



EVERYDAY SERIES

Urban Survival Kit

ESSENTIAL

Quickstart Guide

2095 New Edition

B079LNTDQV, B079LPM137

Notice

- Pictures in the text are for reference only. Please refer to the actual product.
- Please read the Quickstart Guide carefully before use and keep it in a convenient place for future reference.
- All contents of this document have been carefully checked. Any technical improvements shall be placed in the revised guide without notice; for any changes in appearance and colour, those of the actual product shall prevail.

Keep this kit out of reach of children. This kit is not a toy.

Remarque

- Les photos dans le texte ne sont qu'une référence. Veuillez vous référer au produit réel.
- Veuillez lire attentivement le Guide de démarrage rapide avant l'utilisation et le conserver dans un endroit pratique pour toute référence ultérieure.
- Tout le contenu de ce document a été soigneusement vérifié. Toute amélioration technique sera intégrée dans le guide révisé sans préavis ; pour toute modification d'apparence et de couleur, celles du produit réel prévaudront.

Gardez ce kit hors de portée des enfants. Ce kit n'est pas un jouet.

注意

- 文中の图片仅作参考。请以实际产品为准。
- 使用前请仔细阅读《快速入门指南》，并将其保存在一个方便的地方，以便日后参考。
- 本文件的所有内容都经过仔细检查。任何技术上的改进都将放在修订后的指南中，恕不另行通知；对于外观和颜色的任何变化，以实际产品为准。

请将本套件放在儿童接触不到的地方。本套件不是玩具。

備考

- 本記事の写真はイメージです。実際の商品をご参照ください。
- ご使用の前に『クイックスタートガイド』をよくお読みになり、いつでも見られるよう大切に保管してください。
- 本書の内容はすべて入念にチェックされています。技術的な改良は予告なく改訂版ガイドに掲載されますが、外観や色の変更については、実際の製品が優先されます。

このキットは、お子様の手の届かないところに保管してください。このキットはおもちゃではありません。



Please visit
<https://biox.cc/help>
for more information.

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Hello!

Thank you for purchasing the Urban Survival Kit (USK) Essential, it is the best investment you can make for the safety of your life and that of your family.

Why is the USK so important?

Floods and droughts on the same day, 15-force winds ready to clear everything off the city streets - although this is our daily life, our human bodies have not evolved to adapt to such conditions.

Due to continuous pollution for nearly 150 years, our earth's environment has undergone fundamental changes that cannot be reversed. The urban mass extinction 20 years ago says it all. If you don't protect yourself with USK, the outdoor environment will be fatal - super strong ultraviolet rays will burn your skin, gusts of wind will blow you high into the sky at any moment, giant rats everywhere will bite through your skin - the worst could happen at any moment!

Therefore, for the safety of you and your family, please carry this product with you and use it carefully. BIOX cannot be held responsible for any damage to health or property caused by your improper use or misoperation.

WARNING

It may possibly cause death or serious injury if the warnings are ignored.

CAUTION

It may cause physical injury or property damage if the cautions are ignored.

Content

The USK Essential contains

- **Daily UV Protection Sunscreen** - 50mL - SPF 600 ×1
- **Ultra UV Protective Sunscreen** - 50mL -SPF 900 ×1
- **Ultimate UV Protection Sunscreen** - 50mL - SPF 1200 ×1
- **Sunscreen Remover** - 50mL ×1
- **Thermometer** ×1
- **Timer** ×1
- **Safety Cable** - 2k ×1
- **Powerful Snip** ×1
- **Whistle** ×1
- **Cut-resistant Gaiters** ×2
- **Ankle Braces** ×2
- **FFP3 Mask** ×2

Daily Check & Maintenance

To use the USK products safely with a longer service life, please carefully check and maintain them.

If you have run out of sunscreen or disposable products, please buy refill packs as soon as possible and replenish them in your USK.

 <https://biox.cc/shop/refill>

Operation Guidelines

Sunscreen

Sunscreen can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. Follow these tips from our dermatologists when applying sunscreen.

