



Set it up. Sweat tonight.

A step-by-step setup guide for Sweat Tent XL — the pole-raised model. From unboxing to your first 15 minutes at temperature. Keep this with your printed manual.

10 STEPS

12×12 FT FOOTPRINT

OUTDOOR USE ONLY

01 Unpack & choose your spot

03 Stake it down

05 Raise the tent

07 Move the stove inside

09 Light the stove

02 Season the stove outside

04 Assemble the poles

06 Anchor & cover it

08 Add seating & rocks

10 Sweat it out

PREP

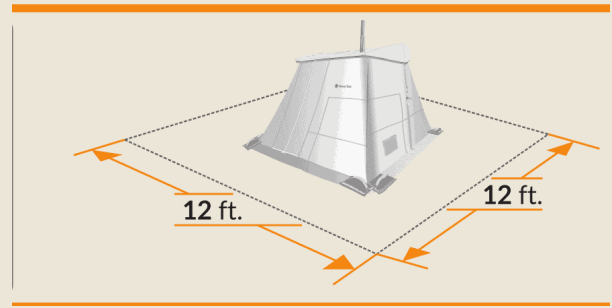
01 Unpack & choose your spot

1



All 12 parts

2

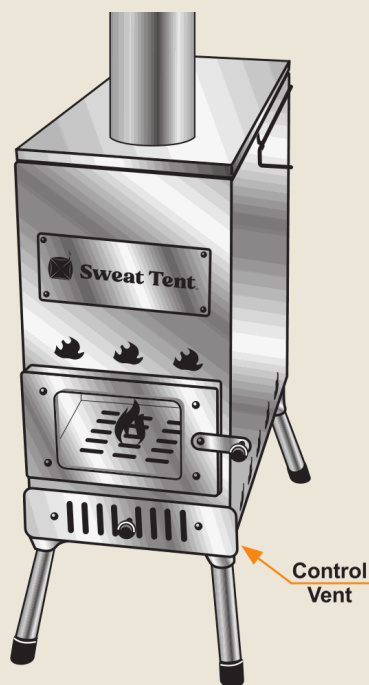


12x12 ft footprint

- 1 Check off all 12 parts: tent & poles, stakes, ropes, stove, stove chimney, thermometer, glove, fire poker, rocks holder, rocks, chimney cap, and roof cover.
- 2 Find a flat, well-ventilated 12ft × 12ft spot — concrete, tile, dirt, grass, turf, unvarnished wood, or ice at least 1ft thick.

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

FIRST-TIME ONLY

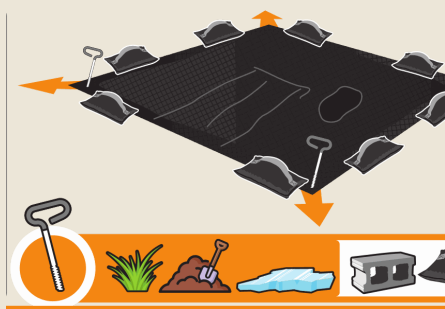
02 Season the stove outside

Control vent, fully open

- 1 Empty the stove — remove chimney pieces, fire poker, glove, and knobs — then pop out its legs and place it in a ventilated outdoor spot.
- 2 Assemble the chimney by interlocking the pieces, then attach it to the stove, pressing down firmly.
- 3 Open the control vent fully and light a fire with 2–3 fire starter squares and 2–3 logs of dry hardwood.
- 4 Let it run and completely burn out, then let the stove cool fully before it ever goes near the tent.

**Run until fully burned out & cooled**

ASSEMBLY

03 Stake it down

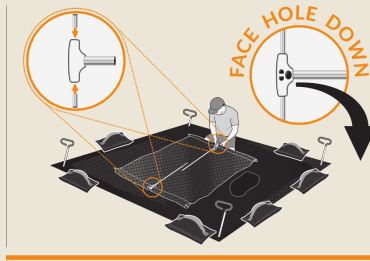
Taut and square

- 1 Stake each of the tent's four corners into the ground, making sure the tent is taut and square.
- 2 Setting up on concrete, wood, or another hard surface? Use cinder blocks or heavy sandbags on the corners instead of stakes.

