



monk

MONK NOMAD

USER MANUAL

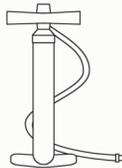
V1.0

WELCOME TO THE MOST TRANSFORMATIVE TWO MINUTES OF YOUR DAY

Our mission is simple: to create wildly resilient humans. We believe that embracing discomfort is the fastest path to growth, resilience, and happiness. That's why we designed Monk: a beautiful, science-backed system that turns stress into strength. Step into the cold, and re-emerge stronger.

WHAT'S IN THE BOX?

- Monk Nomad Barrel and Lid
- Hand pump
- Carry bag
- Repair patch kit
- User manual (hello, that's me)



“IN THE COLD, I’M REBORN.”

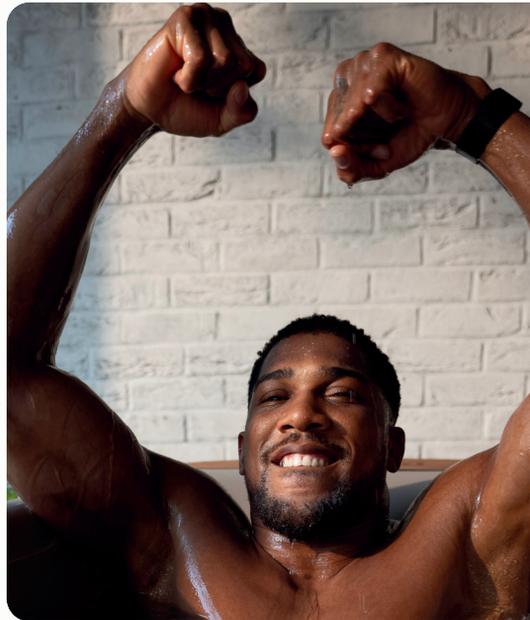
ANTHONY JOSHUA

“For me, ice baths are about mental resilience as much as physical recovery. When I heard about Monk, it was clear: this is a wellness innovation that will make me a better athlete and human.

I stand with Monk - not just as an investor, but as a true believer in their mission to be the world leaders in cold exposure.”

JOIN OUR
MOVEMENT

@discovermonk
discovermonk.com



SAFETY FIRST, ALWAYS

Your health, safety, and wellbeing are our top priority. Cold exposure can be powerful - but only when done responsibly. Read this section carefully before use.

GENERAL SAFETY

- Always place the Nomad on a flat, smooth, stable surface.
- Avoid use during thunderstorms or extreme weather.
- Do not stand, jump, or place heavy objects on the bath.
- Never use the tub without it being fully inflated and stable.
- If using with the Monk Shiver Chiller or any other chiller, follow all electrical safety precautions.
- When not in use, cover, drain, and dry thoroughly before storage.
- Children should not use the Monk Nomad
- Never use under the influence of drugs or alcohol
- Avoid long-term exposure to direct sunlight to prevent material degradation.
- Always follow the setup, maintenance, and operating instructions in this manual
- Always listen to your body and never push past your limits
- Start with shorter sessions and gradually increase exposure
- Exit immediately if you feel faint, dizzy, short of breath, or unwell
- Always use the lid to prevent debris getting in, and to keep it insulated.

If unsure, contact Monk directly - we're happy to help.

HEALTH CONSIDERATIONS

Cold water therapy isn't for everyone. If you're unsure, always consult a medical professional before use. Do not use the Monk Nomad if you:

- Are pregnant or trying to become pregnant
- Have a heart condition, irregular heartbeat, or cardiovascular problems
- Have high, low, or abnormal blood pressure
- Have epilepsy or a history of seizures
- Have had recent surgery or a history of aneurysms
- Have an open wound

This list is not exhaustive, and if you have a question about a condition that is not listed, or if you have any of the listed conditions, we strongly recommend that you consult a doctor or medical professional. Failure to do so could result in illness or injury, and Monk cannot be held responsible for any negative consequences due to user negligence.

Name: Monk Nomad Barrel

Manufactured: 2025

Manufactured for: Monk Global Limited, 71-75 Shelton Street, Covent Garden, London WC2H 9JQ

Material: Hardened-Wall and Insulated Construction, from Ultra Durable Skin-Friendly PVC, and thick 4 inch drop stitch fabric. Lockable thermal-shield lid for temperature insulation.



QUICK START GUIDE

#1

Unpack your Monk Nomad on a flat, stable surface. Avoid sharp objects underneath.

#2

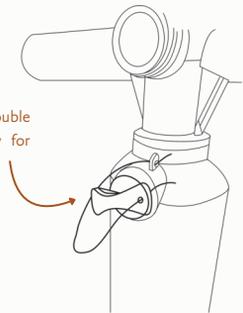
Ensure that the plug is secure in the water outlet valve, so that air doesn't escape when you inflate the bath.



TIP: DUAL ACTION PUMP

The pump is dual-action, meaning it inflates (or deflates) on both the up and down strokes. This is faster, but gets harder as pressure builds. To switch to single-action mode (only inflating on the down stroke), simply unscrew and remove the cap.

