



Sweat Tent™

Set it up. Sweat tonight.

A step-by-step setup guide for Sweat Tent — from unboxing to your first 15 minutes at temperature. Keep this with your printed manual.

8 STEPS

~1 HOUR SETUP

OUTDOOR USE ONLY

01 Unpack & choose your spot

03 Raise the tent

05 Move the stove inside

07 Light the stove

02 Season the stove outside

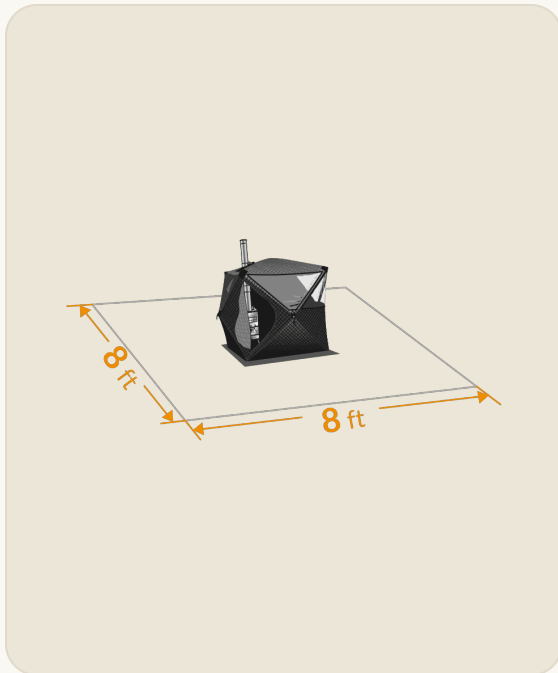
04 Anchor it to the ground

06 Add seating & rocks

08 Sweat it out

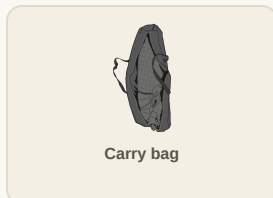
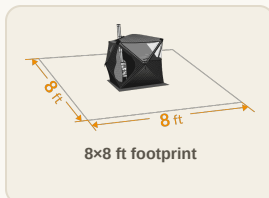
PREP

01 Unpack & choose your spot



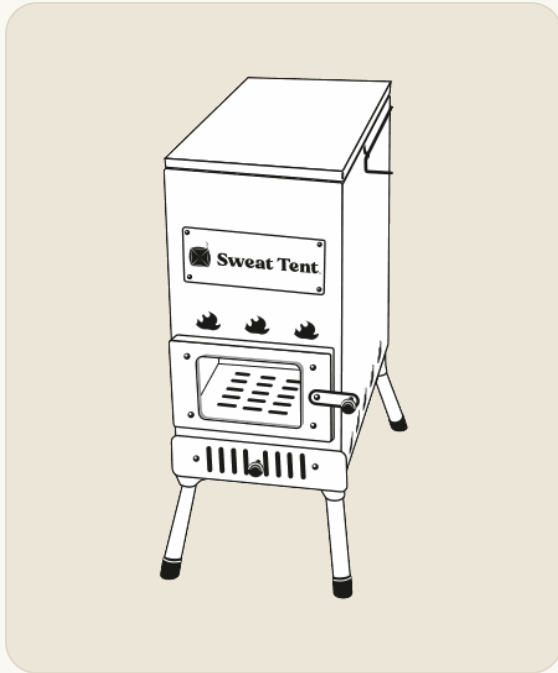
- 1 Open every package and check off all 14 parts: tent, chimney hole cover, stakes, ropes, stove, chimney pieces, thermometer, glove, fire poker, rock box, rocks, chimney cap, roof cover, and fire mat.
- 2 Pick a flat, well-ventilated 8ft × 8ft outdoor spot — concrete, tile, dirt, grass, turf, unvarnished wood, or ice at least 1ft thick.
- 3 Clear the area of brush, debris, and branches, and keep it at least 2 feet from any structure with no low-hanging branches overhead.

⚠ Outdoor use only. Never set up Sweat Tent indoors or anywhere without proper ventilation.



FIRST-TIME ONLY

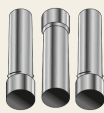
02 Season the stove outside



- 1 Empty the stove — remove chimney pieces, fire poker, glove, and thermometer — then pop out its legs and place it in a ventilated outdoor spot.
- 2 Interlock the chimney pieces, press to lock snugly, and attach the assembled chimney to the stove.
- 3 Open the control vent fully and light a fire with 3 fire starter pellets + 2–3 logs of dry hardwood.
- 4 Let it run 2–4 hours so the paint cures — popping, crackling, and color-changing is normal.
- 5 Let the fire burn out completely and let the stove cool fully before it ever goes near the tent.


