

WXPTM

HYDRATION SYSTEM

SOURCE[®]

CARE AND USE INSTRUCTIONS

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Did you know?

(a short course on Hydration and Dehydration)

Water is essential:

Water is essential even if you are just breathing. But when exercising, it is especially vital.

During prolonged or strenuous exercise you can easily sweat away over 1 liter of water an hour.

(The amount also depends on local climate and conditions.)

Drinking replenishes that sweat loss!

You are what you drink:

Even slight dehydration can cause fatigue, dizziness, reduced muscle endurance, headaches, and cramps.

In fact, prolonged dehydration is downright dangerous to your health!

The cooler, the better:

Fluid replacement in your body works better if the liquid you drink is cooler (15-22°C or 59-72F).

The faster, the better:

Reducing the gap between the time you lose water and replenish water loss ensures that your body has all the water it needs to function at peak level.

Quick, easy access to a reliable, refreshing source of H₂O is the key.

As a rule:

Your body needs 1 liter (33 oz) of water for every hour of intensive outdoor activity.

Why your drinking water should be obtained from a highly reliable Source?

Bacteria, molds, yeasts and algae are facts of life. Bacteria and grunge grow by clinging to a surface and creating a bio-film that allows them to flourish. A liquid container with a smooth contact surface such as glass reduces the ability of bio-film to form. There are no irregularities on the surface for bacteria to cling to and the regular flow of water self-cleans the container.

Source has developed a unique plastic film that has a Glass-Like™ surface and features Grunge-Guard™ technology

Glass-Like™ is a unique property of the surface of the inner walls of the reservoir. The surface is nearly as smooth as glass and prevents build up of Bio Film in the reservoir.

On top of that, source was the first to initiate Grunge-Guard™ technology. Utilizing an FDA-approved and EPA-registered anti microbial agent embedded into all films and tube liners, Grunge Guard™ eliminates bacteria growth on the tube and reservoir surfaces.

The synergy of Glass-Like™ and Grunge-Guard™ gives double protection against bacteria growth and will assure the freshness of the water for the entire life of the system.

***Your drinking water stays fresh,
odor and taste-free for days,
even weeks!***

Did you know?

Filling the reservoir

FIRST USE: Before drinking it is strongly recommended to rinse the reservoir with water and drain it through the tube and valve. Follow the instructions for filling and operating the valve **BUT DON'T DRINK YET.**

Before drinking you will be instructed how to drain the water you filled in the reservoir.

1. To fill: Open Filler-Cap.
2. Grasp integrated Refill-Handle and fill reservoir (drawing 1).

The reservoir is designed to store cold as well as warm drinks (up to 60°C or 140°F). You may add ice for cold drinks, or even freeze water in the reservoir overnight (only 3/4 full).

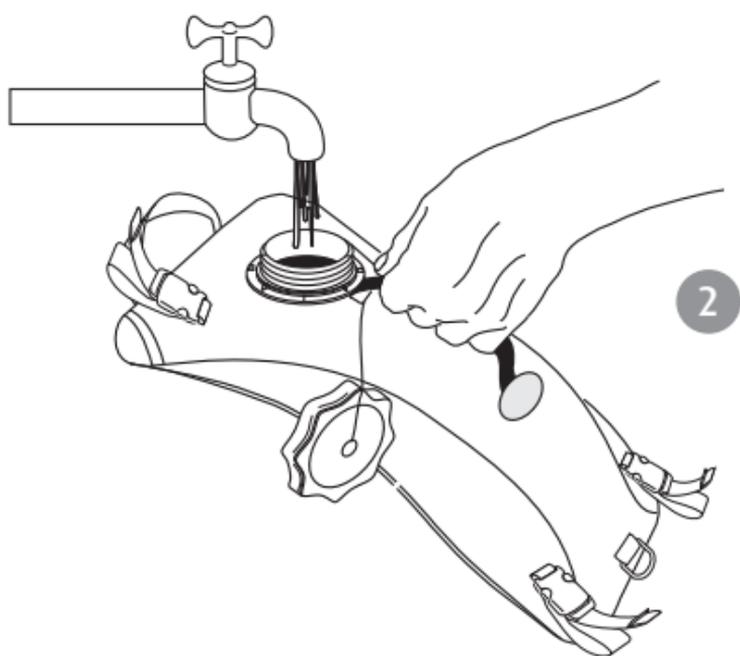
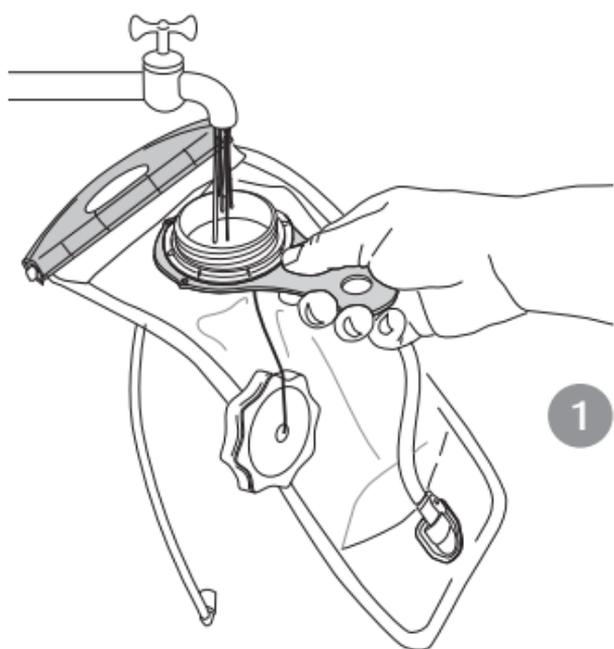
3. Close Filler-Cap and tighten for airtight seal.
4. In our integrated hydration systems, the reservoir is stored inside the pack. Filling in these models is done without taking the reservoir out of the pack: just open the Filler-Cap, grasp the handle as shown in drawing 2 and fill.

CAUTION

Do not fill with boiling water.

NOTE

Turn pack upside down and suck out excess air from the reservoir to silence your pack (stealth mode) and increase the period for which water remains fresh and taste-free.



