SOURCE™

WIDESLIDE™ | HYDRATION SYSTEM

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.

- ***As a rule, your body needs 1 liter (33 oz) of water for every hour of intensive outdoor activity to replenish 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 (15-22ºC 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 H_2O is the key.

Glass-Like™ and Grunge-Guard™

Bacteria, molds, yeasts and algae are facts of life. Bacteria and grunge grow by clinging to irregularities of a surface and creating a bio-film that allows them to flourish.

SOURCE has developed a unique plastic film that has a **Glass-Like**™ surface that reduces significantly the ability of bio-film to form. Thanks to this property, the regular flow of water is enough to clean the container and water stays fresh for a long time.

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 inner 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

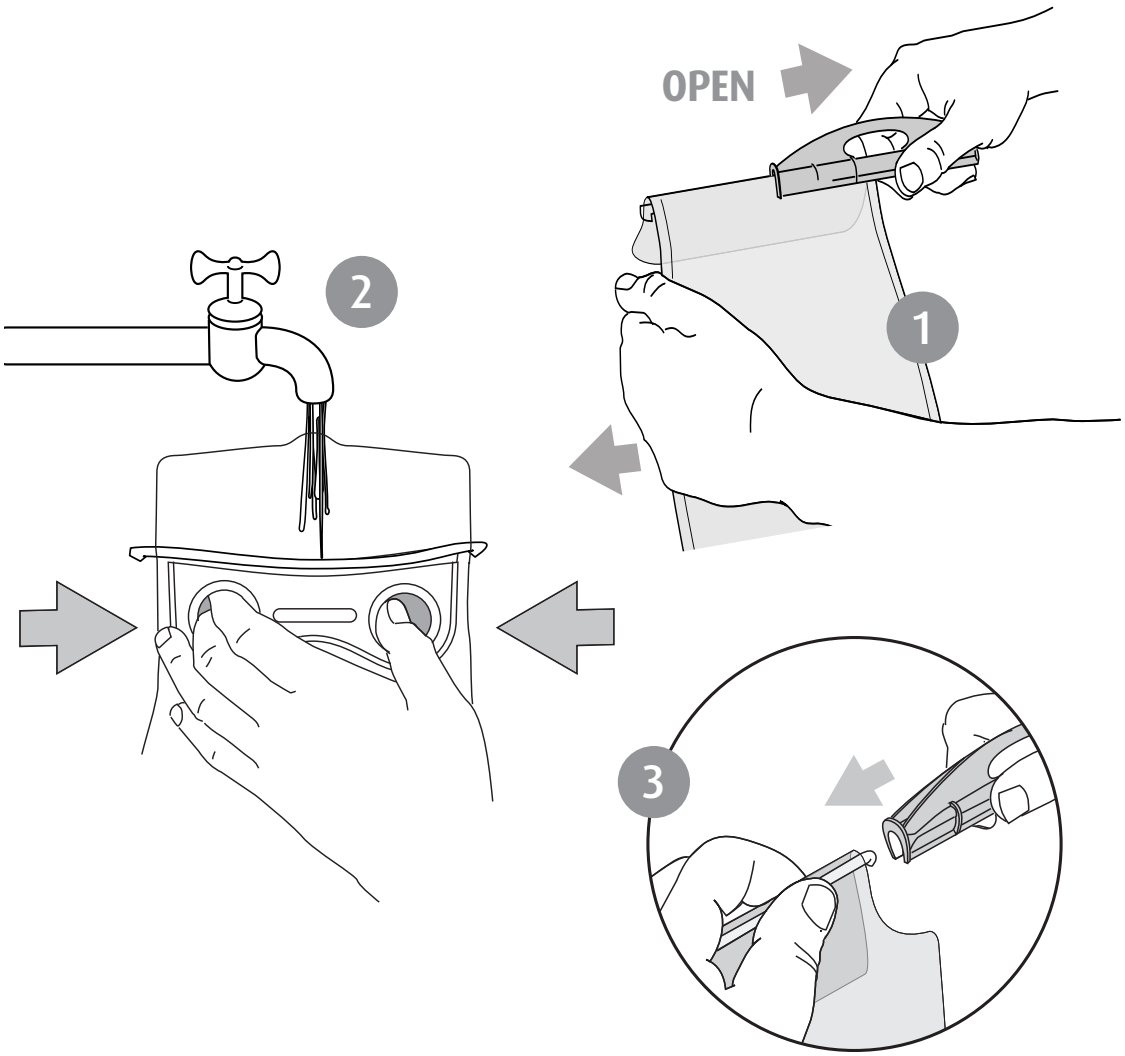
FIRST USE: Before drinking it is strongly recommended to rinse the reservoir with water and drain it through the tube and valve. Follow the instructions for filling and operating the valve **BUT DON'T DRINK YET.**

