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Privacy Overview This website uses cookies so that we can provide you with the best user experience possible. Cookie information is stored in your browser and performs functions such as recognising you when you return to our website and helping our team to understand which sections of the website you find most interesting and useful. • Ice packs/refrigeration are not needed (Note: Insulin intended for storage past 28 days should be refrigerated) • Light and compact for travel - TSA friendly • In tests, FRIO has been proven to retain its contents at around 78.8 degrees F (26 degrees C) for 45 hours in a constant outside temperature of 100 degrees F (38 degrees C) • Reusable • Holds 2 pens or 2 vials Directions for use: • Submerge cooling pack in water for 8 to 10 minutes. • Cooling pack will puff up. Remove from water. • Insert pens/vials into cooling pack & place in case. Caution: Check with the medication manufacturer regarding proper storage temperature of your medication, and how to check the quality/condition of the medication prior to use. Copyrights and Credits This website is copyright ©2020 by ReadyCare, LLC. All rights reserved. Any visitor to this website may download, copy or transmit, solely within the United States, any portion of the material in the webpages of ReadyCare, LLC informational and noncommercial personal purposes only. Each copy of these materials must retain all copyright and other proprietary notices contained therein. The text, images, audio files, animation files, video files and their arrangement on this site are subject to copyright and other intellectual property protection. Furthermore, the ReadyCare, LLC name and logo are registered trademarks of ReadyCare, LLC. 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ReadyCare, LLC may at any time change this information by updating this posting. Visitors are bound by any such revisions and therefore should periodically visit this page to review the then-current website information. While ReadyCare, LLC makes all reasonable efforts to provide accurate information on this site, there is no guarantee or warranty of accuracy. Furthermore, we do not assume any liability for the accuracy or completeness of information presented on this site. Any rights not expressly granted herein are reserved by ReadyCare, LLC. [CLICK HERE IF YOU ARE ELIGIBLE FOR VAT RELIEF ON THIS ITEM](#) The FRIO® Duo Pen Wallet is specifically designed to keep two insulin pens or similar temperature-sensitive medications cool and safe. Ideal for individuals managing diabetes or other conditions requiring controlled medication storage, this wallet provides peace of mind wherever you go. Using patented crystal technology, the FRIO® Duo Pen Wallet maintains safe temperatures of 18-26°C (64.4-78.8°F) for a minimum of 45 hours, even in constant environmental temperatures of up to 37.8°C (100°F). Activation is quick and easy—just use cold water—and recharging takes under 5 minutes, ensuring your medication stays ready for use. Lightweight, compact, and reusable, the FRIO® Duo Pen Wallet offers a reliable and convenient solution for storing your temperature-sensitive medications. Whether at home, work, or travelling, it's the perfect accessory for maintaining medication safety and effectiveness. (contents shown not included). [RETURNS POLICY](#) While we hope that you will be delighted with your order, you are entitled to return your order. Returned products must be in their original packaging, with instructions and all parts included, in fully re-saleable condition. Items must not have been used or activated in any way. ReadyCare-FRIO reserves the right to refuse a refund on any item not deemed to be re-saleable or if any of the above terms have been breached. Once we have received the item, we will process your refund. The parcel and its contents are your responsibility until they are received by us. Therefore, we recommend that you use tracked postage and retain proof of postage. ReadyCare-FRIO is not responsible for returned goods being lost or damaged in transit. Please advise us of the reason for the return. You may do this contacting our Customer Support team at 925-980-7234 or by e-mailing us at Info@FRIOCase.com. You may also include a letter with the returned item. Your return and refund will be processed within 5 working days from the date that the goods are received. Faulty or damaged items We offer a one-year guarantee for the proper function and durability of the product. If your item was faulty or damaged on arrival or within a year of purchase, please contact our Customer Support team at 925-980-7234 and follow the returns process stated above and we will organize a replacement. Incorrect or incomplete orders Every so often mistakes do happen, but we do our best to sort them out as quickly and smoothly as possible. If you have received an incorrect item, or are missing an item, in your order, please contact our Customer Support team at 925-980-7347 within 48 hours of receipt and follow the returns process stated above. Returns address The address for returns is: Returns Department ReadyCare-FRIO 1301 Ramsay Circle Walnut Creek, CA 94597 The FRIO Insulin Cooling Case is a reusable evaporative cooler whose cooling properties do not come from an icepack - or anything that needs refrigeration. Its cooling properties come from the evaporation of water. When