Filling the reservoir

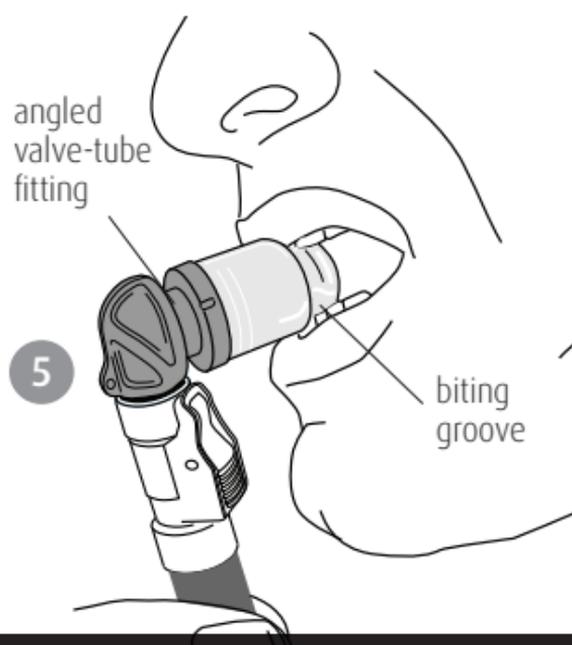
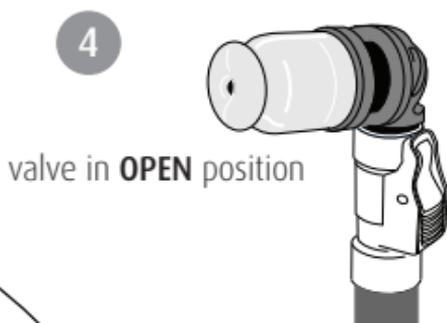
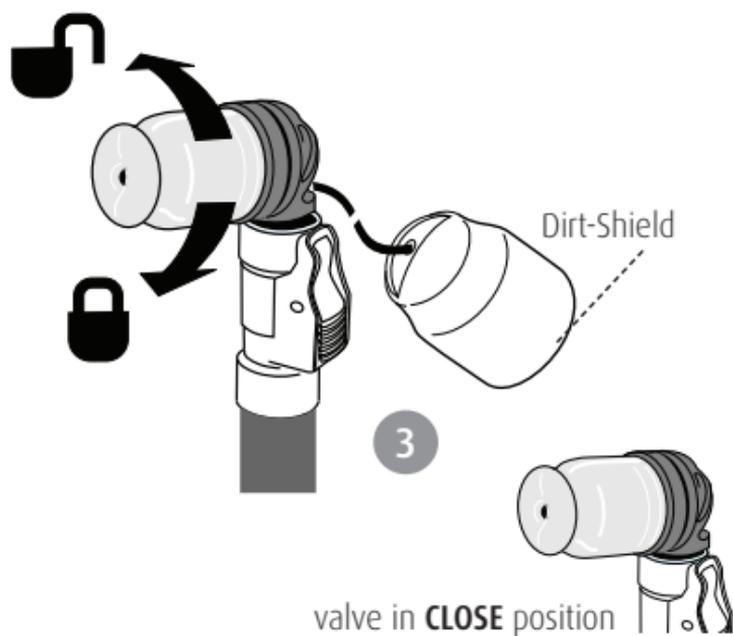
Operating HELIX-Valve™

If your system is equipped with STORM-Valve™, see p. 10

1. First time use: Remove hygienic shrink-wrap from Helix-Valve™.
2. Unlock valve from shut-off position by turning mouthpiece 180° counter-clockwise until it locks in OPEN position (drawings 3 and 4).
3. **Now you know how to operate the valve, it's time to drain the first water you have filled in the reservoir. Go to page 12 to see how it's done and continue from here:**
4. **Drinking:** To drink, bite lightly on the Helix-Valve™ groove and sip (drawing 5).
5. To close the valve, turn mouthpiece 180° clockwise until it locks in CLOSED position.
6. When not in use, cover Helix-Valve™ with the Dirt-Shield™ (available in most of the models)

Notes To get maximum flow, bite only slightly on the biting zone. Strong biting will result in blocking the valve orifice and no liquid will flow.

Tips To avoid the first warm sip in hot weather: after drinking, bite lightly on Helix-Valve™ for a couple of seconds while keeping your lips apart to let air into the tube. Liquid remaining in the tube returns to the reservoir.

