

## ABSTRACT

Provided is a warming device (10), in which a carbon component and water are contained, a water-retention layer (2) includes one, or two or more selected from: a dispersion layer that is a layer of a thermoplastic resin in which a water-absorbent polymer is dispersed; and a layer of a thermoplastic water-absorbent resin, the water-retention layer (2) retains water, a heat-generating layer (1) and the water-retention layer (2) are adjacent to each other and are disposed in a closed space sandwiched between a first sheet (3) and a second sheet (4), the first sheet (3) is air-permeable, and in a plan view, the heat-generating layer (1) and the water-retention layer (2) are smaller in area than the first sheet (3) and the second sheet (4), and a flap portion where the first sheet (3) and the second sheet (4) overlap is provided outside outer peripheral edges of the heat-generating layer (1) and the water-retention layer (2).