activated, it keeps its low temperature for a minimum of two days, even in temperatures of 100 degrees Fahrenheit. With the FRIO, the person dependent on medication that must remain cool is not dependent on ice packs in any way or at any time.. For a FRIO to be activated, simply soak it in water for 5-10 minutes. It retains its cooling properties for a minimum of two full days. After that, re-soak your FRIO in water and it is good for another two days - and so on, and so on... To activate the FRIO® wallet, immerse it in cold water for 5-15 minutes. Soaking times vary, please refer to instruction leaflet. Crystals contained in the panels of the wallet then expand into a gel, which remains cool for up to several days — relying on the process of evaporation for cooling. Just towel dry the outside and it's ready to go! For continuous use put the FRIO® back in water for a maximum of 2 minutes. It can be reactivated over and over again. FRIO® wallets keep insulin safe for a minimum of 45 hours (more than five times longer than an ice pack) — even in constant environmental temperatures of 100 degrees Fahrenheit! The insulating qualities of the FRIO® also help protect against the cold of winter. Don't just take our word for it — read our customer testimonials page! Keep one at home and make FRIO® cooling packs part of your travel kit or emergency supply kit today — no more bulky, inconvenient ice packs or thermos flasks required ever again! You'll wonder what you ever did without one. Although activated by water, a feature of the product is that after towel-drying, the FRIO® wallet is dry to the touch. The Cambrelle® outer pouch wallet increases the wallet's efficiency and allows it to be carried safely in your pocket or a bag as required. Each item is re-usable and can be used either continuously or intermittently. [Reviews](#)Matthew Williams2020-03-03T11:40:14-08:00 Will wearing a pump work with or against me in sports? Gavin Griffiths is the founder of DiAthlete. This UK registered charity is helping to break down type 1 diabetes education to be more [...] The Diabetes Dawn Phenomenon / Dawn Effect Bridget McNulty is a Type 1 diabetic and co-founder of Sweet Life Diabetes Community, South Africa's largest online diabetes community. Sweet Life shares diabetes information and advice [...] [Traveling with Medication](#) Did you know that all medications have recommended storage temperatures? This information can be found in the prescribing information that accompanies each medication. It can be found on the back of [...] FRIO Migra Casestudy Katie has been living with Hemiplegic Migraines for the past decade. During a severe attack, she tested the FRIO Migra and here is what she had to say about it. [Working \[...\] Leaving home for the first](#) whether it's for University or moving into a place of your own, it can be a daunting time. There's many things we take for granted when living at home [...] 5 tips to help you fly fuss-free with [I'd Caszy and Bradley](#) are the travel fanatics behind Dream Big, Travel Far. They both write a fantastic blog about their travels with the hope it [...] Immerse the inner pouch, containing crystals, in cold water. Soak for the relevant time for the size wallet you have purchased: - Mini/Individual/Duo/Pump: 5-8 minutes - Extra Small/Small: 5-10 minutes - Large: 5-12 minutes - Extra Large: 8-12 minutes Note: These times are estimates. We suggest that you remove your FRIO® from the water when the gel tubes are approximately ¾ full. Follow steps 3 and 4. If, after step 4, the FRIO® needs additional soaking to be slightly pliable - not rigid, re-place it in the water for about 1 minute. Repeat step 3 & 4 as necessary. Gently spread the crystals evenly through the pouch. The gel formed should fill the panels but should not expand to the point where the panels become rigid. The activated pouch should remain pliable. Gently towel the pouch dry. The panels will continue to expand slightly after removing from the water. Place medication in the activated pouch and then place the activated pouch in outer Cambrelle cover. The FRIO® inner pouch should be re-immersed in water when the quantity of gel reduces and gel starts to return to its crystal form, i.e. crystals can be felt in the panels. When in continuous use, succeeding immersion periods will be shorter, i.e. 3-4 minutes, as the crystals are always in gel form. It is extremely important that the correct amount of water is absorbed during immersion because over-soaking causes the wallet to become too swollen to be used! Should this occur, the wallet must be allowed to dry naturally until it returns to a usable size. DO NOT CARRY OR STORE IN AN AIRTIGHT OR WATERPROOF CONTAINER WHEN ACTIVATED! FRIO®s need to breathe. They work by evaporation and need to be in contact with the air. The Cambrelle (outer) cover allows this to happen enhancing the stability of the pouch's temperature. Carrying in hand luggage or in a pocket is satisfactory. Please Note: Care should be taken when towel drying your FRIO® pouch after immersion in water, as there might be some slight color loss from the fabric of brightly-colored pouches. The FRIO®, with medication, can be placed in a refrigerator. DO NOT place the FRIO® in a freezer as the fabric may become damaged due to moisture in the gel causing it to stick to the freezer shelving. Storage Instructions When not in use, remove the inner pouch from the outer cover and allow