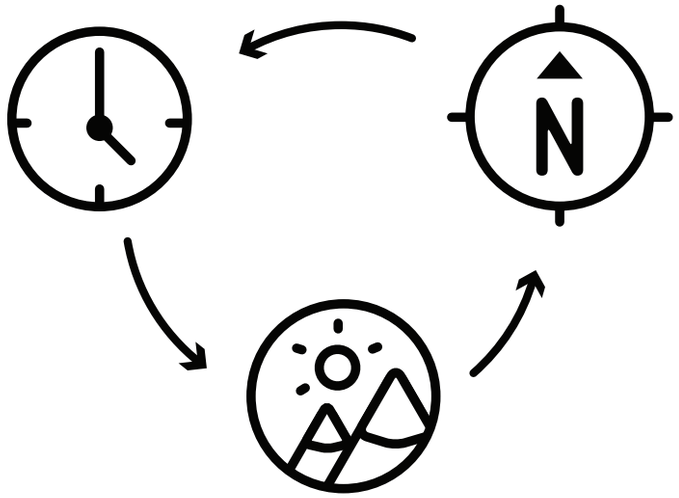
en

# SUUNTO CORE

USER GUIDE

# MODES and VIEWS



## TIME

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

## COMPASS

- time
- cardinals
- bearing tracking

## ALTI & BARO

### altimeter

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

### 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

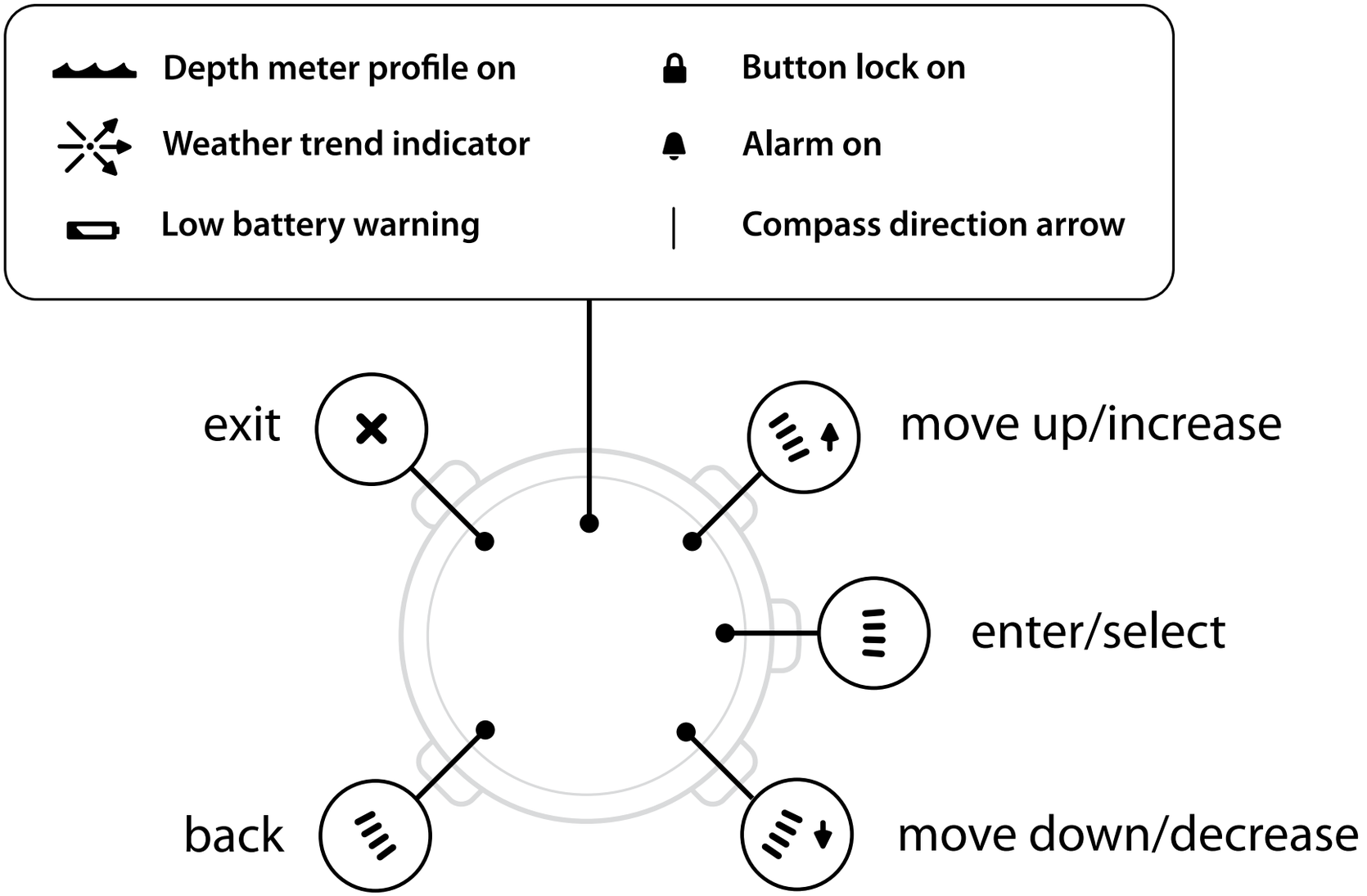
**general**

- button tone
- tone guide
- backlight
- language

**units**

- time
- date
- temperature
- air pressure
- altitude

# SYMBOLS on the display



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# 1 INTRODUCTION

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.

# 2 GENERAL SETTINGS

Before you start to use your Suunto Core, it's a good idea to set the measurement units and general settings according to your preferences. General settings are changed in **MENU**.

## 2.1 Adjusting strap length

If you need to adjust the strap length of the metal strap, please contact your nearest watch store to get the needed adjustments correctly done for you.

## 2.2 Changing units

In **UNITS** you select the measurement units, including:

- **TIME** : 24h/12h
- **DATE**: dd.mm/mm.dd
- **TEMPERATURE** : °C/°F (Celsius/Fahrenheit)
- **AIR PRESSURE**: hPa/inHg
- **ALTITUDE**: meters/feet

To enter **UNITS** in **MENU**:

1. Enter **MENU** by keeping [Mode] pressed in the **TIME** , **ALTI & BARO** or **COMPASS** mode.
2. Scroll down to **UNITS** using [- Light].
3. Enter with [Mode].

To change units:

1. In **UNITS**, scroll between the list items using [+] and [- Light].
2. Enter with [Mode].

3. Change the values using [+] and [- Light], accept with [Mode].
