

Heat Mat & Heat Guard Manual

Product: Heat Mat

Description: A heat mat designed to keep temperatures consistently above 23°C to support mycelium growth. A heat guard to prevent the kit from over-heating.

Instructions

Follow these instructions after you have completed the activation step of the grow kit and are about to start the fruiting process:

- Turn on the heat mat. For smaller kits, turn up the heat between a quarter to half-way and for bigger kits, turn up the heat from half- to maximum.
- Place a heat guard on top of the heat mat. This is in order to prevent direct contact between the heat mat and the grow kit.
- Place the grow kit on the heat guard.
- Turn off the heat mat 1-2 days before the mushrooms are ready to harvest, to prevent them from releasing their spores too quickly.

Cautions

- Direct contact between the grow kit and the heat mat often causes temperatures over 30°C, which can damage or kill the mycelium. We strongly advise using our **heat guard** to prevent direct contact.
- Leaving the heat mat on in warm rooms can cause overheating and prevent growth. Always monitor your environment first.

Customer Support:

For assistance, please contact our customer support team: [contact page here](#)