



Garage Door Insulation DIY Kit.



An easy
DIY project.

Polystyrene
panels can
be recycled.



**INCREASES GARAGE ENERGY EFFICIENCY
SAVES ON POWER BILLS - REDUCES NOISE.**

Is your garage door left out in the cold?

The **EXPOL** Garage Door Insulation DIY Kit is for sectional garage doors and is designed to keep the garage warmer in winter and cooler in summer.

As energy costs continue to rise, the last thing you want is warm air leaking out of your home from the garage. Our DIY Garage Door Insulation Kit is a simple and cost effective way to improve the insulation value of your garage.

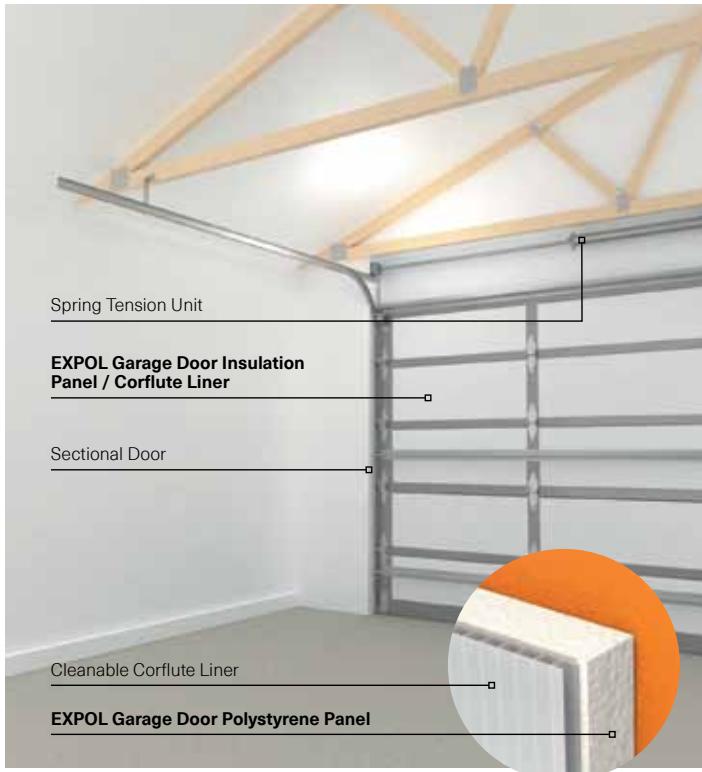
Once installed, you will benefit from a warmer, dryer and quieter garage space all while improving the appearance of your garage door. This product is so easy to install and you will be amazed at the results.

- Warm in winter / cool in summer.
- Creates a warmer, more usable garage space over winter.
- Reduces noise.
- Enhances the appearance of your garage door.
- Easy to clean surfaces.
- Adds value to your home.
- **EXPOL** garage door polystyrene panels can be recycled.

It's as easy as 1-2-3.



- Specifically for Sectional Garage Doors.
- Double doors require 2 kits.
- Panel and liner size 1200mm x 600mm.
- Kit insulates 1 Single Garage Door / 5.76m².



NB: 28mm panel is made up of two components, 25mm polystyrene panel and 3mm corflute liner.

35mm panel is made up of two components, 32mm polystyrene panel and 3mm corflute liner.

How to measure your garage door.

The panels used in sectional garage doors are commonly manufactured in two styles either embossed or flat. Depending on which style panel you have will dictate whether you need a **28mm or 35mm** EXPOL Garage Door Insulation DIY Kit.

[What size EXPOL Garage Door Insulation Kit do I need 28mm or 35mm?](#)

OPTION 1

28MM PANEL EMBOSSED.

Embossed panel design doors have a smaller depth for the product to sit, you will need to allow for it. This can be done by placing a ruler vertically against the protruding design and measure as shown in the photo (right); it should suit the **28mm** product.



OPTION 2

35MM PANEL FLAT.

Flat panel design doors generally have a deeper depth, measure this from the back of the panel to the front of the profile. This should suit the **35mm** product.



Installation Instructions

YOU WILL NEED:

- Craft knife.
- Felt tip for marking polystyrene.
- Tape measure.
- Straight edge ruler.
- Work bench to cut on.