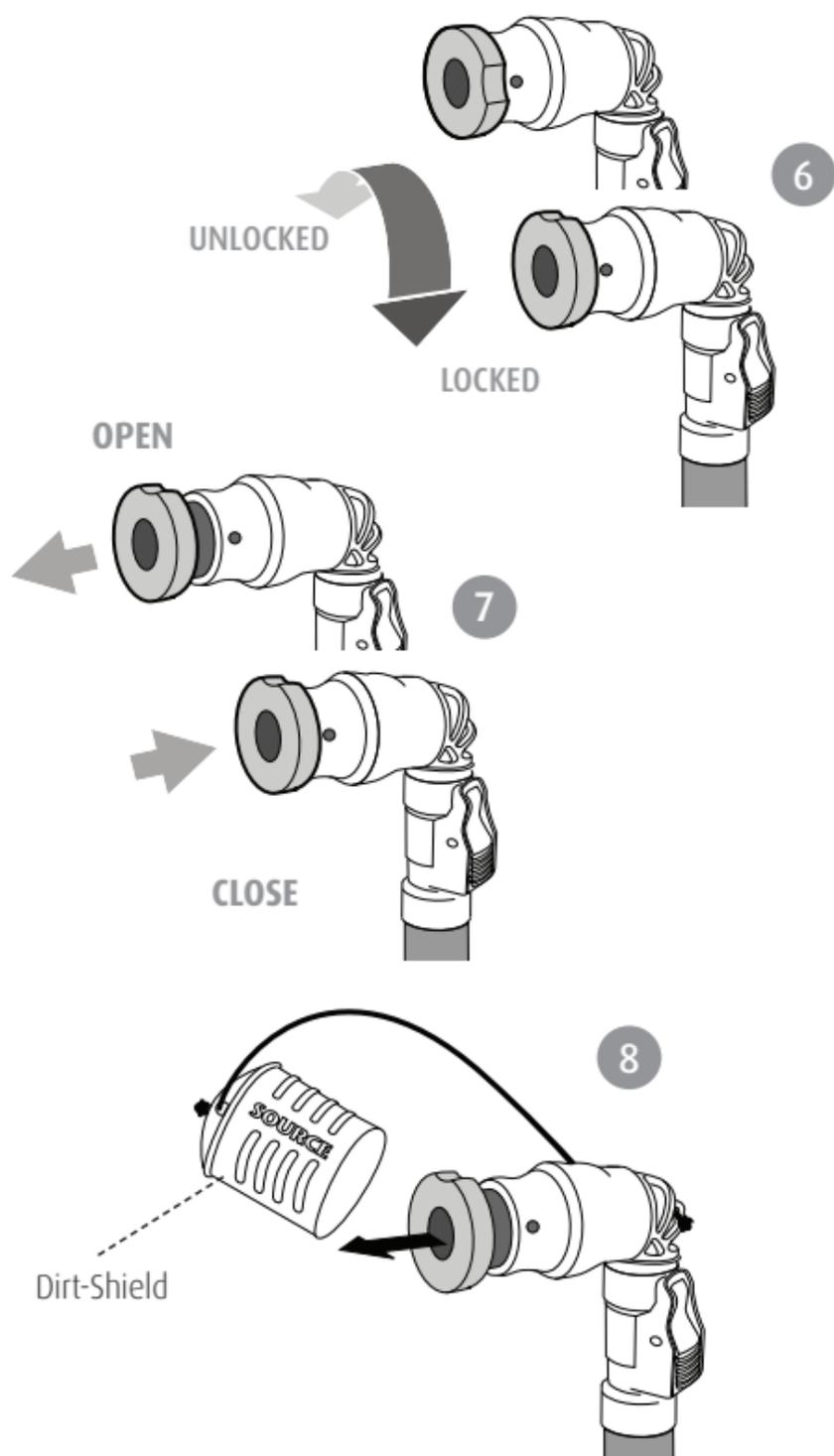


Operating STORM-Valve

1. Remove hygienic shrink-wrap from STORM-Valve™
2. Unlock valve from LOCKED position by turning mouthpiece 90° counter-clockwise (drawing 6).
3. Open the valve (drawing 7) by pulling the rubber mouthpiece.
4. **Now you know how to operate the valve, its time to drain the first water you have filled in the reservoir. Go to page 12 to see how it's done and continue from here:**
5. **Drinking:** To drink, sip as with a straw.
6. To close the valve, push in the mouthpiece.
7. To lock the valve when closed, turn mouthpiece 90° clockwise (drawing 6)
8. When not in use, cover STORM-Valve™ with the Dirt-Shield™ (drawing 8) (available in most of the models)

Note In the lock/shut-off position, the grooves on the rubber mouthpiece are aligned with the dots on the valve's housing. In the dark, use your fingers to verify that the valve is in the secure lock position.

Tip Pull/Push Valve can be operated by hand or by mouth.



Rinsing before first time use

HELIX Valve™:

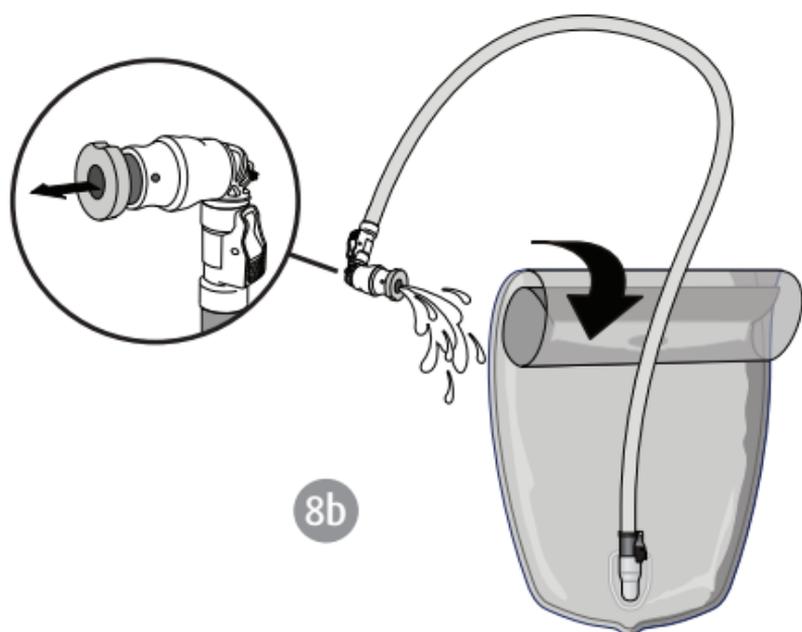
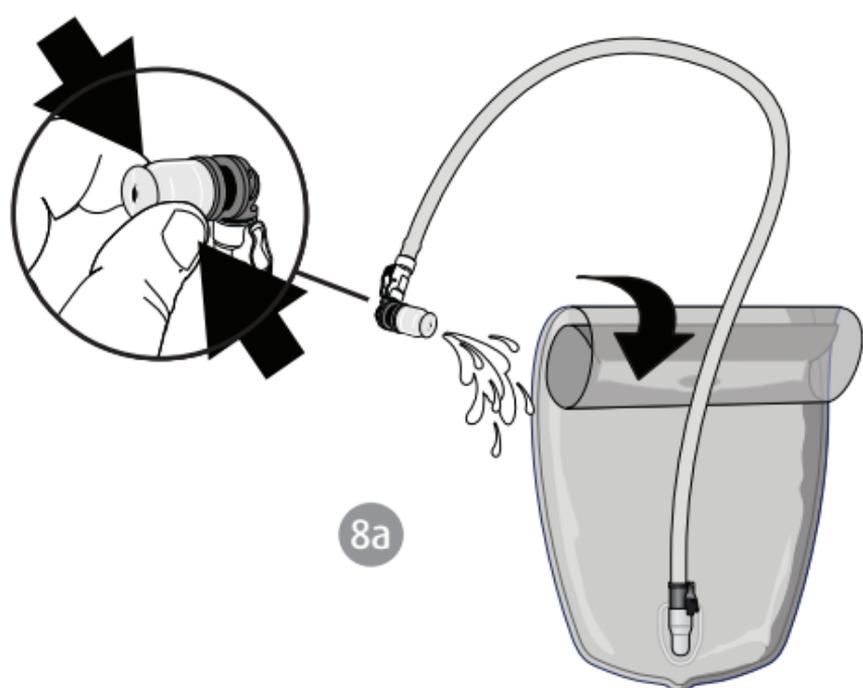
1. To rinse the the resevoir before first time use:
Turn the valve to OPEN position (drawing 4)
2. Roll the reservoir from the closure down to create pressure in the reservoir.
3. Pinch the drinking groove between your index and thumb and let the water flow through the valve. (drawing 8a)
4. Drain at least a third of the capacity of the reservoir (if you have a 3L reservoir, drain at least 1L).
You can drink now. See drinking in page 8, parag. 4.

