

QUICK REFERENCE GUIDE

SUBLIMATION HEAT PRESS SETTINGS

The following chart should serve only as a starting place. Producing quality end products is a matter of suitable substrates, a calibrated heat press, smart color management, following manufacturer guidelines, testing and practice! If you are having difficulty or the substrate is not listed below, contact your reseller or the substrate manufacturer for their specific recommendations.

Surface	Press Time	Temp	Pressure	Tips/Comments
Ceramic Mugs	150-210 seconds	350-400°F 177-204°C	40 psi (medium)	Time varies with press. Press into silicon pad. Mugs should be cooled down after transfer paper is removed in either a bucket of warm water or using a cooling plate.
Polyester Fabric	35-40 seconds	400°F 204°C	40 psi (medium)	Pre-press shirt for 3-5 seconds to eliminate moisture. Tack spray transfer and use blow-out sheet to avoid ghosting
Vapor Apparel	45-55 seconds	380-390°F 193-199°C	40 psi (medium)	See vaporapparel.com for tips on reducing press lines.
Mousepads (Polyester Fabric)	45 seconds	400°F 204°C	40 psi (medium)	Look for a tight knit and high white point for more brilliant color.
Metal (Unisub Brand)	60 seconds	400°F 204°C	40 psi (medium)	Use blow-out paper. Remove plastic coating before pressing.
Metal (Other Brands)	60 seconds	375-400°F 190-204°C	40 psi (medium)	Time varies with metal manufacturer (always consult manufacturer for correct time and temp). Place absorbent sheet on bottom of heat press. Then, place product transfer side DOWN on top of the absorbent sheet.
Outdoor Metal Panels	60-90 seconds	400°F 204°C	40 psi (medium)	Time varies with metal manufacturer (always consult manufacturer for correct time and temp). Place absorbent sheet on bottom of heat press. Then, place product transfer side DOWN on top of the absorbent sheet.
Unisub Products	60 seconds	400°F 204°C	40 psi (medium)	Remove plastic coating. Tear transfer paper away immediately after pressing.
Fire Retardant Plastics	40-75 seconds	400°F 204°C	40 psi (medium)	Remove plastic coating. Tear transfer paper away immediately after pressing.
Glass or Ceramic Flat Tiles	300-720 seconds	400°F 204°C	40 psi (medium)	Time varies depending on tile type and size. Always consult manufacturer. Press tiles from back (transfer side down). Press into silicon pad.