ASSEMBLY

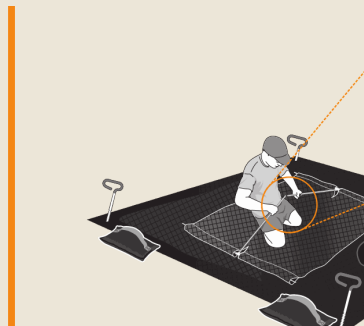
04 Assemble the poles

1



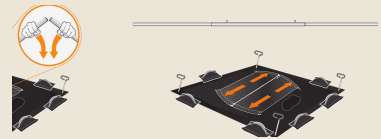
Insert the spring rods

2



Push poles together

3

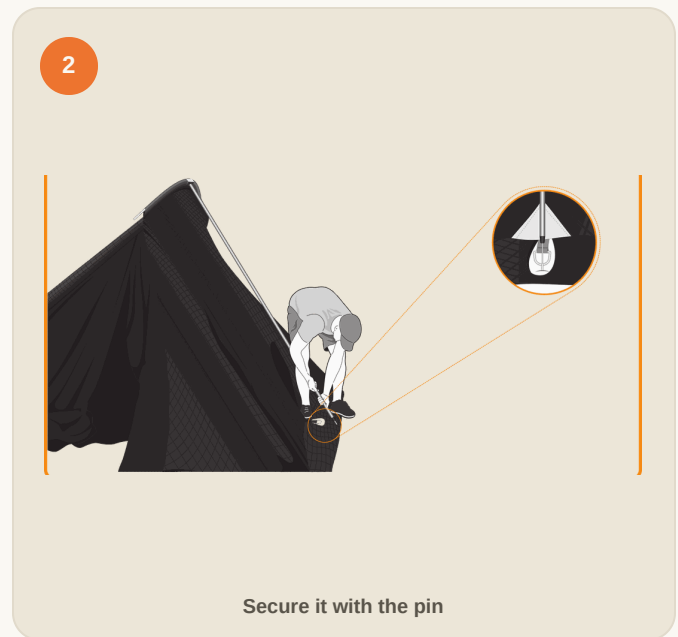
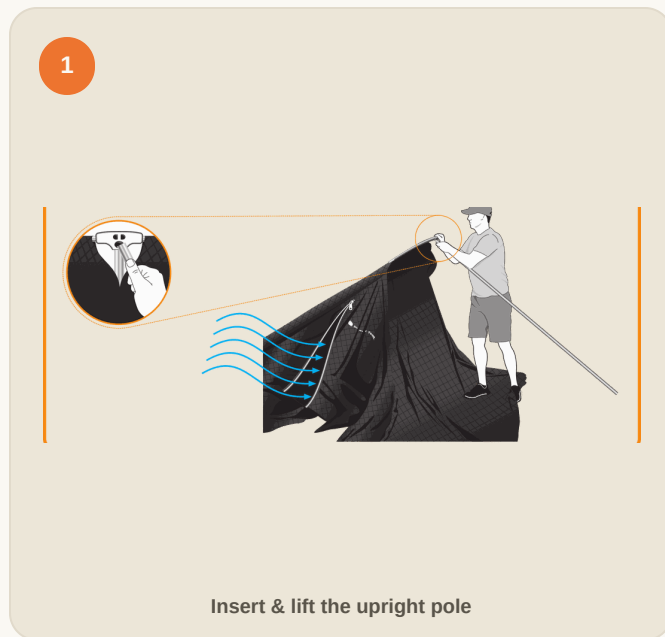


Lock the brace

- 1 Lay both T-poles across the top of the tent with the connector holes facing down.
- 2 Insert the spring rods through each of the four sleeves on top of the tent and fully into the T-poles.
- 3 Match the ends of the T-poles so they're touching, grasp both poles firmly, and push down.
- 4 Slide the sleeve brace over the pole joint until the push-pin locks it into place.

ASSEMBLY

05 Raise the tent



- 1 Unzip the tent door to let air in as you work.
- 2 Raise the roof and wall by inserting the upright pole into the hole on the bottom of the T-pole.
- 3 Lift the pole up and secure it to the bottom of the tent with the attached pin.
- 4 Repeat on the other side, then tighten both upright poles until the tent is taut.