4. Exit **MENU** with [Start Stop].

## 2.3 Changing general settings

In **GENERAL** you set the general settings, including:

- **BUTTON TONE**: on/off
- **TONE GUIDE**: on/off
- **BACKLIGHT**: light button/any button
- **LANGUAGE**: English, French, Spanish, German

To enter **GENERAL** in **MENU**:

1. Enter **MENU** by keeping [Mode] pressed in the **TIME** , **ALTI & BARO** or **COMPASS** mode.
2. Scroll down to **GENERAL** using [- Light].
3. Enter with [Mode].

### 2.3.1 Button tone

In **BUTTON TONE** you turn the button tone on or off. A button tone is emitted every time a button is pressed, confirming an action.

1. In **GENERAL**, select **BUTTON TONE** to turn the button tone on/off.
2. Switch the button tone on or off with [+] and [- Light].
3. Accept with [Mode].

### 2.3.2 Tone guides

In **TONE GUIDE** you turn the tone guides on or off. You will hear tone guides when:

- You change a setting value

- You set the altitude reference value
- You start or stop the log recorder
- You mark an altitude point while you are recording logs
- You start or stop the stopwatch
- The device switches between the **ALTIMETER** and **BAROMETER** profile when you are using the **AUTOMATIC** profile.

To turn tone guides on or off:

1. In **GENERAL**, select **TONE GUIDES**.
2. Switch the tone guides on or off with [+] and [- Light].

### 2.3.3 Backlight

In **BACKLIGHT** you switch between two different light features: any button and light button.

To set the backlight to normal or night use:

1. In **GENERAL**, select **BACKLIGHT**.
2. Switch the backlight between **LIGHT BUTTON** and **ANY BUTTON** with [+] and [- Light].

