimensions for Exped Ultra Dry Bags of various liter sizes.</p>
	<p><a href="#">Exped Vista Organizer Size and Weight Specifications</a></p> <p>Detailed specifications for Exped Vista Organizer sizes including weight and dimensions for Mini, A6, A5, and A4 formats.</p>
	<p><a href="#">Exped Versa Stuffbag Specifications and Dimensions</a></p> <p>Detailed specifications and dimensions for the Exped Versa Stuffbag, including weight and size variations for different capacities.</p>