STORM Valve™:

1. To rinse the the resevoir before first time use:
Turn the valve to OPEN position (drawing 7)
2. Roll the reservoir from the closure down and let the water flow through the valve. (drawing 8b)
3. Drain at least a third of the capacity of the reservoir (if you have a 3L reservoir, drain at least 1L).
You can drink now. See drinking page 10, parag. 5.

Tip

If your resevoir is inside a pack, instead of rolling, you can inflate the reservoir by blowing air through the valve in addition to the water, then apply your weight on the pack and let the water flow and rinse the system.



Rinsing before first time use

Care: Drying system

During regular use with drinking water, there is no need to drain, dry, or clean your hydration system. Simply refill and drink again and again without special care.

As long as your drinking water is not exposed to direct sunlight, the same water in your drinking system will remain fresh for days and even weeks. If you are using energy drinks or sweetened liquids, we recommend that you follow the cleaning instructions after every usage.

To Dry Drinking System:

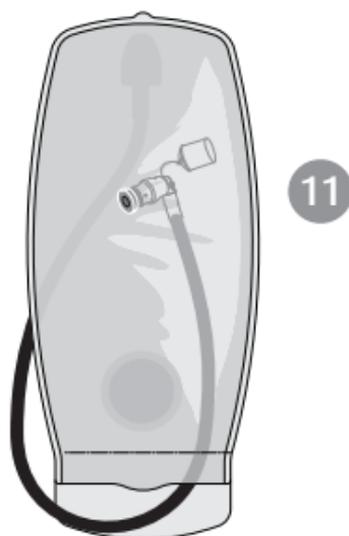
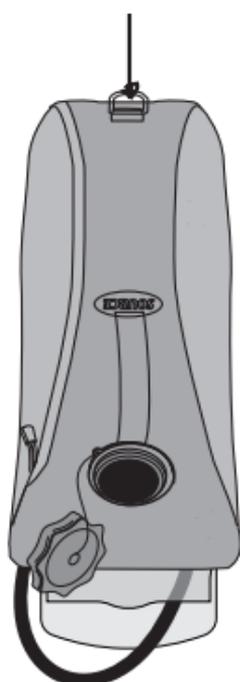
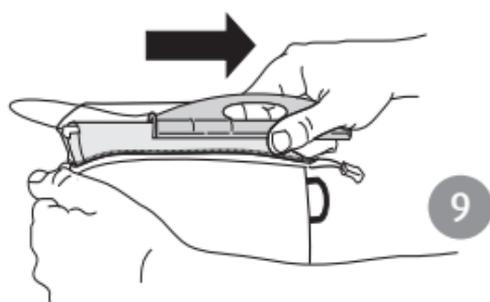
1. Turn the valve to OPEN position (this will allow air circulation through the tube).
Open reservoir by sliding Widepac™-Closure off sideways and unfold the top. (drawing 9)
2. Drain reservoir completely and hang it upside down. (drawing 10)
3. To speed drying time: fold the tube and tuck it into the reservoir. (drawing 11)
You may also use paper towels to dry reservoir.
4. When dry, fold top and close reservoir's wide opening and slide back Widepac™ Closure.

5. Storing Drinking System:

6. Dry drinking system as described above.
7. Store in a clean and dry place.

Note Before prolonged storage, we recommend that you also follow the cleaning instructions on page 16.

Tips After prolonged storage, rinse reservoir with water and a few drops of lemon juice.



Care: Cleaning the Reservoir

It is recommended to wash the reservoir if it was filled with liquids other than water (such as sweetened beverages) or before prolonged storing.

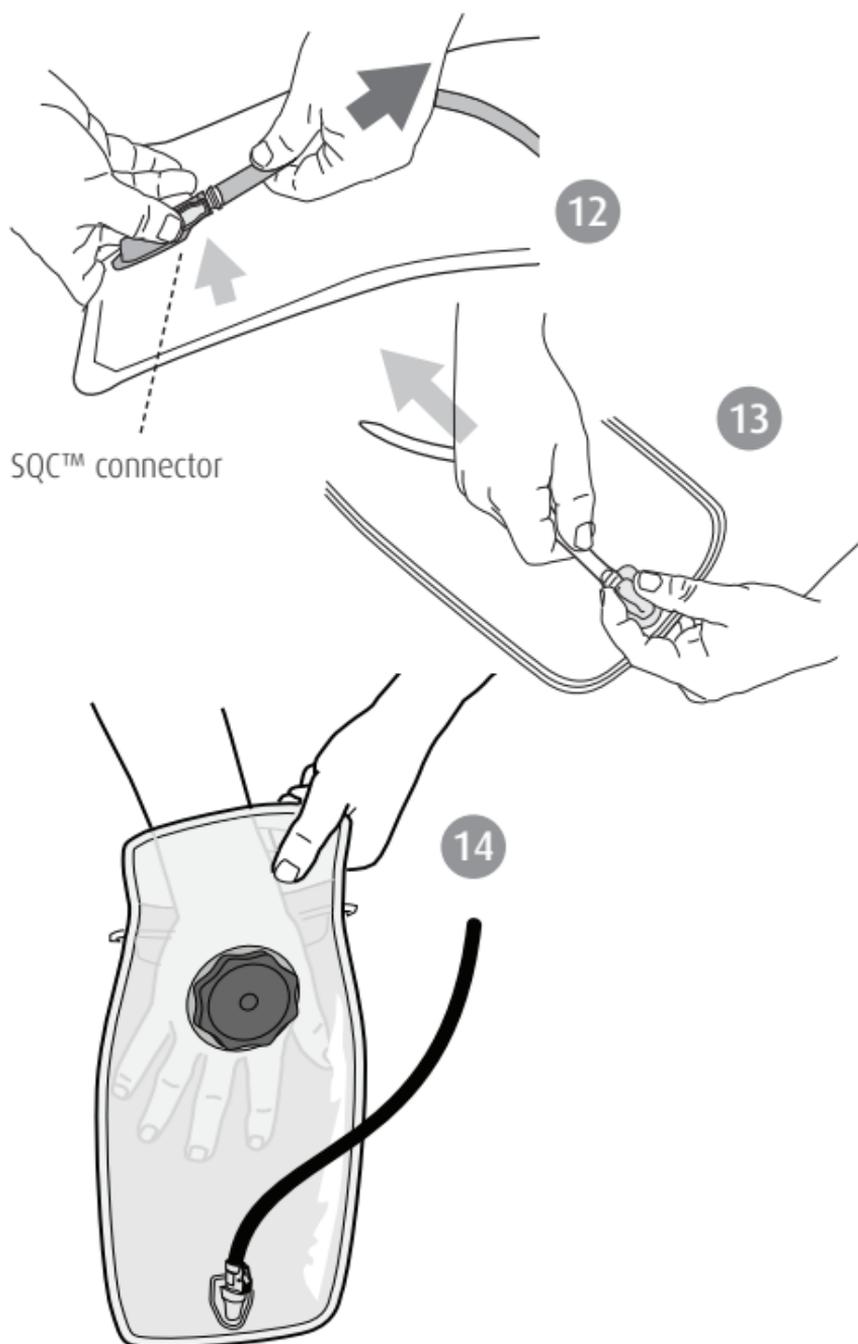
To clean the reservoir:

1. Disconnect the tube: push the release button of the QMT connector. (drawing 12). OR: If your system is not equipped with QMT connector, firmly pull and twist it away from its connector (drawing 13).
2. Slide off Widepac™ closure for wide opening access. (drawing 1)
3. Wash reservoir with soapy water (drawing 14). If necessary scrub with a soft brush. Rinse well.

CAUTION

**Never use boiling water.
Do not scrub reservoir with
abrasive materials.**

4. Dry reservoir completely as detailed in page 14: (drawing 10), slide the wideslide back (drawing 11).
5. Reconnect the tube and store the system in a dry place.
6. If necessary, proceed to clean the tube and valve:
 - page 13: HELIX™ valve
 - page 15: STORM™ valve



Care: Cleaning Helix Tube and Valve

Leave the valve connected to the tube and the tube connected to the reservoir, even if your model allows quick disconnection with QMT connectors.

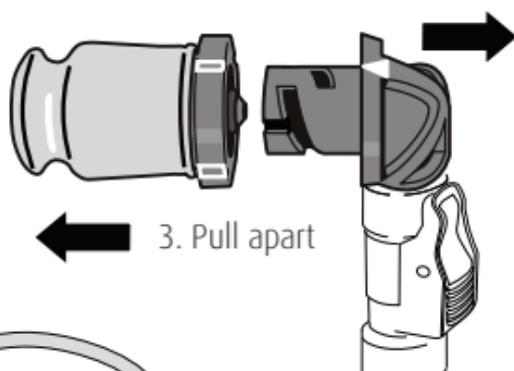
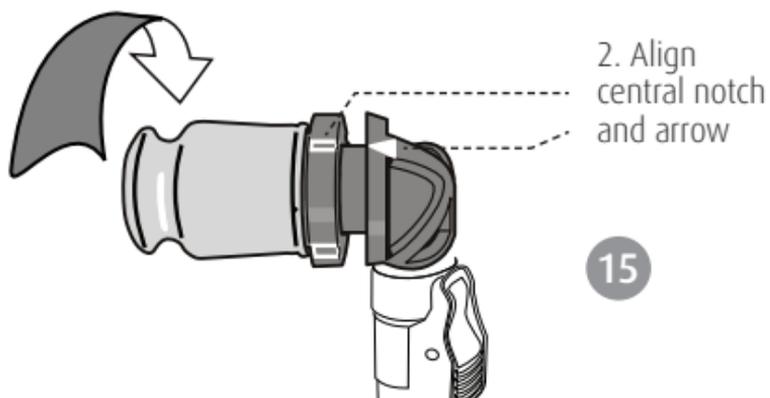
To disassemble and clean the HELIX valve™:

1. To disassemble helix-valve™: turn the valve counter clockwise 90° halfway opened: align the central notch on the the rim of the mouthpiece with the arrow on the valve's neck and pull apart (drawing 15).
2. Wash with mild soapy water and rinse several times.
3. To clean the tube, Proceed with #4 below.
If you don't clean the tube, proceed with #6 below.

To clean the tube:

4. Leave the tube connected to the reservoir and the valve disassembled. Hold your thumb on the open extremity of the tube, fill the reservoir with water and close with the wideslide closure.
5. Fold the reservoir from the top down and let the water flow through the tube (drawing 16).
6. Re-assemble the two parts of the HELIX-Valve™: Align the central notch with the arrow, push the mouthpiece slightly on its track and turn 90° clockwise to CLOSED position.

1. Turn 90° counter clockwise



Care: Cleaning Helix Tube and Valve

HELIX - Valve™ Secondary Disassembly

This should be performed only if Helix-Valve™ is severely soiled.

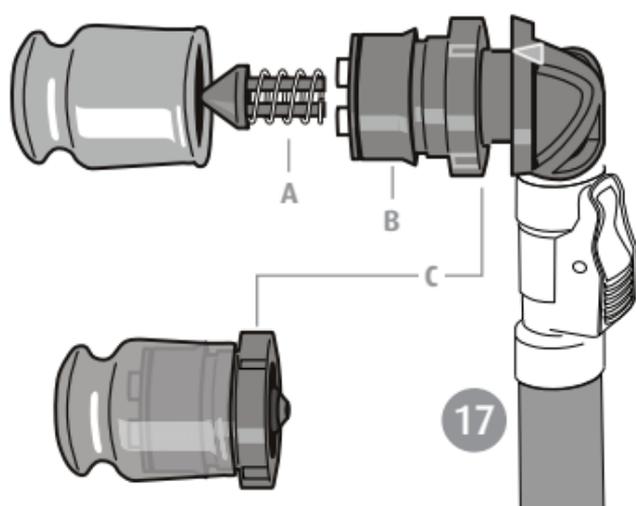
To disassemble the HELIX-Valve™:

1. Set Helix-valve™ to OPEN position
2. Operate carefully: Pull the silicone tip firmly away from the valve, (drawing 17).

Attention! make sure you do not loose the springed pin (A)

To Re-assemble the Helix-Valve™:

1. Insert the springed pin (A) in its base (B)
2. Adjust the rim of the silicon tip on the base
3. Push the tip firmly in its place. Make sure it goes all the way until the rim of the silicon tip is against the rim of the base (C). (drawing 18).



