



## Quick Reference Chart

### Hold up, hot stuff!

For best results, before you adhere an iron-on design:

- 1) Always use a heat-resistant, flat surface. For a list of recommended foundation mats, visit: [help.cricut.com/easypressmat](https://help.cricut.com/easypressmat).
- 2) Preheat your base material for 3 – 5 seconds.
- 3) Use this chart to determine the perfect time and temperature settings for your project.

Iron-on type	Base material							
	100% Cotton	Cotton / poly blend	Polyester	Nylon blend or silk	Jersey mesh	Cotton canvas	Felt	Faux leather
Foil	295°F / 145°C 35 sec	285°F / 140°C 30 sec	265°F / 130°C 30 sec	255°F / 125°C 30 sec	275°F / 135°C 20 sec	270°F / 130°C 40 sec	275°F / 135°C 20 sec	245°F / 120°C 30 sec
Lite / Metallic	305°F / 150°C 30 sec	305°F / 150°C 20 sec	285°F / 140°C 15 sec	265°F / 130°C 30 sec	280°F / 140°C 20 sec	270°F / 130°C 40 sec	275°F / 135°C 20 sec	255°F / 125°C 30 sec
Glitter	340°F / 170°C 20 sec	320°F / 160°C 15 sec	285°F / 140°C 20 sec	275°F / 135°C 20 sec	285°F / 140°C 20 sec	270°F / 130°C 40 sec	285°F / 140°C 20 sec	250°F / 120°C 30 sec
Holographic	330°F / 165°C 20 sec	330°F / 165°C 30 sec	285°F / 140°C 30 sec	275°F / 135°C 20 sec	285°F / 140°C 20 sec	275°F / 135°C 40 sec	285°F / 140°C 20 sec	265°F / 130°C 25 sec

For a complete list of Cricut EasyPress™ settings go to [help.cricut.com/easypress](https://help.cricut.com/easypress).