



**MIST**

**Endura T22**

**INSTRUCTION MANUAL**

## About us

Mist was setup by smokers, for smokers. After trying and failing with everything from patches, gums, sprays and lozenges to try and kick the habit we discovered e-cigarettes, and ever since our launch in 2011, we have been working hard on discovering and delivering the best solutions and products to our customers.

We only stock products that we use ourselves. Everything you find at Mist has gone through rigorous testing and is fully compliant with EU tobacco products regulations. Our goal is to help as many people as possible, and we are extremely proud to say that to date we have helped thousands of smokers successfully make the switch!

We put these guides together to help you with the initial setup of your device, and any further questions you may have, and we hope they do the job!

But if there is anything else we can help you with, or you would like further assistance, please contact us either on the phone, email or through live chat, where a dedicated member of the Mist team will be more than happy to help!

Happy Vaping!

**TEAM MIST**



## Before you get started



1. Before you get started, we recommend that you charge your device
2. Once you are up and running, when your battery light flashes and you device stops activating it is ready for charging.
3. Slide the cover on the base of the battery to reveal the mini USB charging port.
4. Attach your battery to the supplied micro USB lead
5. Plug your battery into a USB port (or optional wall charger). You will see a red light, (around the outside of the button) once this goes solid green you are ready to re-use your battery.



To activate the device please press the power button 3 times to turn it on; an LED light will flash, and you are ready to go.

## How to refill your Endura T18



1. There is no need to unscrew your Endura T22 tank from your battery.
2. Simply unscrew the top & drip tip from the tank.
3. With your chosen Mist E Liquid begin to squeeze the fluid down the side of the tank, avoid getting any e liquid going directly on to the top of the coil as this may leak out through the mouth piece. You will notice the e liquid beginning to fill the clearomizer cartridge (tank). Make sure not to over fill.
4. Once complete, take the top (drip tip) and screw it back on to the cartridge (tank).
5. let the e liquid absorb for a few minutes - or you may end up burning the coil.
6. Your Mist E Cigarette is now ready to use. To activate the device please press the battery button 3 times to turn it on; an LED light will flash, and you are ready to go.
7. To use, hold the battery button down when inhaling, making sure to let go after each drag.

## How to change your coil

1. After 6 -10 refills we suggest you change your coil for a fresh one, to prevent any unpleasant taste.
2. Simply unscrew your battery from your tank.
3. Unsrew the base of the tank
4. Once your base has been removed, you will see the silver coloured coil pin at the base of the tank. This is the heating coil. Pull the coil out (it is best to make sure the tank has no liquid inside as it will pour out at this point) and replace with a fresh one. Simply push the coil into place by lining up the straight edges with those on the bottom of the tank.
5. Fill your Tank with your chosen liquid and reattach the base.
6. You can now attach your tank back to your battery.



### MIST Top Tip



We recommend waiting 2 - 3 minutes to allow the E Liquid to fully absorb into the coil.

This avoids the Coil burning out which wastes money and ruins the flavour.

# Jargon Buster

**Atomizer/Coil** This is another word for your coil. It is the heating element that transforms your liquid into vape.

**Clearomizer/Tank** This is part that holds the liquid. It is also known as a cartridge or cartomizer. The whole of the top part (not the battery) of your e-cigarette is also referred to as the tank.

**Battery** self-explanatory really. This is what powers up your e-cigarette. Most new users will start with an eGo style battery. They are compact (slim) and easy to use and tend to be at a fixed amount of power.

**Mod** A more powerful battery that tends to be bigger and gives the user more control over the usage. They come in different powers measured in volts and watts.

**Drip Tip** This is the mouth piece, with a lot of tanks this can be removed for cleaning or replacement.

**Juice** just another word for e-liquid

**Ohms** a measure of electrical resistance or how freely electricity is able to travel through the coil. The basic differences simplified are: a lower ohm coil will produce more vapour, however a higher rated coil will make your e-liquid and battery last longer. So the choice is made on what type of e-cigarette you are using and what kind of vape you want to have!

