

ABSTRACT

The present invention relates to a warming device (1) including a topsheet (5) to be located close to the skin of a user, a backsheet (6) to be located far from the skin of the user, and a heat generating element (3) interposed between the sheets (5, 6). The heat generating element (3) contains an oxidizable metal, a carbon material, an electrolyte, and water and is configured to generate vapor from the heat generating element itself as heat is generated. The topsheet (5) includes a breathable fiber sheet. The topsheet (5) includes fibers containing at least a PET resin. The topsheet includes first fibers having a fiber diameter of more than 15 μm in plan view as measured by observation under a scanning electron microscope.