2–4 hour seasoning burn


Set up outside



Interlock chimney

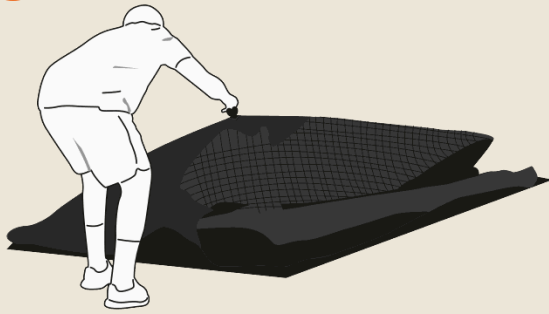


Cap it

ASSEMBLY

03 Raise the tent

1



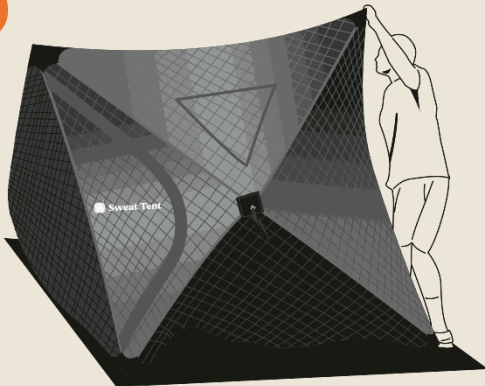
Lay it flat

2



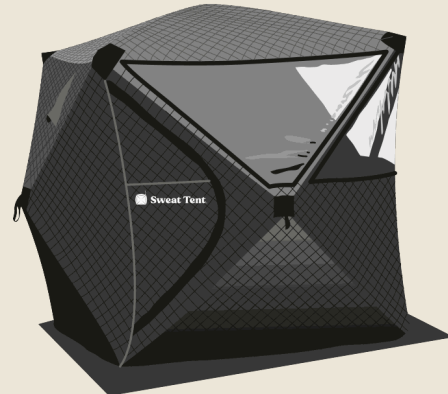
Pull each wall

3



Push up roof

4



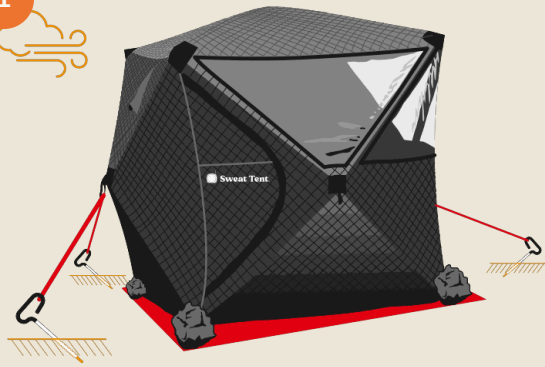
Fully raised

- 1 Pull firmly on one of the four tent-wall end points until it pops into place.
- 2 Repeat for the remaining three walls.
- 3 From inside the tent, push up on the roof end point to pop the roof into shape.
- 4 Remove the fabric window coverings and set them aside for safekeeping.