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

To fill:

1. Disconnect the tube from the reservoir by pressing the release button of the SQC™ connector at the bottom of the reservoir.
2. Open reservoir by sliding off Widepac™-Closure sideways and unfold the top. (drawing 1)
3. Insert your thumb and forefinger into both holes of the Widepac™ holder and press lightly inward as shown in drawing 2 to widen the Widepac™ opening.
4. Fill the reservoir.
5. Fold top and close reservoir's wide opening by sliding back Widepac™-Closure. (drawing 3)

   The reservoir is designed to store cold as well as warm drinks (up to 60ºC/140ºF).;
   You can add ice for cold drinks, or even freeze water in the reservoir overnight (only 3/4 fill).



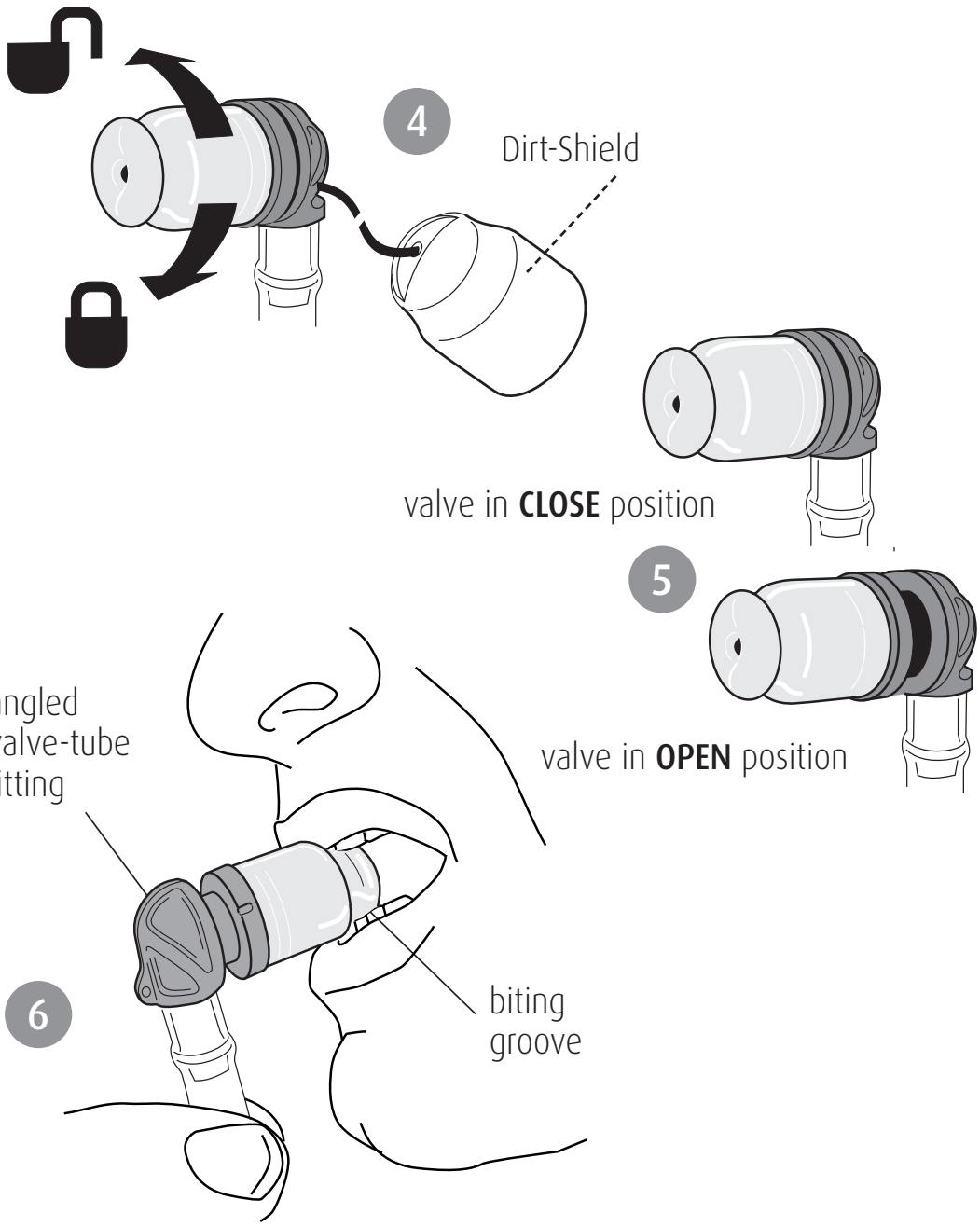
CAUTION	Do not fill with boiling water.
NOTE	Only one end of the Widepac™-Closure is open, but you can slide it onto the reservoir top from left or right.