When **LIGHT BUTTON** has been selected, you can activate the backlight with [- Light]. The backlight is turned off automatically after 5 seconds. If you want to see the backlight when you are in the **MENU**, you need to activate it in the **TIME, ALTI & BARO** or **COMPASS** mode before entering the **MENU**. The backlight will then be activated until you exit **MENU**.

When **ANY BUTTON** has been selected, the backlight is activated every time you push a button.

### 2.3.4 Language

In **LANGUAGE** you choose the language of your Suunto Core user interface (English, German, French or Spanish).

To choose a language:

1. In **GENERAL**, select **LANGUAGE**.
2. Select a language from the list with [+] and [- Light].

### 2.3.5 Activating button lock

You can activate and deactivate the button lock by keeping [-Light] pressed down. When the button lock is activated, it is indicated with a lock symbol 🔒.

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

# 3 USING TIME MODE

The **TIME** mode handles time measurement.

With [View] you can scroll through the following views:

- Date: current weekday and date
- Seconds: seconds as numbers
- Dual time: time in another time zone
- Sunrise and sunset : time of sunset and sunrise at a specific location
- Stopwatch: sport timer
- Countdown timer: alarm goes off after a set duration
- Empty: no additional view

TIME ALTI & BARO COMPASS

## 3.1 Changing time settings

You change the time settings in **MENU**.

To enter time settings in **MENU**:

1. Enter **MENU** by keeping [Mode] pressed down.

2. Scroll down to **TIME-DATE** using [- Light].
3. Enter with [Mode].

### 3.1.1 Setting time

In **TIME** you set the time.

To set the time:

1. In **TIME-DATE**, select **TIME**.
2. Change the hour, minute and second values with [+] and [- Light].

### 3.1.2 Setting date

In **DATE** you set the month, day and year.

To set the date:

1. In **TIME-DATE**, select **DATE**.
2. Change the year, month and day values with [+] and [- Light].

To change the format in which the time is displayed, see *Section 2.2 Changing units on page 6*.

### 3.1.3 Setting dual time

In **DUAL TIME** you can set the time for a location in a different time zone.

To set dual time:

1. In **TIME-DATE**, select **DUAL TIME**.
2. Change the hour, minute and second values with [+] and [- Light].

***NOTE:*** *We recommend that you set the current time at your current location as the main time because the alarm clock emits alarms according to the main time.*

**Possible real life situation: Knowing the time at home**

*You are traveling abroad and you set the dual time to be the time at home. The main time is the time at your current location. Now you always know the local time and you can quickly check what time it is at home.*

### 3.1.4 Setting sunrise and sunset times

In **SUNRISE** you select a reference city that your Suunto Core uses to give you sunrise and sunset times.

To set sunrise and sunset times:

1. In **MENU**, select **SUNRISE**.
2. Scroll through the locations with [+] and [-Light].
3. Select a location with [Mode].

***NOTE:*** *If you want to set the sunrise and sunset times for a location that is not listed in your device, select another reference city from the same time zone. Select the closest city north or south from your location.*

**Possible real life situation: Hiking close to Toronto**

*You're hiking in Algonquin, a huge national park north of Toronto. You want to know when the sun sets, so that you know when to start putting up your tent for the night. You choose "Toronto" as your reference sunrise-sunset city. Your Suunto Core now tells you when the sun will set.*

## 3.2 Using stopwatch

The stopwatch measures time. It is precise to 0.1 seconds.

To use the stopwatch:

1. In the **TIME** mode, select the stopwatch view.
2. Start, stop and restart the stopwatch with [Start Stop].
3. Keep [+] pressed to reset the stopwatch.

**Possible real life situation: Timing the 100m dash**

*Your friend is training for a running competition, and needs to know how long it takes him to run the 100 m dash. You start the stopwatch the instant he breaks from the blocks. You stop the stopwatch the instant he crosses the finish line. The result: 11.3 seconds. Not bad!*

## 3.3 Using countdown timer

In **COUNTDOWN** you can set the countdown timer to count down from a preset time to zero. It sounds an alarm when zero is reached. The default is 5 minutes.

To change the default countdown time:

1. In **MENU**, select **TIME-DATE**.
2. Select **COUNTDOWN**.
3. Set the timer minutes and seconds (maximum 59 minutes and 59 seconds).
4. Accept with [Mode].

