

SUUNTO CORE

USER GUIDE


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1 SAFETY

Types of safety precautions:


 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.

 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.

 **NOTE:** - is used to emphasize important information.

Safety precautions:

 **WARNING:** DO NOT USE FOR SCUBA DIVING.

 **WARNING:** ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCT IS IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR.

 **CAUTION:** DO NOT EXPOSE TO RAPID TEMPERATURE CHANGES.

 **CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND.

 **CAUTION:** DO NOT APPLY INSECT REPELLENT.

 **CAUTION:** TREAT AS ELECTRONIC WASTE.

 **CAUTION:** DO NOT KNOCK OR DROP.

2 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.

3 INTRODUCTION

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.

This User Guide explains the Suunto Core features, how they work, and how you access them. In addition, we have included examples of how you can use them in real life situations.

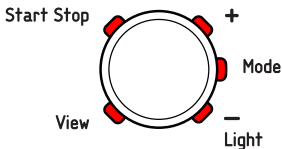
Each main chapter explains a mode and its views. It also gives you information on how to set and use these views.


Suunto Core gives you readings on time, barometric pressure and altitude. Additional information is given for every reading so that you can make the most of your favourite outdoor activities.

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.

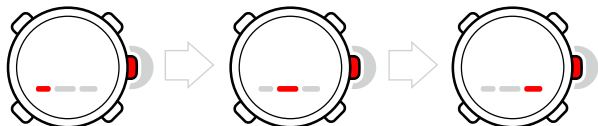
Modes

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!

TIME ALTI & BARO COMPASS

TIME ALTI & BARO COMPASS

TIME ALTI & BARO COMPASS



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!