Filling the reservoir

Using HELIX™-Valve

1. **First time use**: Remove shrink-wrap from HELIX™-Valve.
2. Unlock valve from shut-off position by turning mouthpiece 180º counter-clockwise until it locks in OPEN position (drawings 4, 5).
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 6).
5. To close the valve, turn mouthpiece 180º clockwise until it locks in CLOSE position (drawing 5).
6. When not in use, cover HELIX™-Valve with the Dirt-Shield™ (available in most of the models) or tuck it in the docking station (standard in some of the models or purchased as an accessory).

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 the 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.



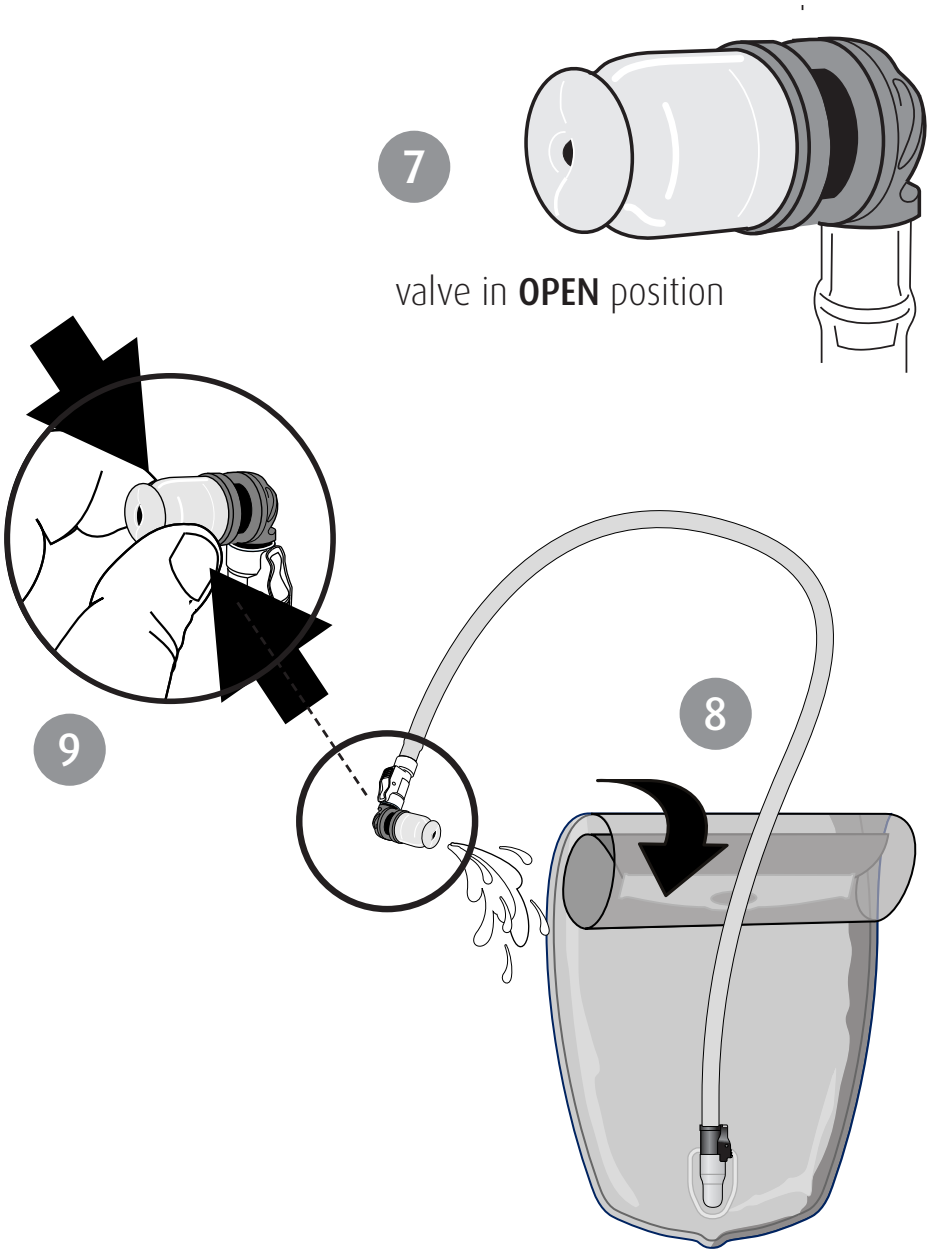
Using HELIX™-Valve

Rinsing before first time use

To rinse the reservoir before first time use:

1. Open side zipper and take the reservoir out of the pack.
2. Fill the reservoir as described in page 6.