ASSEMBLY

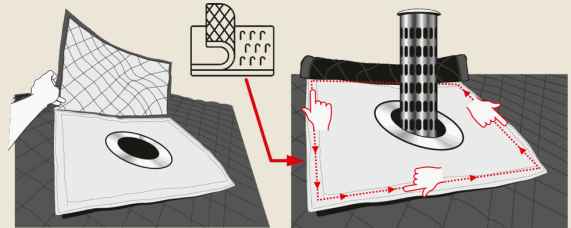
04 Anchor it to the ground

1



Stake it down

2



Swap chimney cover

3



Lower roof cover

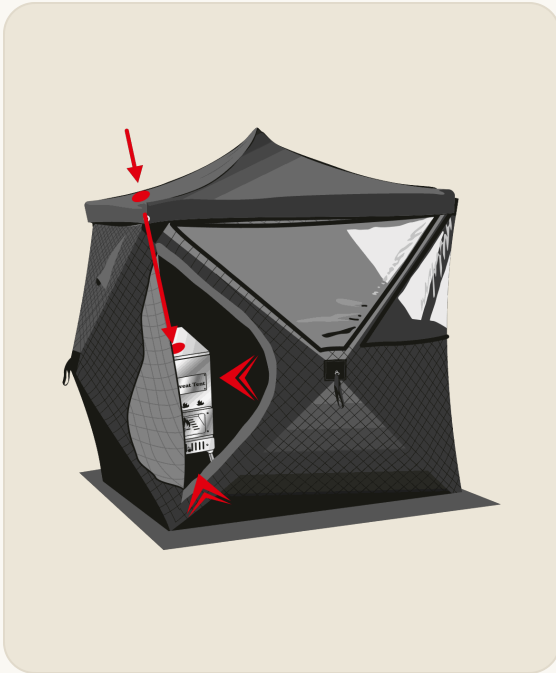
4



Done

- 1 Weigh down the tent skirt with rocks, bricks, cinder blocks, or sandbags, and secure it further with the included stakes and ropes.
- 2 Swap the fabric chimney-hole cover for the piece with the metal ring, pressing the velcro firmly in place.
- 3 Install the roof cover, anchoring each corner to the tent's side loops with the included carabiners and straps, pulled tight.

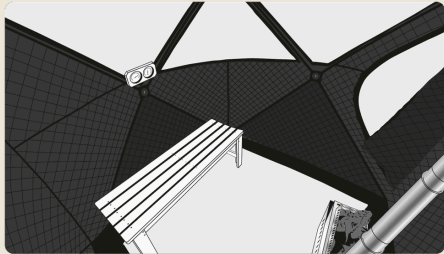
ASSEMBLY

05 Move the stove inside

- 1 Confirm the stove is fully seasoned and completely cool before it touches the tent.
- 2 Disconnect the chimney and carry the stove in by its handles.
- 3 Center it directly under the ceiling hole, with the stove door facing the tent door.
- 4 Reconnect the chimney and guide the pipe up through the roof opening.

 **Never move the stove while it's hot.** Always let it cool completely first.

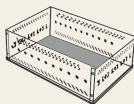
ASSEMBLY

06 Add seating & rocks

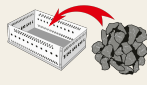
- 1 Place your bench along the tent wall furthest from the stove. If using your own seating, wood only — never metal components.
- 2 Lightly assemble the rock holder with the included screws until the walls lock together.
- 3 Wash the sauna rocks and load them into the holder, then set it on top of the stove.



Bench, back wall



Assemble rock holder



Load the rocks

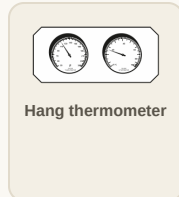
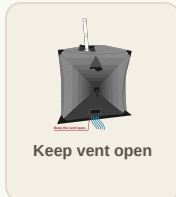
FIRE UP

07 Light the stove

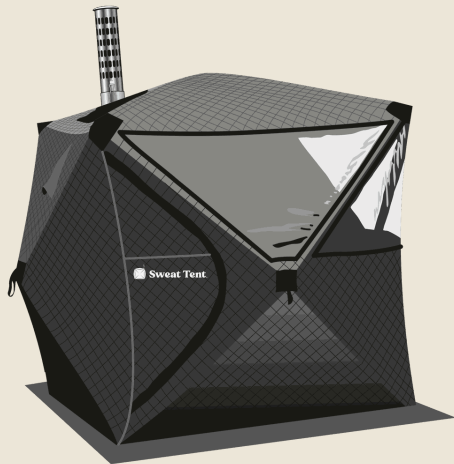


- 1 Open the rectangular fresh-air vent at the base of the tent — keep it open for the entire session.
- 2 Slide the stove's control vent fully open for maximum airflow.
- 3 Light the fire with 2–4 fire starter squares and 2–3 pieces of dry hardwood.
- 4 Hang the thermometer from a tent pole so you can track the temperature.

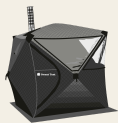
⚠ Burn dry cordwood only. Nothing else goes in the stove — no exceptions.



SWEAT

08 Sweat it out

- 1 Sit or stand until you break a sweat. Pour water slowly over the rocks for steam, and add logs if you want more heat.
- 2 Always use the included glove when touching the stove door.
- 3 Cap sessions at 15 minutes, then let the fire burn out naturally — never move the stove until it's fully cooled.

**15 minutes max · 176–200°F****Never leave Sweat Tent unattended while in use, and never sleep inside while the stove is running.****You're in****Glove up**