

Congrats on the purchase of your Trago Smart Water Bottle! You've taken the first step to peak performance through optimal hydration.

# Let's get started

## DOWNLOAD THE TRAGO APP.

Before you can use your bottle you must download the free Trago App from the Apple AppStore or the Google Play store.



## CONNECT/PAIR YOUR TRAGO CAP & APP

- A. First, make sure your bluetooth is turned on in your phone/device's settings.



- B. Open the battery compartment and insert the battery. The positive side of the battery should be facing up. Screw the battery cap on tightly. See Illustration.

## TRAGO ONBOARDING

**Now that you have paired your cap,** complete the Trago onboarding experience in the Trago App to get your personalized hydration plan. Then, rinse and fill up your bottle with some cold water. Last but not least, ENJOY!

- C. Open the Trago App on your device and select "Pair Trago Cap".

- D. During the pairing process, your device/phone may prompt you to confirm that you would like to pair with the Trago Cap. Please select "pair" to enable your phone to pair with the Trago Cap.

- E. Finally, select the type of bottle you are using in the app.

## CARE AND USE

**1. Cleaning your Trago Cap + Bottle:** The Trago Cap is NOT dishwasher safe. But, feel free to put the insulated bottle in the dishwasher. We recommend hand washing the cap with soap and water. Make sure the battery cap is closed tightly!

**2. Always On:** Once you put the battery in the cap, Trago is, "always on." Trago will notify you if the battery is low in the Trago App. Batteries can be purchased at [www.trago.co](http://www.trago.co) or at your closest pharmacy or retailer.

**3. Trago works with other fitness and activity trackers and platforms.** Connect your Trago to other apps to get the full experience. A list of compatible apps are available at [trago.co/compatibility](http://trago.co/compatibility)

## TROUBLE SHOOTING

1. Make sure the strap is attached and undamaged. The strap is required for proper function of the Trago Cap.
2. Make sure BT is enabled on your phone/device.
3. Close and re-launch the App.
4. Remove and re-install the battery.
5. Replace the battery with a new one.
6. Un-install and re-install the app.
7. Un-pair and re-pair the Cap to your device.
8. If your bottle is full of ice and no water, the Trago Cap will not properly function.
9. Make sure that the Trago sensors are clean and clear of debris and residue for accurate measurements.

# What's in the box?



Trago Cap

Insulated Stainless Steel Bottle



Lithium Battery  
(replacement CR 2032)

## DEVICE COMPATIBILITY

To get the full list please visit:  
[trago.co/compatibility](http://trago.co/compatibility)

### PRO TIPS

**1. Make sure your cap is in close proximity to your phone/device and that your bluetooth is on.**

**2. If the phone does not immediately pair with your cap, please remove and replace the battery to restart the pairing process.**

**3. The Trago strap is required for proper function and use of the Trago product. If you remove the strap, the Trago Cap will not function properly.**

FCC ID: 2AJ2W-TRAGO-C01  
IC: 22073-TRAGOC01

#### FCC Compliance Statement:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does

cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

#### Canada - Industry Canada (IC)

This device complies with Industry Canada license-exempt RSS Standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada exempts de licence standard RSS (s). Son fonctionnement est soumis aux deux conditions suivantes: (1) cet appareil ne doit pas provoquer d'interférences et (2) cet appareil doit accepter toute interférence, y compris celles pouvant causer un mauvais fonctionnement de l'appareil.

FCC RF Radiation Exposure Statement  
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada RF Radiation Exposure Statement  
This device complies with the ISED RSS-102 RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual.

Déclaration d'exposition aux radiations Cet appareil est conforme aux limites d'exposition aux rayonnements Canada établies au pour un environnement non contrôlé et ne présente pas de risque dans le cadre d'une utilisation conforme à celle décrite dans ce manuel.

[www.trago.co](http://www.trago.co)

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**TRAGO**  
SMART WATER BOTTLE

YOUR PERSONALIZED HYDRATION SYSTEM