3. Turn the valve to OPEN position (drawing 7)
4. Roll the reservoir from the top down to create pressure on the reservoir (drawing 8).
5. Pinch the drinking groove between your index and thumb and let the water flow through the valve. (see blow-up, drawing 9)
6. 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, para. 4.



Rinsing before first time use

Care: Drying the 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:

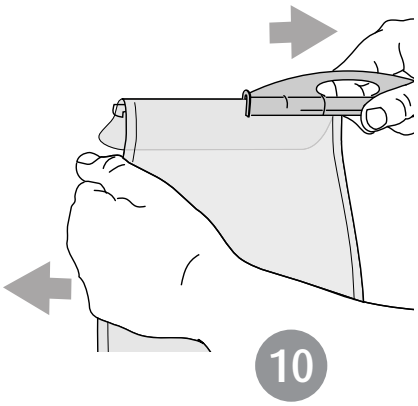
1. Open the reservoir by sliding Widepac™-Closure off sideways and unfold the top. (drawing 10)
2. Drain reservoir completely and hang it upside down.
3. To speed drying time: fold the tube and tuck it into the reservoir (drawing 11). You may also use paper towels to dry the reservoir.
4. When dry, fold top and close reservoir's wide opening and slide back Widepac™ Closure. (drawing 12)

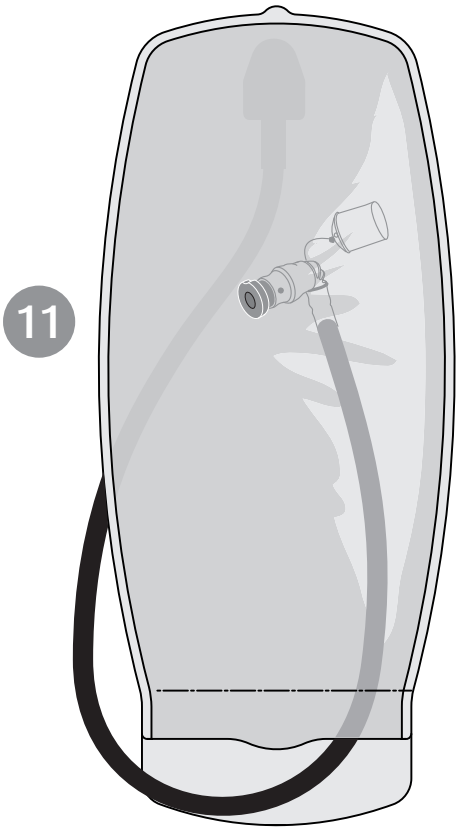
Storing Drinking System:

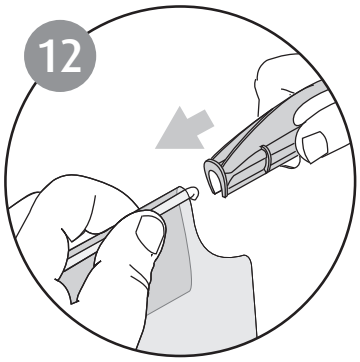
5. Dry drinking system as described above.
6. Store in a clean and dry place.

Note Before prolonged storage, we recommend that you also follow the cleaning instructions on page 14.

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







Care: Drying the system

Care: Cleaning the Reservoir

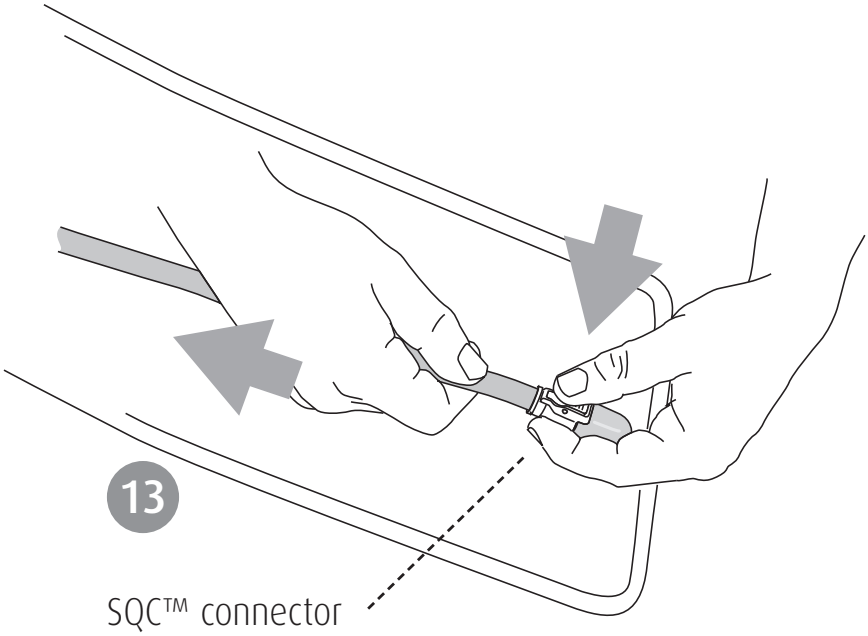
It is recommended to wash the reservoir if it was filled with liquids other than water (such as sweetened beverages) or before prolonged storing.

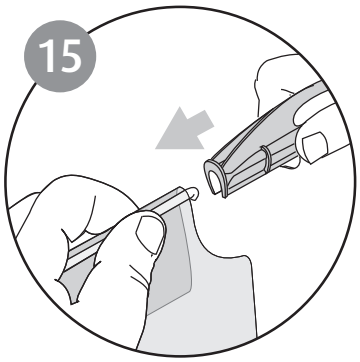
To clean the reservoir:

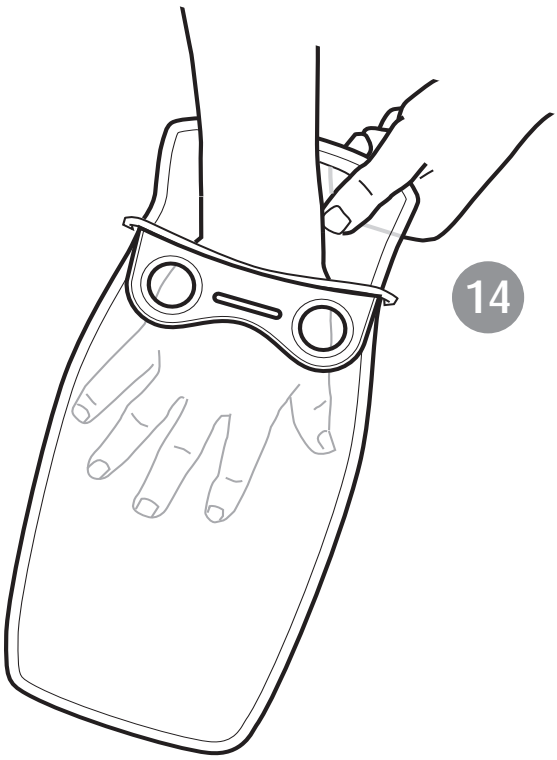
1. Disconnect the tube: push the release button of the SQC™ connector. (drawing 13).
2. Slide off Widepac™ closure for wide opening access. (drawing 14)
3. Wash reservoir with soapy water.
   If necessary scrub with a soft brush. Rinse well.