RIGHT



WRONG

Care: Cleaning STORM Tube and Valve

Leave the valve connected to the tube and the tube connected to the reservoir, even if your model allows quick disconnection with QMT connectors.

To disassemble and clean STORM valve™:

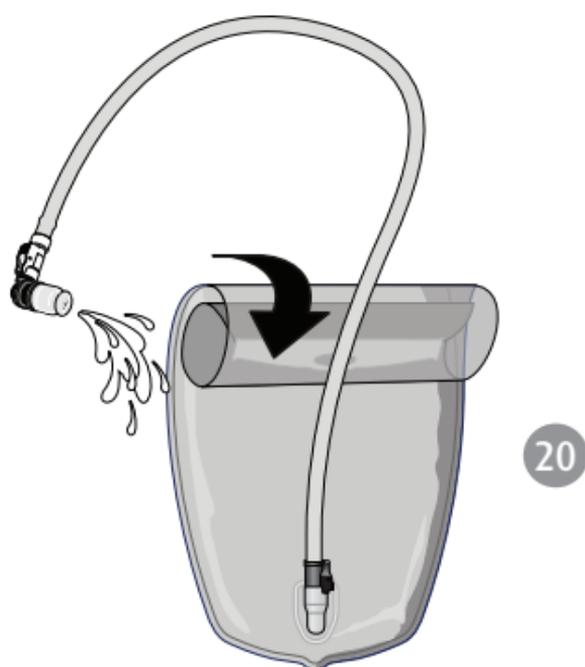
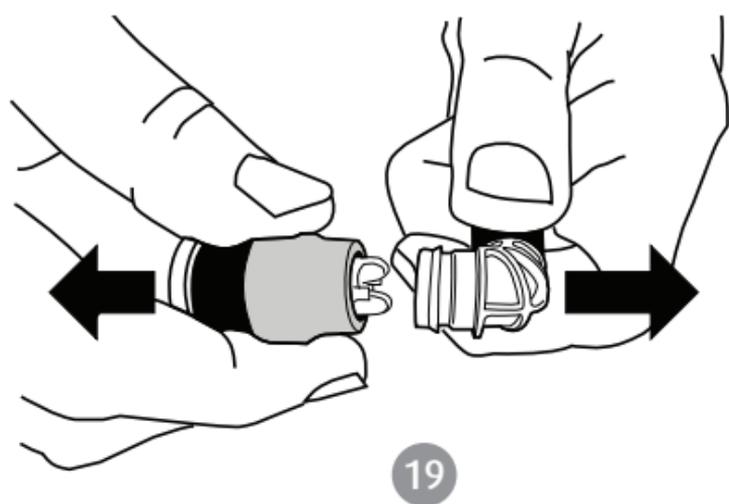
1. To disassemble STORM-valve™: firmly hold the angled connector in one hand and the rubber part in the other and pull apart while applying a gentle twist (drawing 19)
2. Wash with mild soapy water and rinse several times.
3. Reassemble STORM-Valve™ in reverse order to steps 1 and 2.

To clean the tube:

4. Leave the tube connected to the reservoir
5. Fill the reservoir with water.
Close with the wideslide closure.
6. Turn the valve to OPEN position (p. 11)
7. Fold the reservoir from the top down and let the water flow through the tube (drawing 20)

CAUTION

**Never use boiling water.
Do not scrub reservoir with
abrasive materials.**



STORM-Valve™ Secondary Disassembly

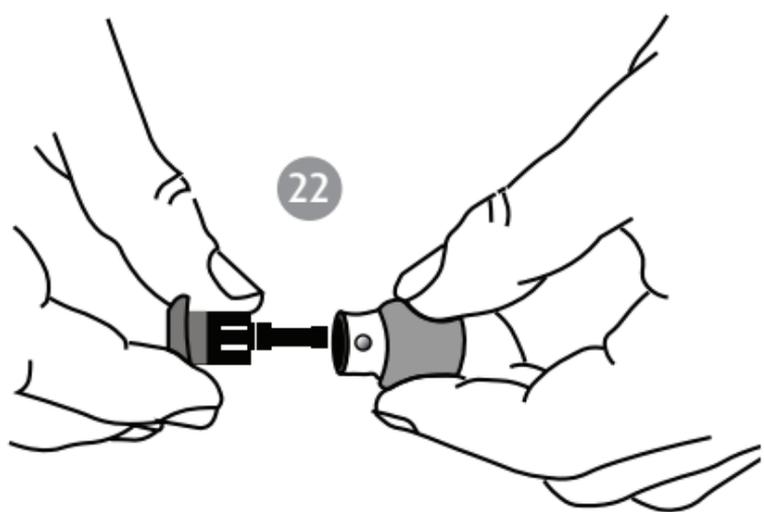
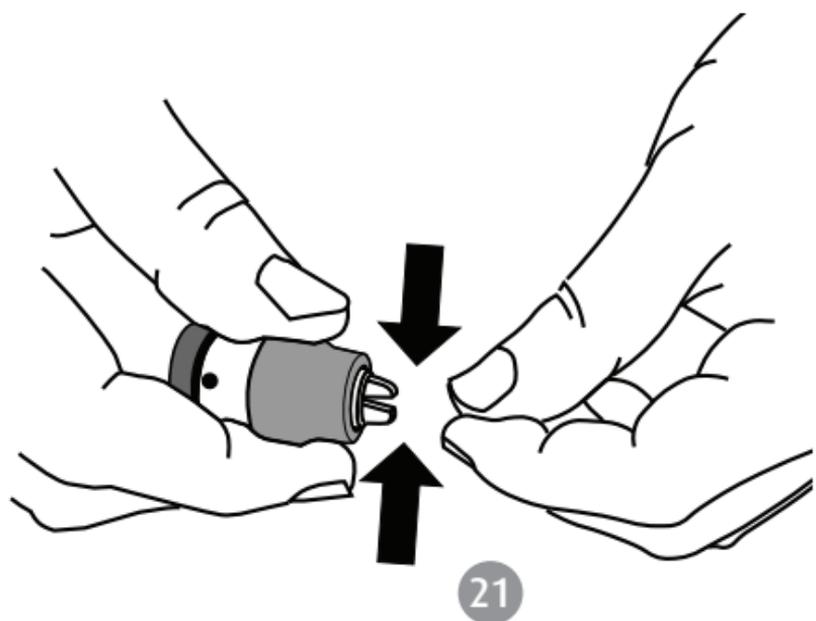
This should be performed only if STORM-Valve™ is severely soiled.

