

[ABSTRACT]

A refrigerant pack includes a refrigerant composition that contains water, an inorganic salt, a thickener and a pH indicator. The thickener is a polysaccharide. In the refrigerant composition, pH(A) when all ingredients other than the inorganic salt and
 5 water are substituted with water is 7.0 or more and a relation of the following Expression (I) is satisfied.

$$\text{pKa of pH indicator} - 0.5 \leq \text{pH(A)} \leq \text{pKa of pH indicator} + 3.5 \cdots (I)$$