To start counting down:

1. Switch to the **TIME** mode.
2. Select the countdown timer view.
3. Start, stop and restart with [Start Stop].
4. Keep [+] pressed to reset the timer.

**Possible real life situation: Boiling eggs**

*You're on a hiking expedition. It's morning. You wake up, come out of your tent, and start to make breakfast at your campfire. This time, you want 8-minute eggs. You set the countdown timer to 8 minutes with your eggs in the pot and wait for the water to come to a boil. When the water boils, you engage the countdown timer. At the eight-minute point, your Suunto Core gives the alarm. Presto! Perfect 8-minute eggs.*

## 3.4 Setting alarm

You can use your Suunto Core as an alarm clock.

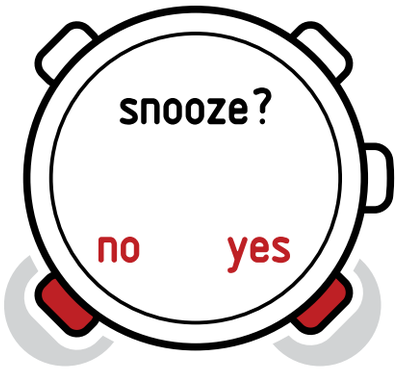
To access the alarm clock and set the alarm:

1. In **MENU**, select **TIME-DATE**.
2. Select **ALARM**.
3. Switch the alarm on or off with [+] and [- Light].
4. Accept with [Mode].
5. Use [+] and [- Light] to set the hours and minutes.

When the alarm is switched on, the alarm symbol 🔔 appears on the display.

When the alarm sounds, you can either snooze or turn the alarm off.

If you choose **YES** or do nothing, the alarm stops and restarts every 5 minutes until you stop it. You can snooze up to 12 times for a total of 1 hour. If you choose **NO**, the alarm stops and restarts the same time the following day.



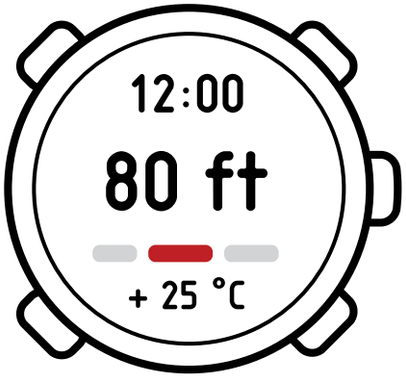

***TIP:*** *When the snooze is turned on, you can deactivate it in the* ***TIME*** *mode by keeping [View] pressed down.*

**Possible real life situation: Waking up in the morning**

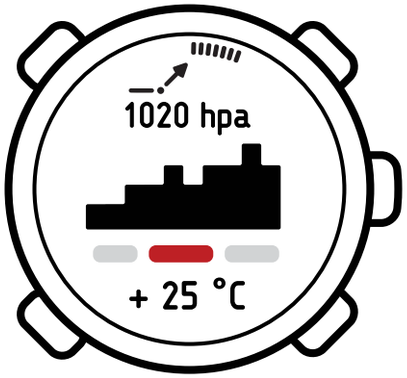
*You want to wake up early tomorrow morning. You set your Suunto Core alarm for 6:30 before you go to bed. The alarm wakes you up at 6:30 the next morning but you want to sleep for another 5 minutes. You choose* ***YES*** *when the device asks you if you want to snooze. After 5 minutes the alarm goes off again. This time you get up and happily start preparing for your trip. What a difference five minutes can make!*

# 4 USING ALTI & BARO MODE

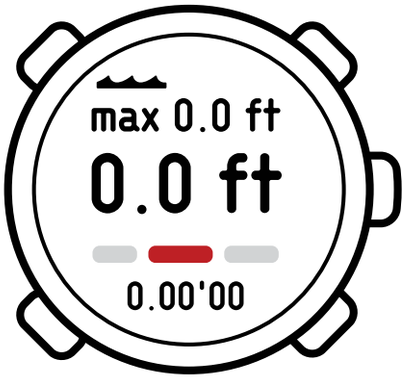
In the **ALTI & BARO** mode you can view the current altitude, barometric pressure or snorkeling depth. It offers four profiles: **AUTOMATIC**, **ALTIMETER**, **BAROMETER** and **DEPTH METER**. You can access different views depending on which profile is activated when you are in the **ALTI & BARO** mode.