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

4. Dry reservoir completely as described in page 12, slide the wideslide back (drawing 15).
5. Reconnect the tube and store the system in a dry place.
6. If necessary, proceed to clean the tube and valve.







Care: Cleaning the Reservoir

Cleaning Helix™ Tube and Valve

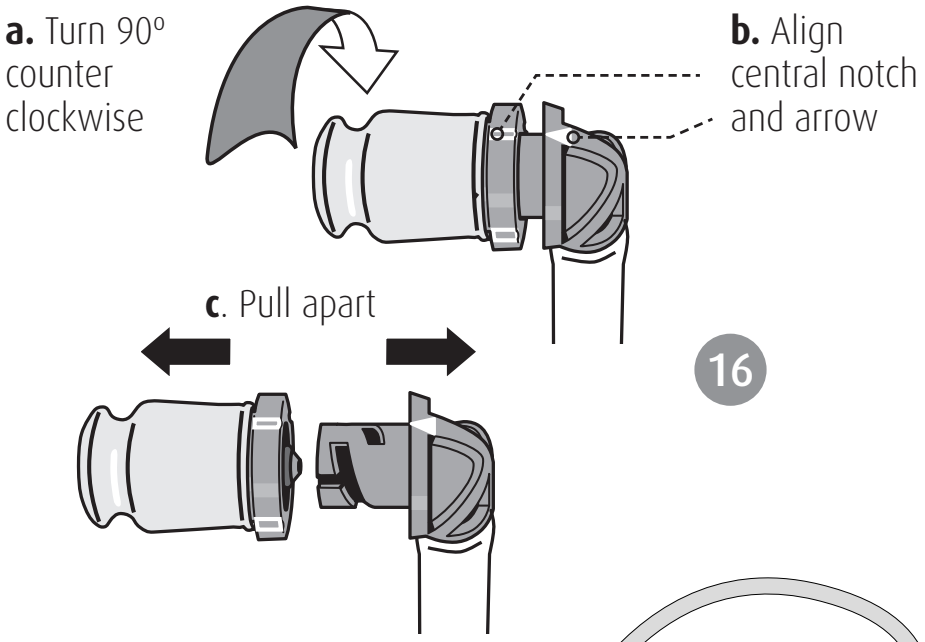
Leave the valve connected to the tube and the tube connected to the reservoir.