1. Our sunscreen that has an SPF of 600 or higher, is water resistant, and provides broad-spectrum coverage, which means it protects you from UVA and UVB rays. Please check the UV intensity information provided by the Met Office on time to choose the right sunscreen.
2. Apply sunscreen before going outdoors. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and will burn.
3. Use enough sunscreen. Most adults need about 2 ounce (1 whole bottle) to fully cover their body. Rub the sunscreen thoroughly into your skin.
4. Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you.
5. To remain protected when outdoors, reapply sunscreen every 1 hour, or immediately after sweating. Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter.

>> TIPS

You may find it easier to use a spatula when you are applying your Ultimate UV Protection Sunscreen - SPF 1200 sunscreen. You can purchase one separately from our official website - Accessories.



 <https://biox.cc/shop/accessories>

NOTICE



Shake well before you use the Ultra UV Protective Sunscreen - SPF 900.

Thermometer

Body temperature is an important physiological indicator. A body temperature within the normal range is the basis for maintaining physiological activity. When you are outdoors in the hot sun or cold, there is a high risk that your body temperature may exceed or fall below the normal range, which could affect your life safety. Please follow our tips for monitoring your body temperature closely.

1. The normal range of body temperature depends on your body condition. Please take your body temperature at rest in an indoor environment as a reference for your basal body temperature.
2. When you are outside in a hot environment, use the timer in the USK to set a countdown timer for 30 minutes immediately and take your temperature when the countdown bell rings and compare it to your basal body temperature. When you have finished taking your temperature, reset the timer to 30 minutes and repeat the process of taking your temperature until you are in a safe indoor environment.
3. When you are outside in a cold environment, use the timer in the USK to set the countdown timer for 45 minutes immediately and take your temperature when the countdown bell rings and compare it to your basal body temperature. When you have finished taking your temperature, reset the timer to 45 minutes and repeat the process of taking your temperature until you are in a safe indoor environment.
4. When your temperature is 0.5°C above or below your basal body temperature, please get into a safe indoor environment nearby immediately and retake your temperature after resting. If your temperature is persistently above or below 0.5°C, contact your local health care provider immediately for services.



30 min



45 min

± 0.5
°C

NOTICE



When you are outside in the heat, ensure that you have an adequate supply of drinking water.

Safety Cable

The Safety Cable - 2k in USK is designed to hold your body in position during floods and winds of 12+ and it can withstand a pressure of 2000N (200kg). Please secure your body to non-movable objects (e.g. safety stakes, bus stops with roofs). Do not attach your body to a movable object, even if it looks very heavy (e.g. a car).



Fixed

You can also use it in other dangerous or everyday situations.



WARNING



Do not fix your body at or near high voltage poles, transformer boxes or transmission towers. It may possibly cause death.

Gaiters & Ankle Braces

The best way to avoid being bitten by the city's giant rats is to use Cut-resistant Gaiters plus Ankle Braces. The double protection will also provide stronger support for your foot movements. Start by wrapping the ankle braces around your ankle and lower calf, securing them with hooks. Once you have put on your shoes, pass the gaiters through the bottom of the shoe and tie them to your leg.

Upgrade to USK Pro

Upgrade your equipment to Pro now for more comprehensive security for you and your family. Visit our official website for more information.


 <https://biox.cc/shop>



Disposal

All products in this kit can be disposed of with your household waste. Please check your local laws and policies carefully before disposing of your waste. Each country will have their own different standards and procedures for waste collection and disposal. If you need help, please contact your local authority, city office or your community warden.

For more information, please visit

 <https://www.gov.uk/topic/environmental-management/waste>

Feedback and Help

Love our products? Let us know with a customer review. BIOX Everyday Series is committed to delivering customer-driven products that live up to your high standards. We encourage you to write a review sharing your experiences with the product.

 <https://biox.cc/review/review-your-purchases>

 <https://biox.cc/gp/help/customer/contact-us>



Bio-Extend, Inc.
<https://biox.cc>



Developed in collaboration with
Jony.design