HOORVIA ? SUBLIMATION TIME, TEMPERATURE & PRESSURE MASTER GUIDE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Crafting & DIY · Sheet #211

Blank Substrate	Heat Press Temp (°F)	Dwell Time (Seconds)	Pressure Level	Peel Temperature
100% Polyester T-Shirt	385°F?400°F	45?60 secs	Medium (40 psi)	Warm Peel
20oz Skinny Tumbler (Press)	385°F	50 secs + rotate 50 secs	Firm Pressure	Cool completely
Ceramic Mug (Mug Press)	380°F?400°F	180?240 secs	Medium-Firm	Cool in warm water bath
Hardboard Coasters	400°F	60 secs	Medium	Hot Peel
FRP Plastic Keychains	385°F	60?75 secs	Medium-Light	Cool under heavy book
Photo Slate Plaque	400°F	300?360 secs (Face down)	Medium-Firm	Let cool completely