Altimeter




Barometer




Depth Meter

## 4.1 How Alti & Baro works

To get the right readings from **ALTI & BARO**, it is important to understand how Suunto Core calculates altitude and sea level air pressure.

Suunto Core constantly measures absolute air pressure. Based on this measurement and reference values, it calculates altitude or sea level air pressure.

### 4.1.1 Getting correct readings

If you are engaged in an outdoor activity that requires you to know the air pressure, you need to enter the altitude reference value for your location. This

is found on most topographic maps. Your Suunto Core will now give you the correct readings.

To get the correct altitude readings, you need to enter the sea level air pressure reference value. The sea level air pressure reference value relevant to your location can be found in the weather section of the local newspaper or on the websites of national weather services.

### Absolute air pressure is measured constantly

*Absolute air pressure + altitude reference = Sea level air pressure*

*Absolute air pressure + sea level air pressure reference = Altitude*

Changes in local weather conditions will affect altitude readings. If local weather changes often, it is advisable to reset the current altitude reference value frequently, preferably before starting your journey when the reference values are available. If local weather is stable, you do not need to set reference values.

## 4.1.2 Getting incorrect readings

### ALTIMETER profile + standing still + weather change

If your **ALTIMETER** profile is on for an extended period of time with the device in a fixed location while the local weather changes, the device will give incorrect altitude readings.

### ALTIMETER profile + altitude moving + weather change

If your **ALTIMETER** profile is on and the weather changes frequently while you climb in altitude or go down in altitude, the device will give you incorrect readings.

**BAROMETER profile + altitude moving**

If the **BAROMETER** profile is on for an extended period of time as you climb in altitude or go down in altitude, the device assumes that you are standing still and interprets your changes in altitude as changes in sea level air pressure. It will therefore give you incorrect sea level air pressure readings.

**Possible real life situation: Setting the altitude reference value**

*You're on the second day of your two-day hike. You realize that you forgot to switch from the **BAROMETER** profile to the **ALTIMETER** profile when you started moving in the morning.You know that the current altitude readings given by your Suunto Core are wrong. So, you hike to the nearest location shown on your topographic map for which a altitude reference value is provided. You correct your Suunto Core altitude reference value accordingly. Your altitude readings are correct again.*

## 4.2 Setting profiles and reference values

### 4.2.1 Matching profile to activity

The **ALTIMETER** profile should be selected when your outdoor activity involves changes in altitude (e.g. hiking in hilly terrain). The **BAROMETER** profile should be selected when your outdoor activity does not involve changes in altitude (e.g. surfing, sailing). To get the correct readings, you need to match the profile to the activity. You can either let Suunto Core decide which profile is most suitable for you at the moment, or you can choose a suitable profile yourself.

### 4.2.2 Setting profiles

To set the profile:

1. In **MENU**, select **ALTI-BARO**.

2. Select **PROFILE**.
3. Choose a suitable profile.

Alternatively you can set the profile in the **ALTI & BARO** mode by keeping [View] pressed down.

### 4.2.3 Setting reference values

To set the reference value:

1. In **MENU**, select **ALTI-BARO**.
2. Select **REFERENCE** and choose between the **ALTIMETER** and **SEA LEVEL**.
3. Set the known reference value using [+] and [- Light].

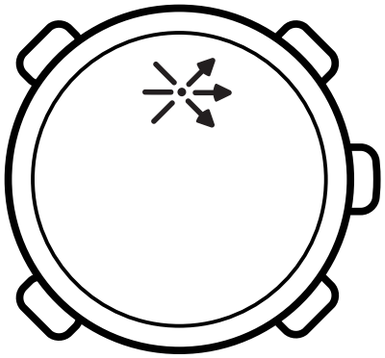
**Possible real life situation: Correcting your altitude value**

*You're hiking and take a break when you see a sign with the current altitude. You check your Suunto Core altitude reading and discover a small difference between the two numbers. You set the altitude reference value on your Suunto Core to match that of the sign.*

## 4.3 Using weather trend indicator

The weather trend indicator is located on the upper side of the display. It is displayed in the **TIME** and **ALTI & BARO** modes, providing you with quick reference

to check upcoming weather conditions. The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. The right line represents the last 3 hours. The left line represents the 3 hours prior to the last 3 hours. So the line can indicate 9 different patterns in the barometric trend.



