**EVEREST HELMET INSERT**

**Instructions for Use**

1. Position insert inside helmet with both tubes exiting the back of helmet

and confirm a comfortable fit. Medium strength double sided tape or Velcro may

be used to secure insert to helmet.

1. Ensure tubing does not interfere with existing safety equipment.
2. Connect one male connector from garment into connector on supply side of water

hose. Connect the second male connector from the garment to the female connector

on the helmet insert. Connect male connector from helmet insert to return side female

connector on water hose.

1. Power system on.

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