**mAh** a rating used to describe the energy charge that a battery will hold and how long a device will run before the battery needs recharging. So the higher the mAh number the longer the battery will last but this can mean that is also larger in size.

**Variable Voltage/Wattage** a control allowing you to change how much power is being used, a bit like turning up the volume! New user kits often have a battery that has a fixed volt/watt setting to keep it simple as you start off. After a while, users often find that they want a bit more oomph or hit as they vape, this is when it's time to upgrade to a battery with variable voltage and wattage!

**PG** Propylene Glycol is a main ingredient in the e liquid. Food and Drug Administrations have recognised it as being generally safe for inhalation. It is used in many other products including: moisturisers, medicines, cosmetics and as a food additive to keep the product moist. The higher the PG ratio in e-liquid, the more flavour and throat hit is produced.

# Jargon Buster

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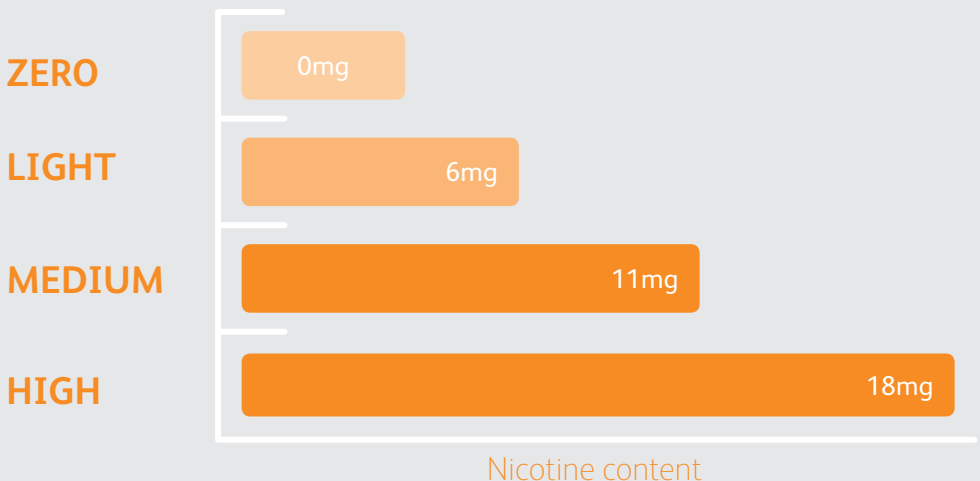
**VG** Vegetable Glycerin is widely used in foods and medications and of course soap. It is generally regarded as safe for inhalation. The higher the VG ratio in e-liquid, the thicker and sweeter the liquid and produces larger plumes of vape.

**MG** The Milligrams of nicotine contained in your e-liquid. You can choose the strength of your e-liquid, depending on your needs, helping you to gain optimum satisfaction.

**Airflow** A lot of e-cigarette tanks have the facility for you to control how much air you inhale as you take a drag, this is another way of enabling you to get the sensation that you desire.

**510 and eGo threads** These are simply names for the threading on a battery or a connection on the vaping device. On an eGo, the outside thread is an eGo thread and the inside one is a 510 thread. You can use any 510 threaded tank on any eGo thread and you can use almost any eGo threaded tanks on a 510 thread with a proper adapter.

**E-liquid & Strengths** E-liquid is the fluid that fuels your e-cig device, it is what provides the flavour and nicotine solution, creating the vapour you exhale. Our e-liquids are available in 4 main different strengths, and an array of flavours. Choosing your e-liquid strength can seem an overwhelming task, and it depends on the amount of cigarettes you are used to smoking. For example we would recommend a heavy smoker start with an 18mg strength e-liquid, but we have put together this simple table below to help you make that decision. If you base the amount you smoke on the options down the left hand side of the graph, this should help you pick the correct starting strength.



# Thank you

We hope that this guide has helped answer any questions you may have had. If you are still unsure of anything, please feel free to contact us and speak to a member of the team!



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