To disassemble the STORM-Valve™:

1. Disassemble STORM-valve™ (drawing 19, p.23)
2. Set STORM-valve™ to closed/locked position (with the grooves on the mouthpiece aligned with the dots on the housing).
3. Press clip ends of mouthpiece together (drawing 21) and push mouthpiece away from its housing.

To Re-assemble the STORM-Valve™:

4. Align two clip ends with the dots on the housing and firmly insert the mouthpiece into the housing (drawing 22).
5. Push mouthpiece all the way inward until it clicks into place (the mouthpiece is now in the closed/locked position)



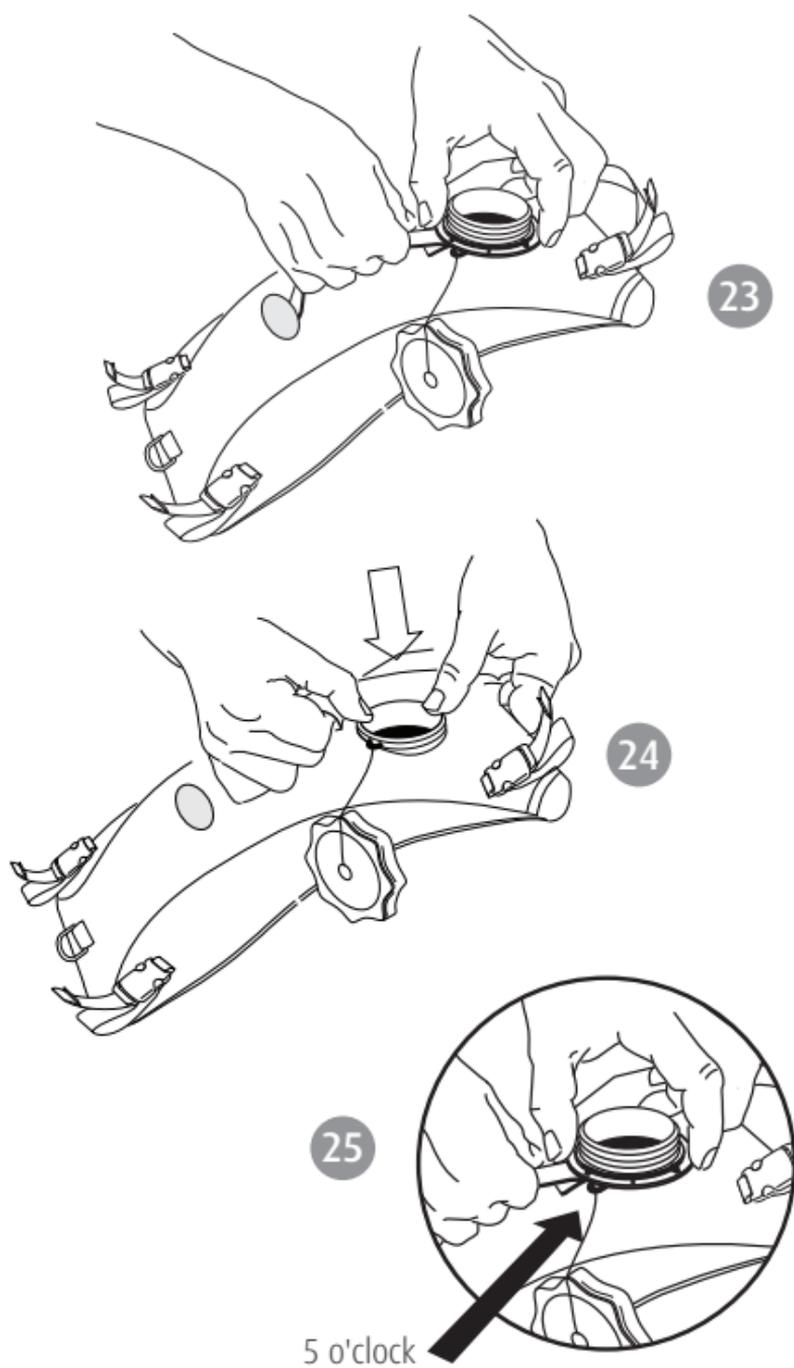
Replacing the Drinking System

Replace the drinking system by removing the old system and installing a new one.

1. Unscrew Filler-Cap.
2. Unscrew tightening ring (drawing 23) and free nozzle by pushing it inward. (drawing 24).
3. Open top of pack, and pull drinking system reservoir out of pack. (drawing 25).
4. Install by performing steps 1-3 in reverse order.

CAUTION

Always make sure the tightening ring (to which the cord securing the cap is attached) is fully tightened - when the cord base on the ring points 5 o'clock on the pack (drawing 15)



Replacing the Drinking System

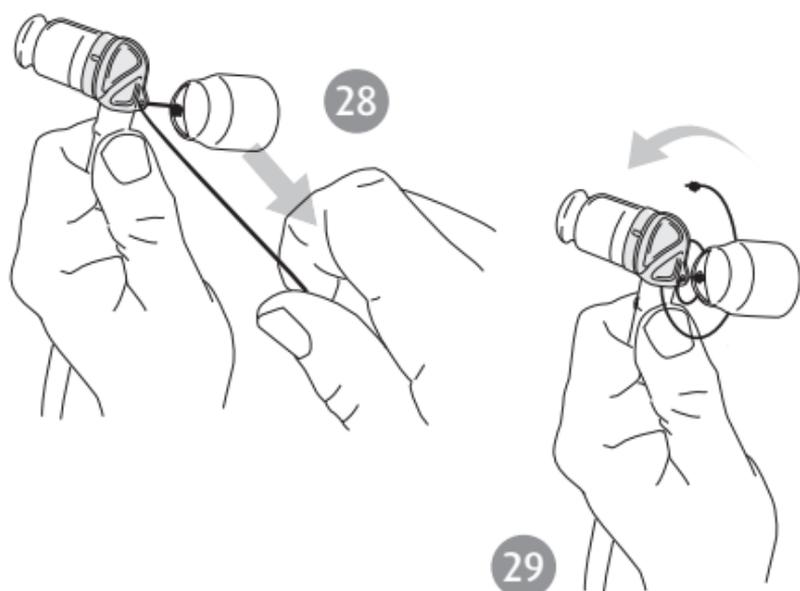
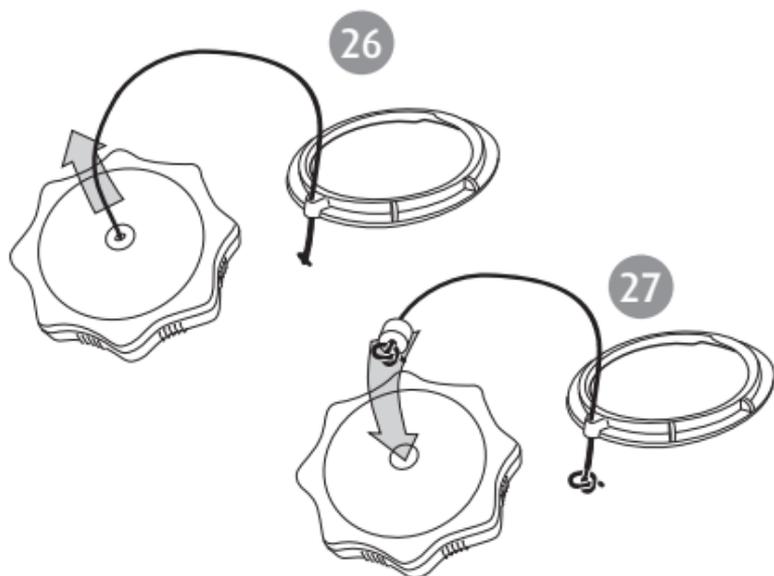
Tips

