

Heat Press Temperature Guide

Project	Temperature Setting		Pressing Time	Paper Facing	Mirror Image	Application
T-shirt (Dri-Fit/Polyester)	200°C	392°F	40-50 secs	Down	Yes	Sublimation
T-shirt (Cotton - White/Light)	190°C	374°F	20-25 secs	Down	Yes	Sublimation
Ceramic Mug	180°C	356°F	150 secs	Down	Yes	5 in 1 Heat Press
	160°C		45 secs			Standard Mug Press
	160°C		40-55 secs			PAM Deluxe V1
	160°C		165 secs			Pam Deluxe V3
Mouse Pad	200°C	392°F	50 secs	Down	Yes	Sublimation
Jigsaw	180°C	356°F	50 secs	Down	Yes	Sublimation
Glass-Crystal	200°C	392°F	285 secs	Up	No	Sublimation
Hardboard	200°C	392°F	60 secs	Down	Yes	Sublimation
Non-Woven Bag	200°C	392°F	40-50 secs	Down	Yes	Sublimation
Plastic - Special Plastic	200°C	392°F	60 secs	Down	Yes	Sublimation
Aluminium Plate						
Bright Gold	185°C	365°F	45 secs	Down	Yes	Sublimation Note: Light pressure re- quired for all metal plates.
Grained Gold	185°C	365°F	55 secs			
Satin Gold	185°C	365°F	55 secs			
Bright Silver	185°C	365°F	45 secs			
Satin Silver	185°C	365°F	55 secs			
Matt Silver	185°C	365°F	55 secs			
White	185°C	365°F	55 secs			
Bronze	185°C	365°F	55 secs			
Grey	190°C	374°F	55 secs			
Ceramic Tiles						
4" x 4" Tile	200°C	392°F	200 secs	Down	Yes	Sublimation
6" x 6" Tile			300 secs			
6" x 8" Tile			300 secs			
8" x 8" Tile			420 secs			
8" x 10" Tile			420 secs			
8" x 12" Tile			420 secs			
Subli-Stone						
SH02 20.5 x 20.5cm	200°C	392°F	420 secs	Down	Yes	Sublimation Note: Medium Hard pressure required for SubliRock
SH03 19 x 14cm			360 secs			
SH04 29 x 19cm			420 secs			
SH11 20.5 x 20.5cm			360 secs			

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Sublimation Instructions					
Item	Idle Temp	Press Temp	Time	Notes	
11oz Mug	230F	325F	40s	Light Pressure	
15oz Mug	230F	325F	60s	Light Pressure	
600ml Aluminum Water Bottle	280F	320F	45s	Use smaller mug wrap element	
600ml Stainless Steel Water Bottle	280F	320F	45s	Use smaller mug wrap element	
14oz Stainless Steel Travel Mug	220F	320F	40s	Light Pressure	
Latte Mug				Use Cone Wrap	

Hard Surface Instructions					
Item	Idle Temp	Press Temp	Time	Notes	
11oz Mug	300F	360F	45s	Heavy Pressure	
15oz Mug	300F	360F	60s	Heavy Pressure	
600ml Aluminum Water Bottle	300F	360F	60s	user smaller mug wrap element	
600ml Stainless Steel Water Bottle	300F	360F	60s	Use smaller mug wrap element	
14oz Stainless Steel Travel Mug	300F	360F	60s	Light Pressure	
Latte Mug				Use Cone Wrap	