ASSEMBLY

06 Anchor & cover it

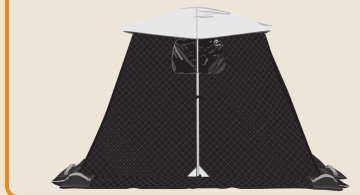
1



Weigh down the skirt

2

• Secure the attached ropes to the pins on the



Roof cover on

3

bottom of the tent and tighten them.

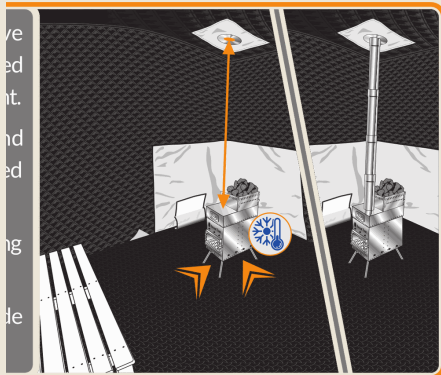


Secure & tighten

- 1 Place weights — rocks, sandbags, cinder blocks — onto the exterior tent skirt.
- 2 Install the roof cover on top, securing it to the spring rods with the Velcro loops at each corner.
- 3 Secure the attached ropes to the pins at the base of the tent and tighten them.

ASSEMBLY

07 Move the stove inside



Door faces the tent door

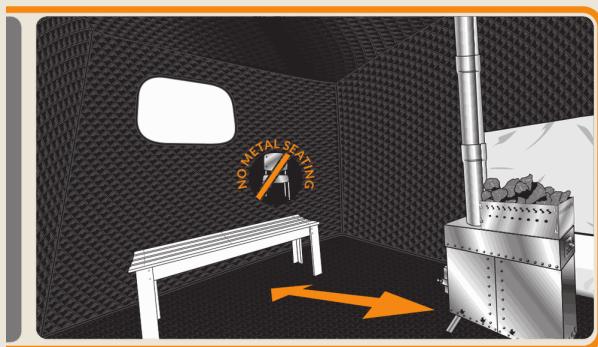
- 1 Confirm the stove is fully seasoned and completely cool before it touches the tent.
- 2 Disconnect the chimney and carry the stove in by its handles.
- 3 Place it directly below the hole opening in the tent ceiling.
- 4 Reconnect the chimney and guide the pipe through the roof opening.

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

ASSEMBLY

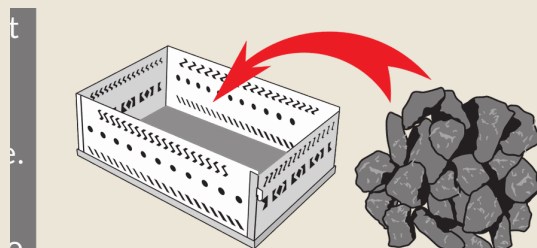
08 Add seating & rocks

1



Bench, back wall

2

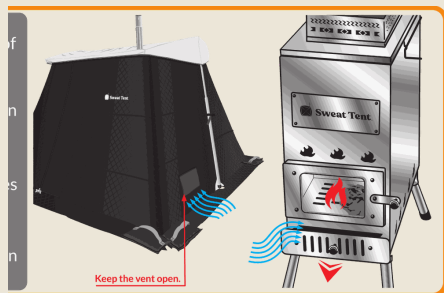


Load the rocks

- 1 Place benches along the tent wall furthest from the stove. If using your own seating, wood only — never metal components.
- 2 Lightly assemble the rocks holder with the included screws until the walls lock into place.
- 3 Wash the sauna rocks and add them to the holder on top of the stove.

FIRE UP

09 Light the stove



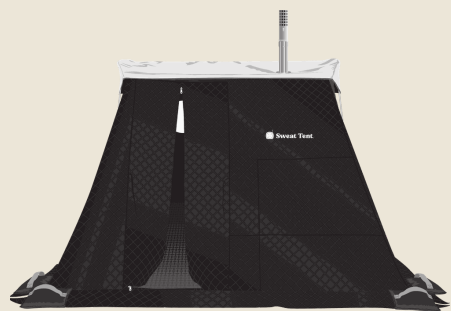
Keep the vent open

- 1 Open the rectangular fresh-air intake vent at the bottom 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.

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

SWEAT

10 Sweat it out



You're in

- 1 Sit or stand until you break a sweat — add logs or adjust vents to regulate the 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 XL unattended while in use, and never sleep inside while the stove is running.