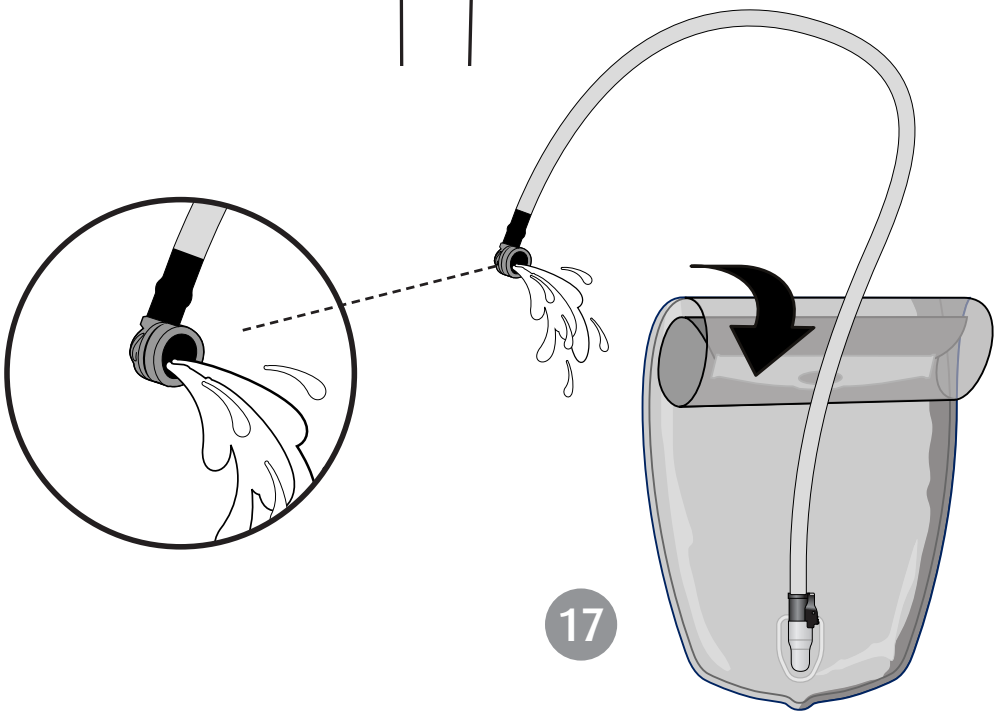
To disassemble and clean the HELIX™-Valve:

1. To disassemble HELIX™-Valve (drawing 16):
   a. Turn the valve counter clockwise 90º halfway opened:
   b. Align the central notch on the the rim of the mouthpiece with the arrow on the valve's neck
   c. Pull apart (drawing 16).
2. Wash with mild soapy water and rinse several times.
3. To clean the tube, Proceed from #4 below.
   If you don't clean the tube, proceed from #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 17).
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 90º clockwise to CLOSE position.





Cleaning Helix Tube and Valve

HELIX™-Valve Secondary Disassembly

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

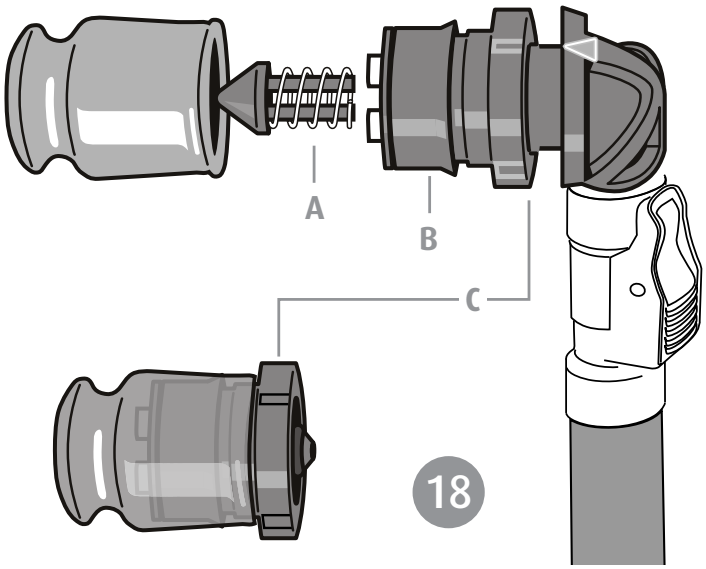
To disassemble the HELIX™-Valve:

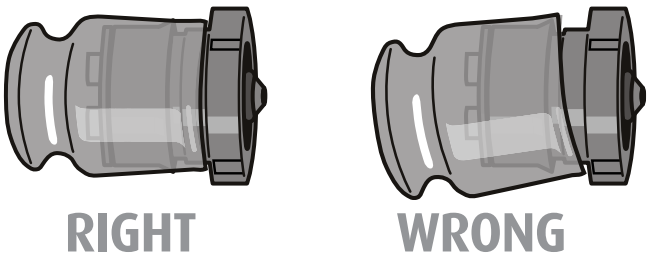
1. Set HELIX™-Valve to OPEN position
2. Operate carefully: Pull the silicone tip firmly away from the valve, (drawing 18). This will reveal the inner mechanism of the valve consisting of a springed pin (A) and the base socket (B)

Attention!	**Make sure you do not lose 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 19).





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HELIX™-Valve Secondary Disassembly

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