Cap in for double action. Unscrew for single action.



#3

Inflate the bath. Connect the hand pump to the inflation valve on the tub (note: there are three valves - inlet, outlet, and inflation).

Pump until the pressure gauge reads 8-10 PSI.

Once fully inflated, remove the pump and securely close the plug to prevent air from escaping.

#4

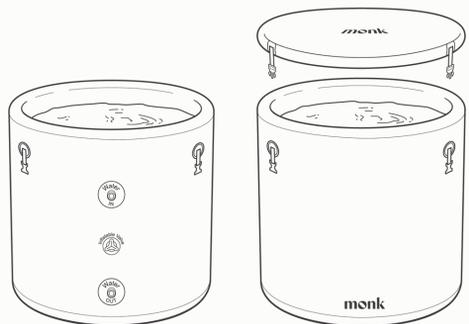
Now inflate the lid. Similarly, connect the hand pump to the inflation valve and pump until firm. Once done, secure the valve with the plug.

#5

If using with a Monk Shiver chiller, or another chiller, follow the instructions to connect and safely use the two. If not, skip to #6.

#6

Use a hose to fill the tub with water. Stop when the water reaches just below the green inlet - this prevents overflow when a enters the tub.



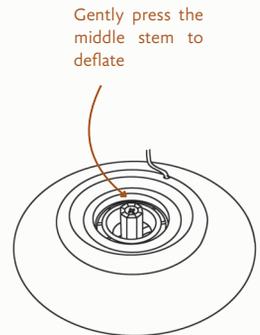
DEFLATING, DRAINING AND STORING

DRAINING

- If using a chiller, turn it off and unplug it before draining.
- Unscrew the 'Water Out' drain valve to release the water - direct it safely away from power sources or uneven ground.
 - If using the Monk Shiver chiller, you can use one of the water pipes to guide the water into a nearby drain. Simply connect a water pipe to the outlet valve on the bath, and disconnect it from the chiller.
- There will be a small amount of water remaining in the bottom of the tub, which can be tipped out, or removed with a small bucket.
- Once drained, secure the draining valve back in position.

DEFLATING & STORING

- After draining, wipe dry with a clean towel to avoid mould or mildew.
- Locate the inflation valve on the tub, and gently press down the stem in the middle.
- Use the external pump to pull all the remaining air out.
- Do the same for the lid.
- Carefully fold or roll them, avoiding tight bends, and place in the supplied carry bag.
- Store in a dry location, out of direct sunlight and rodents.



MAINTENANCE: CARING FOR MONK NOMAD

CLEANING & CARE

- Before your first use, wash the tub with warm soapy water, rinse thoroughly, and dry with a clean cloth.
- Never use bleach or harsh cleaners - these can damage the materials and seals.
- For regular care, we recommend a full clean + dry every 2-3 weeks.

TIPS, TRICKS & TROUBLESHOOTING

All maintenance and troubleshooting can be found at help.discovermonk.com or by scanning the QR code:



MONK IS YOUR COLD WATER COACH



THE MONK APP

Expect immersive guided plunges with soundscapes, guided audio and breathwork - giving you the confidence and knowledge to unlock the true benefits of cold.

Search 'Monk cold water coach' in your app store.

GUIDED COLD PROTOCOLS

Get your free PDF playbook of science-backed routines for strength training, to sleep, immunity, mental health, female-specific protocols + more.



THE COLD COMMANDMENTS

#1 LEAVE THY EGO AT THE DOOR

The cold is a powerful tool. It will unleash greatness in you, but it will always be greater than you.

#2 THOU SHALT START SLOW

Begin with short sessions - even 30 seconds. Build gradually.

#3 THOU SHALT NOT COMPARE THYSELF TO OTHERS

Your body, your biology, your journey, your experience. Tune inwards.

#4 THOU SHALT KNOW THY LIMITS

Discomfort is growth. But shivering, numbness or dizziness? Get out.

#5 THOU SHALT NOT IMMERSE WHEN UNWELL

The cold builds immunity, but not when you're already sick. Give your immune system space to heal.

#6 THOU SHALT NOT LINGER FOR TOO LONG

This isn't a test of willpower. Overexposure drains energy. Leave while you still feel strong.

#7 THOU SHALT NOT CHASE EXTREME COLD

Colder doesn't equal greater benefits. Much of the science takes place in 8°C - 14°C water.

#8 THOU SHALT NOT HYPERVENTILATE

Never practise intense breathwork before or during your plunge. Calm and in control is king.

#9 THOU SHALT BREATHE THROUGH IT

Your breath is your anchor. Use long, slow exhales to down regulate your nervous system.

#10 THOU SHALT END ON COLD

Let your body warm-up naturally for metabolic and resilience gains.



monk

You're part of a movement of wildly resilient humans.
Join the community. Master the ritual. Evolve daily.

DISCOVERMONK.COM @DISCOVERMONK
HELP.DISCOVERMONK.COM