

SUUNTO CORE

QUICK GUIDE

MODES AND VIEWS

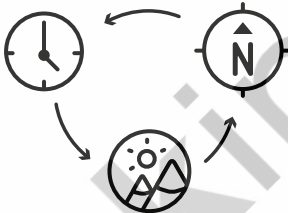
TIME

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



altimeter

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



ALTI & BARO



barometer

- temperature
- log recorder
- altitude reference
- time
- empty

COMPASS

- time
- cardinals
- bearing tracking



depth meter

- log recorder
- temperature
- time



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

AUTO Automatic profile on

 Button lock on

 Alarm on

 Compass direction arrow

exit



move up/increase



enter/select



back



move down/decrease




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1 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 scuba diving.*

2 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.

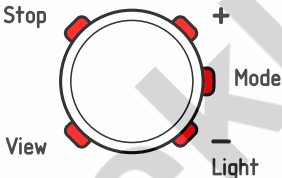
We recommend that you read through these handbooks in the order listed here. This will ensure you can start using your Suunto Core with confidence.


3 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.

Start Stop

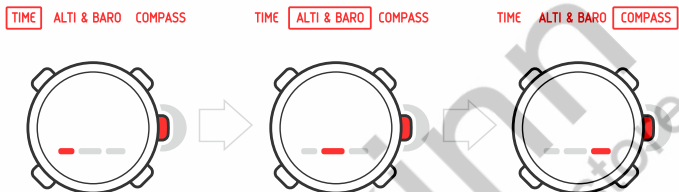


 **NOTE:** You need to set the altimeter, barometer and compass to get correct readings. Please refer to the User Guide for detailed information on setting these properly.

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!



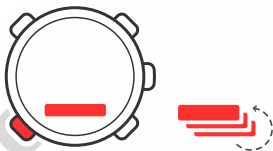
Views

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:

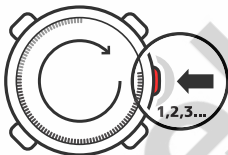
- Stopwatch (**TIME** mode)
- Countdown timer (**TIME** mode)
- Log recorder (**ALTI & BARO** mode)
- Altitude difference measurer (**ALTI & BARO** mode)

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.

4 SUUNTO CUSTOMER SERVICE

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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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