KIT INCLUDES:

- 8 x Insulation Panels.
- 8 x Plastic Door Liners.
- 1 x Tube of Glue.
- Instruction Sheet.



IMPORTANT

The EXPOL GARAGE DOOR Insulation DIY Kit is made for sectional Garage Doors. Each kit will insulate a single Garage Door of approx. 5.76m². You will need two kits to insulate a double garage door.

The polystyrene insulation and the corflute liners are supplied in 1200mm x 600mm sheets. You will need to cut the insulation panels and corflute liners to size to suit your garage door.

Some garage doors have sections wider than 1200mm for these doors you will need to use some of the offcuts to make up the shortfall and use the glue to fix them in place against the door.

Do the same with the corflute liners but make sure the pieces used to make up the shortfall have the flutes running the same direction as the larger panels. The joins can be hidden with some white tape. Do not use the glue on the liners they will stay in place if cut to the correct size.

STEP 1.

Measure vertically the first door section to be installed as shown.



STEP 2.

Mark out and cut polystyrene panels as shown.



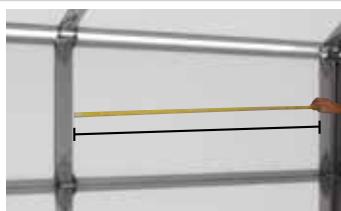
STEP 4.

Install cut to size polystyrene panel as shown, **do not** bend panels. Repeat steps 1 - 3 to complete the remaining door sections. Use Glue here if necessary



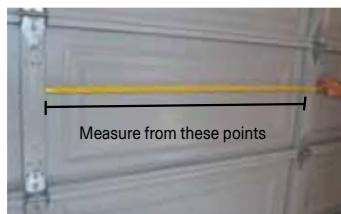
STEP 5A.

Measure horizontally the door section to be installed as shown. As mentioned in **Step 1A** if your panels are wider than 1200mm you will need to make this up with 2 pieces. You can then cover the join with a strip of white tape.



STEP 1A.

Measure horizontally the first door section to be installed as shown. As mentioned above if your panels are wider than 1200mm you will need to make this up with 2 pieces.



STEP 3.

USE the off cuts to make inserts for the hidden vertical cavities as shown. **Note:** skip this step if there are no hidden cavities in your door.



STEP 5.

You are now ready to install the plastic door liners. Measure vertically the door section to be installed as shown.



STEP 6.

Mark out and cut plastic door liners. **Caution:** A neat cut is required to achieve a professional finish. Insert plastic door liners as shown. Repeat steps 5 - 6 for remaining sections.

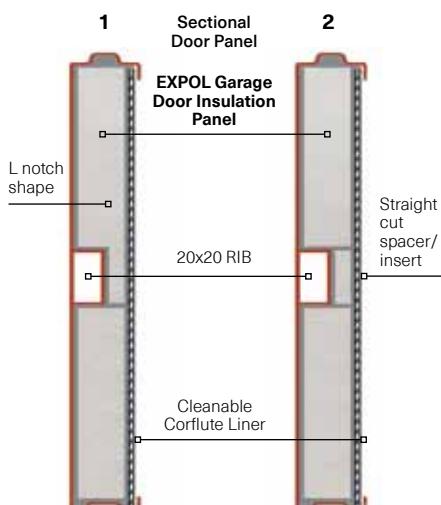


Allowing for a Metal Rib:

Some doors have a horizontal metal rib to add strength.

When installing EXPOL Garage Door Insulation you have 2 choices to accommodate this.

1. Cut an L notch and insert
2. Cut a spacer and insert



Please Note: Garage Door manufacturers often screw the brackets or struts onto the door frame. Sometimes the screw protrudes into the open cavity space where the polystyrene is positioned.



Please check your door and if this is the case cut out a small notch in the polystyrene so that it slides in easily.

The added weight of the insulation may affect the spring tension in your door. This may require adjustment by a qualified service technician, contact the company who installed your garage door or your local garage door company.



Scan the code to
access Garage Door
Insulation or see inside
for full instructions.



www.expol.co.nz/garage-door-insulation

GARAGE DOOR INSULATION DIY KIT.



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