# TECH TIP

## The Vapor Foam Kit

### Tip Sheet

**Kit**

### Step-by-Step Instructions:

**This Vapor Foam kit will help prevent press and paper lines on a garment that is decorated using a heat press. Atmospheric conditions and other factors can alter the performance of a press and garment. These instructions are meant to be used as a guide to help improve the quality of your printing output, but no claims are being made that these will ensure you make a perfect garment. If you have any questions please feel free to call Vapor Apparel at (843).747.4200 or email us at info@sourcesubstrates.com**

**Good luck and thank you for choosing Vapor Apparel.**

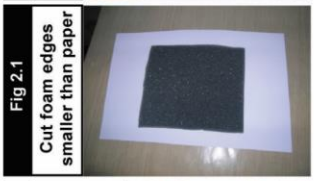

## Step-by-Step Instructions:

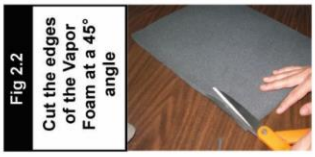
**1. Printing the Transfer:**

a. Print your transfer with a 2 inch margin on each side.* (See figure 1.1)
   *This margin allows the paper to hang off the edges of the foam preventing paper lines. If cutting the paper, leave paper margins around the image.


**2. Preparing the Vapor Foam:**

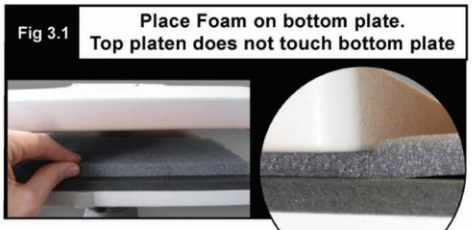
a. Cut Vapor Foam so the foam's outer edge is smaller than the paper's outer edge but larger than the transfer design on each side. (See figure 2.1)
b. Using a pair of scissors, cut the edges of the Vapor Foam to a 45° angle. Make sure the edges are smooth. (See figure 2.2)

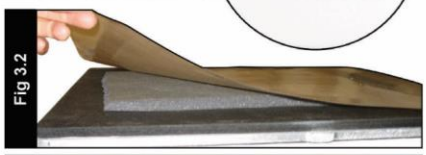


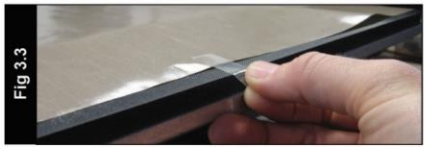




**3. Preparing Your Press:**

a. Set the heat press temperature to 380 ° F - 390 ° F**
b. Set the timer for 30-40 seconds
c. Cut a piece of foam 1 inch over the transfer size in each direction
d. Place cut foam on heat press and adjust pressure so the top platen compresses foam to half its thickness. Top platen and bottom plate should not come in contact. (See figure 3.1)
e. Cover foam with a piece of Teflon (5 Mil), Teflon Should be the same dimensions as the bottom plate. (See figure 3.2)
f. Secure the Teflon by placing tape on the top side of theTeflon wrapping around to the bottom side of the plate. (See figure 3.3).
   **Variations can occur with different presses
   Initial tests should be done to adjust settings for your press

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g. Place shirt on press. Positioning the desired decorative area atop the Teflon covered foam. (See figure 3.4).
h. Position paper transfer over shirt. Verify the blank paper margins exceed the outer dimensions of the foam. (See figure 3.5).

**4. Pressing the Shirt:**

a. Press for the recommeded time. Verify pressure is appropriately compressing the Vapor Foam (approximately halfway). (See figure 4.1). *
***This pressure would be described as light**
b. Remove the heat platen and peel back the paper transfer. (See figure 4.2).

| Shirt Type | Temp | Time | Pressure | Notes |
|---|---|---|---|---|
| **Basic-t Ladies Classic** | **390°** | **30-40** | **Medium** | **Always check your print twice before pressing** |
| **Microfiber Performance-t Poly-Micro Stretch** | **380°** | **30-40** | **Light** | **Insert layer of Teflon in between the shirt** |
| **Sweatshirt** | **390°** | **30-40** | **Medium** | **Adjust your press to make up for thicker fabric** |

Fig 3.4
**Position shirt on press atop the Teflon covered foam**

Fig 3.5
**Position transfer on shirt. Paper margins should hang over edges of foam**

Fig 4.1
**The paper hangs over the foams edge, floating between the two plates.**

Fig 4.2
**Release heat platen & peel back transfer.**

## Tips and Tricks

- Try standardizing your paper sizes to prevent having to cut Vapor Foam pieces for each new transfer
- The Vapor Foam will lose its thickness after 50-100 presses. Try to rotating out a few pieces of the same size foam in order to lengthen the lifespan of the product
- For two-sided pressing, try placing an aditional piece of Teflon inside the shirt to avoid any residual image that may be pressed into the shirts

**These instructions are designed as a guideline: For best results, run a test to adjust the time, temperature, and pressure for your individual press**