



[www.icepackstore.com](http://www.icepackstore.com)

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## ICE PACK INSTRUCTIONS

1. Cut ice packs into desired configuration with scissors. Cut along seams between packs.
2. Soak packs or sheets in water, the kitchen sink or a shallow pan will work fine. Soak ice packs for 1 minute or less. They should be hydrated to about  $\frac{3}{4}$  inch thick.  
Be careful to not over soak, the pack could split upon freezing.
3. Freeze ice packs until solid.
4. After ice packs are thawed, return to freezer and use over and over.
5. Re-hydrate when necessary.

### Helpful Tips:

1. Place in freezer with the plastic sides facing each other so packs will not freeze together.
2. Thawed ice packs can be microwaved to create a wonderful hot pad.  
Microwave for only a few seconds.
3. Shipping perishables –seal a cooler or Styrofoam container with duct tape, with ice packs and perishables inside to get an extended freeze time.

### Dozens of Ice Pack Uses:

- Cut into individual packs and use in lunchboxes
- Cut into a strip of six or seven packs long and wrap around head for headaches or use on the neck for neck pain
- Cut to size to fit small coolers
- For larger coolers, create an ice blanket by putting one sheet on bottom and one on top
- Use in a sealed cooler/container when shipping perishables such as seafood or chocolates
- If icing down beverages in a cooler, add wet ice to fill in around cans, then cover with ice packs to keep the ice frozen for hours (and drinks much colder!)
- Use as first aid for bumps, bruises and sprains.
- Use in a golf bag in the side pocket to keep several beverages cold
- Take on the boat and substitute for wet ice
- Reduce the use of dry ice with ice packs
- Warm them in the microwave for a soothing heat pad
- Use them for cooling down your horses and around their leg joints
- Perfect for pulled muscles
- Use at little league or other sporting events
- Cut some open and mix with potted soil to improve moisture content of soil