it to completely dry out naturally until the gel returns to crystal form. To keep the crystals separate, give the pouch an occasional shake whilst drying out. When completely dry, your FRIO® should be stored in dry conditions until next required. The drying out period can take 2-4 weeks depending on the environmental climate. To accelerate the drying out period, various methods can be used. Place the inner pouch near a heat source such as a heat vent Hang the inner pouch on a clothes line if the weather is suitable Leave the inner pouch on a window sill in a sunny position DO NOT PLACE THE FRIO® IN A TUMBLE DRYER! Cleaning Instructions: The outer cover of the wallet can be washed in warm water using a very mild detergent. The inner wallet can be spot cleaned by using a soft bristle brush. Dip the brush into slightly soapy water and spot clean the wallet. You can then rinse the wallet under running water without damaging the crystals inside. Alternatively, you can use a non-bleach anti-bacterial cleaning spray or an anti-bacterial kitchen or baby wipe to clean your wallet. DO NOT PLACE THE FRIO® WALLET IN A WASHING MACHINE! These instructions are only a guide. Due to varied climatic and environmental conditions, FRIO® wallets will respond differently according to location. If activated and used sensibly, they will continue to respond to your needs over a long period of time. With age, the length of immersion time will increase. However, as long as the crystals expand into a gel, the wallet will function properly. When the crystals fail to expand, the wallet will need to be replaced. Essential cooling technology for insulin and 29 other temperature sensitive medicines [Drying Out, Cleaning and Storage](#) When not in use, remove the inner wallet from the outer cover and allow to completely dry out naturally until the gel returns to crystal form. To keep the crystals separate, give the wallet an occasional shake whilst drying out. Note: the drying out period can take 2-4 weeks depending on the environmental climate. To accelerate the drying out period, various methods can be used: 1) place near a heat source such as a radiator or in an airing cupboard; 2) hang the wallet on a clothes line if the weather is suitable; 3) leave on a window sill in a sunny position; shaking at intervals will help. DO NOT PLACE THE FRIO® WALLET IN A TUMBLE DRYER! The outer cover of the wallet can be washed in warm water using a very mild detergent. The inner wallet can be spot cleaned by using a soft bristle brush (i.e. soft toothbrush or nail brush); dip the brush into slightly soapy water and spot clean the wallet. You can then rinse the wallet under running water without damaging the crystals inside. Alternatively, you can use a non-bleach anti-bacterial cleaning spray or an anti-bacterial kitchen or baby wipe to clean your wallet. DO NOT PLACE THE FRIO® WALLET IN A WASHING MACHINE! These instructions are only a guide. Due to varied climatic and environmental conditions, FRIO® wallets will respond differently according to location. If activated and used sensibly, they will continue to respond to your needs over a long period of time. With age, the length of immersion time will increase. However, as long as the crystals expand into a gel, the wallet will function properly. When the crystals fail to expand, the wallet will need to be replaced. The origins of FRIO date back to the early 1990s when husband and wife team, the late Garnet and Althea Wolsey, developed a range of cooling head, neck and wristbands for their youngest daughter Helen Wolsey. Helen was British Powerlifting Champion 1986 to 1992 (at 44kg body weight), representing Great Britain at European and international level and achieved World Champion status in 1991-92 and 1992-93. During the 1991 World Powerlifting Championship held in New Delhi, the temperature in the 'warm up' room was measured at 110°F. Helen, who today is Design Head of FRIO, discussed the challenges of competing in this heat with her parents and this started the initial idea for FRIO cooling bands. It was at this point that the couple, working with scientists, developed the cooling crystals which are today found in FRIO wallets to cool contents through evaporation. Previously, sports people relied on single-use disposable cooling bands. With the invention of water activated crystals, the new cooling bands could be reactivated for more convenient continual use. In 1996 these revolutionary cooling bands were used by the British Olympic and Paralympic teams in Atlanta. After a discussion with a family friend regarding the need to keep their insulin cool, Garnet and Althea realised that their cooling technology was transferable and could perfectly meet the needs of people with diabetes. The development of the world's first patented cooling wallet followed, with production commencing on the family farm in Pembrokeshire. The FRIO wallet soon became a worldwide phenomenon and with growing demand, FRIO built a production, storage and distribution headquarters at the original location. In 2011 Chris Wolsey, the youngest son of Garnet and Althea, took over the reins of the company as Managing Director. FRIO now exports to over 70 countries around the world, producing a range of cooling products using its patented technology, including wallets for insulin and other temperature-sensitive medicines, drinks coolers, cosmetic wraps and headbands, wrist bands and ankle bands.