

SUUNTO CORE

QUICK GUIDE

MODES and VIEWS

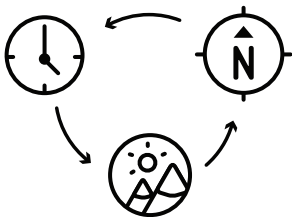
TIME

- date
- seconds
- dual time
- sunrise and sunset times
- stopwatch
- countdown timer
- empty



altimeter

- altitude difference measurer
- temperature
- log recorder
 - log height difference
 - log ascent
 - log descent
- empty



COMPASS

- time
- cardinals
- bearing tracking

ALTI & BARO



barometer

- temperature
- log recorder
- altitude reference
- time



depth meter

- log recorder
- time
- temperature



MENU CONTENT

memory

- alti-baro
- logbook
- rec interval

time-date

- alarm
- countdown
- time
- dual time
- date

sunrise

- location
- region
- city

alti-baro

- reference
- profile
- storm alarm

compass

- declination

general

- button tone
- tone guide
- backlight
- language

units

- time
- date
- temperature
- air pressure
- altitude

SYMBOLS on the display



Depth meter profile on



Weather trend indicator



Low battery warning



Button lock on



Alarm on



Compass direction arrow

exit



move up/increase



back



move down/decrease



enter/select



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1 WELCOME


“For over 70 years Suunto has provided accurate, reliable information to people in need of it. Our instruments enable our users to reach their goals more effectively and get more out of their sports experience. Our products are often very critical to the user. Therefore we at Suunto take pride in maintaining highest quality standards for our products.”

Founded in 1936, Suunto is the world leader in precision compasses, dive computers and wristop altimeters. Trusted by climbers, divers and explorers on every continent, Suunto outdoor instruments deliver legendary design, accuracy and dependability. In 1987, Suunto pioneered the first dive computer, followed by the first ABC wristop in 1998. Offering the latest advancements in altimeter, sports fitness and GPS devices, Suunto remains the foremost choice of today's outdoor professional. To learn more about Suunto outdoor instruments and the people who use them, visit www.suunto.com.

2 SUUNTO CORE IN BRIEF

Suunto Core has been designed for people like you, people who enjoy life outdoors and activities like climbing, hiking, snorkeling and countless others ranging from the recreational to the extreme. Your Suunto Core will help you get maximum enjoyment from your favorite outdoor activities, whatever they might be.

Suunto Core brings together an altimeter, barometer and an electronic compass in one package. It also has clock, stopwatch and calendar functions.

 **WARNING:** *This device is not intended for diving.*

Suunto customer service

Don't hesitate to call Suunto customer service. Tutorials, updates of the handbooks and other information can also be found at www.suunto.com. We recommend that you explore these before you contact our helpdesk.

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3 SUUNTO CORE HANDBOOKS

There are two Suunto Core handbooks:

Handbook 1: Quick Guide

How to navigate, a presentation of the basic structure of the user interface, how to get started.

We recommend that you get familiar with the Quick Guide and learn how to navigate before you start exploring the features.

Handbook 2: User Guide

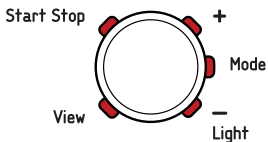
Features and how to use them with user examples.


We recommend that you read through these handbooks in the order listed here. This will ensure you can start using your Suunto Core with confidence.

4 GETTING STARTED

Basic settings

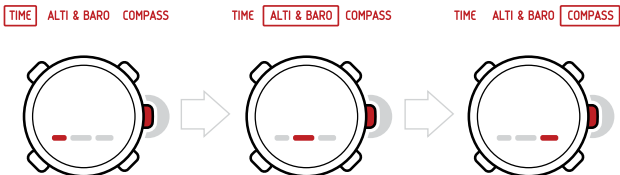
Press any button and your Suunto Core will activate. You are then prompted to set the language, units (imperial or metric), time and date. Use the upper right [+] button and lower right [- Light] button to change the settings. Accept and move to the next menu item by pressing the right middle [Mode] button. You can always return to the preceding menu item by pressing the lower left [View] button. When the settings are set as you want, you can start using the basic time features of your Suunto Core.



 **NOTE:** You need to set the altimeter, barometer and compass to get correct readings. Please refer to the User Guide for detailed information on setting these properly.

Modes

Your Suunto Core has three modes: **TIME**, **ALTI & BARO** and **COMPASS**. These modes are explained in detail in the User Guide. The enabled mode is indicated by a rectangle around the mode name. You switch between the main modes with the right middle [Mode] button. Try it!



Views

Each mode has a set of views that you access with the lower left [View] button. Views are presented in the lower part of the display. Views contain supplementary information about the enabled mode, for example, viewing seconds as supplementary information in the **TIME** mode. Some views are also interactive.

Suunto Core has four interactive views:

- Stopwatch (**TIME** mode)
- Countdown timer (**TIME** mode)
- Log recorder (**ALTI & BARO** mode)
- Altitude difference measurer (**ALTI & BARO** mode)

When interactive views are enabled, you can start, stop and restart them with the upper left [Start Stop] button and reset them by keeping the upper right [+] button pressed. Enter the stopwatch in **TIME** mode and try it out!



Menu

In **MENU** you can change values, change the general settings and units, or view logs stored in the logbook. To enter **MENU**, keep the middle right [Mode] button pressed while in the **TIME**, **ALTI & BARO** or **COMPASS** mode. The segments in the outer part of the display indicate your transition time. Exit **MENU** by pressing the upper left [Start Stop] button. Whenever an exit option is available in **MENU**, this is indicated with an "X" on the screen next to the [Start Stop] button. Get familiar with entering and exiting **MENU**!




Backlight

You can activate the backlight in any mode by pressing the lower right [- Light] button. The backlight turns off automatically after 5 seconds. If you want to see the backlight when you are in **MENU**, you need to activate it in the **TIME**,

ALTI & BARO or **COMPASS** mode before entering **MENU**. The backlight will return to normal when you return to a mode.

Button lock

You can activate and deactivate the button lock by keeping the lower right [-Light] button pressed.

 **NOTE:** *You can change views and use the backlight when the button lock is activated.*

Changing values

To change a setting, you have to be in **MENU**. To enter **MENU**, keep the right middle [Mode] button pressed down in the **TIME**, **ALTI&BARO** or **COMPASS** mode. Any changes you make in **MENU** take effect immediately. For example, if you enter TIME-DATE in **MENU** and change the time from 12:30 to 11:30 and exit. The time will be set to 11:30.



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