Cord Replacement on Filler-Cap

1. Remove central plug from Filler-Cap by firmly pulling the cord threaded to the plug (drawing 26).
2. Thread one end of the replacement cord through the central hole on the plug and make a knot at this end leaving as little slack as possible (drawing 27).
3. Thread the other end of the replacement cord through the hole on the tightening ring, and make another knot.
4. Insert the plug firmly into the Filler-Cap (drawing 26).

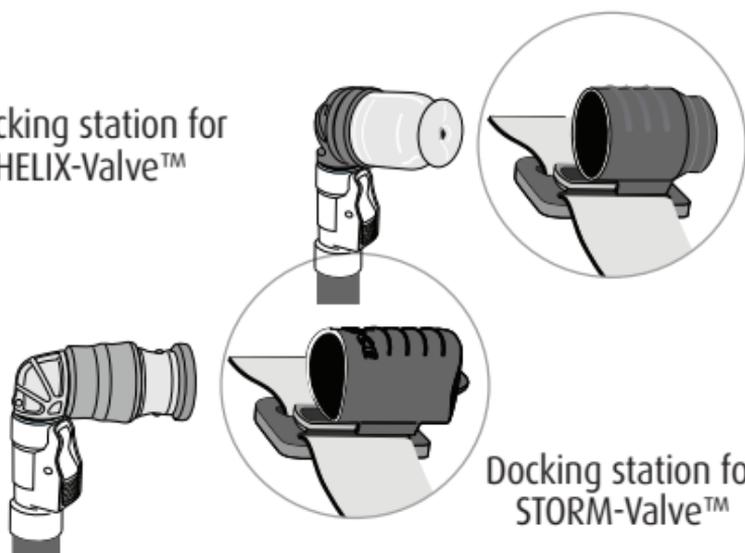
Keeping the Dirt-Shield™ from bouncing

1. To keep the Dirt-Shield™ valve cover from bouncing on its cord, pull the knot on the cord until the Dirt-Shield™ touches the angled fitting (drawing 28), then encircle the cord three times around itself (drawing 29).
2. Perform in reverse order to place the cover back on the Storm-Valve™ (drawing 28) .



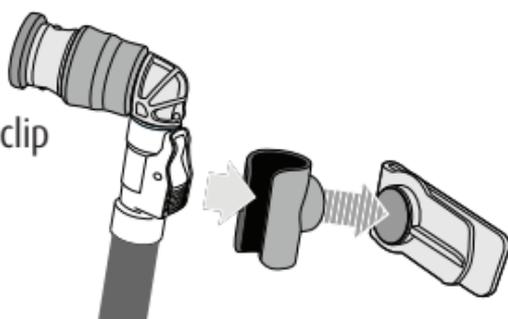
Connectivity and accessories

Docking station for
HELIX-Valve™

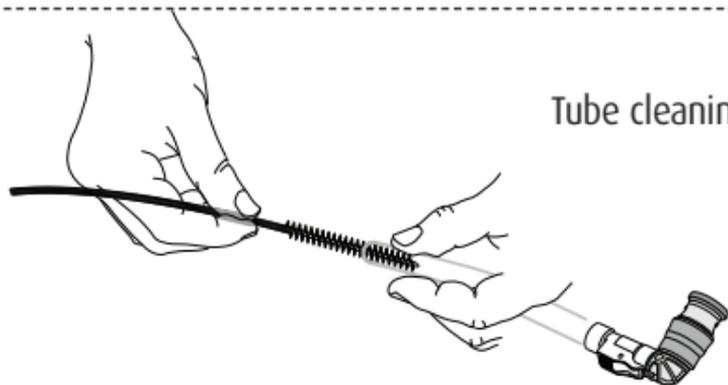


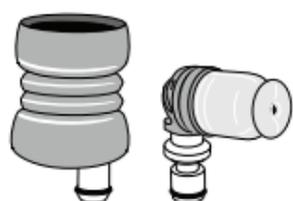
Docking station for
STORM-Valve™

Magnetic clip

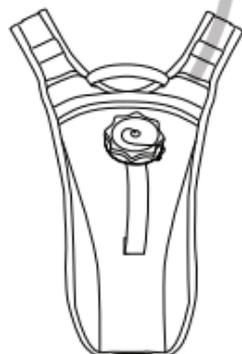
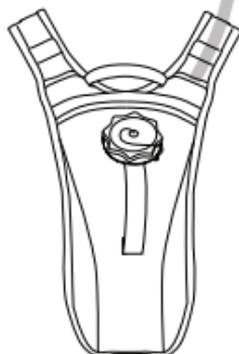
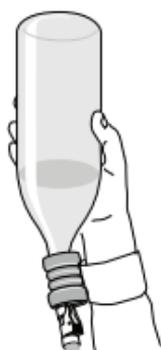


Tube cleaning kit





UTA™- Fill your system without taking it from your back



For a complete up to date list of accessories and tips,
refer to our website:

www.source-military.com

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