| **Situation 3-6 hours ago** | **Situation last 3 hours** |
|---|---|
| Dropped heavy (>2 hPa/3hours) | Dropping in heavily (>2 hPa/3hours) |
| Remained stable | Rising heavily (>2 hPa/3hours) |
| Rose heavy (>2 hPa/3hours) | Dropping heavily (>2 hPa/3hours) |

***TIP:*** *If the weather trend indicator shows that the air pressure is constantly rising, there is a higher possibility of better weather upcoming. Again, if the air pressure is constantly falling, there is a higher possibility of bad weather.*

## 4.4 Activating storm alarm

The storm alarm notifies you that a pressure drop of 4 hPa / 0.12 inHg or more has occurred during a 3-hour period. Suunto Core will activate an alarm and flash an alarm symbol on the display for 20 seconds. The storm alarm only works when you have activated the **BAROMETER** profile in the **ALTI & BARO** mode.

To activate the storm alarm:

1. In **MENU**, select **ALTI-BARO**.
2. Select **STORM ALARM**.
3. Switch the storm alarm on or off with [+] and [- Light].

**Possible real life situation: Getting surprised by a storm while hiking**

*You are hiking in a dense forest when your Suunto Core activates the storm alarm. The weather has taken a turn for the worse in the last 3 hours - the sky is getting dark. Good thing your Suunto Core warned you, because you need to find shelter from the hard rain that may soon fall.*

## 4.5 Using altimeter profile

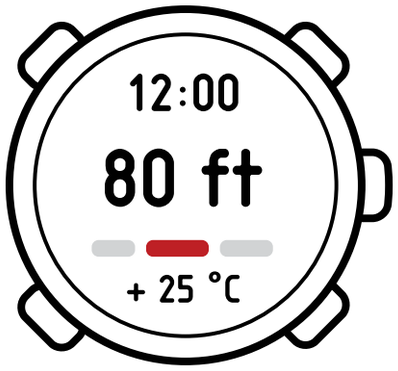
The **ALTIMETER** profile calculates altitude based on the reference values. The reference values can either be sea level air pressure or a previous point of altitude reference value. When the **ALTIMETER** profile is activated, the word **ALTI** is underlined on the display.

When the **ALTIMETER** profile is activated, you can access the following views with [View]:

- Altitude difference measurer: measures the altitude difference from a set point
- Temperature: measures the current temperature

- Log recorder: records the altitude changes into logs
- Empty: no supplementary information

TIME | ALTI & BARO | COMPASS




### 4.5.1 Using altitude difference measurer

The altitude change measurer shows the difference in altitude between a set point and your current position. This feature is especially useful for mountain climbing, for example when you want to track your progress in terms of altitude climbed.

To use the altitude difference measurer:

1. In the **ALTI & BARO** mode, select the altitude change measurer view.
2. Start, stop and restart it with [Start Stop].
3. Keep [+] pressed to reset.

**Possible real life situation: Measuring your climbing**

*You are about to start climbing a mountain that is 3, 280 feet (1000 m) high. You want to be able to check your progress as you climb, so you activate the altitude difference measurer on your Suunto Core. You start climbing, checking your altitude occasionally to see how far you are from the next check point. At some point you*

*start to get tired. You check your altitude, and see that there's still a lot of climbing ahead. Maybe you need to rethink your next check point.*

### 4.5.2 Recording logs

The log recorder stores all your movements in altitude between the start and stop times. If you are engaged in an activity in which your altitude changes, you can record the altitude changes and view the stored information later.

You can also set altitude marks, allowing you to view the duration and ascent/descent height between your previous mark and current mark. Your marks are stored in memory and you can access them later.

To record a log:

1. In the **ALTI & BARO** mode, select the log recorder view.
2. Start, stop and restart it with [Start Stop].
3. When you are recording a log, set marks with [+].
4. Keep [+] pressed to reset (this can only be done when the recorder is stopped).

Log height difference: shows the measured altitude difference between a log starting point and a log finishing point with the following icons:

In the additional views:

▲ is displayed when your altitude is above the starting point.

▬ is displayed when your altitude is the same as at the starting point.

▼ is displayed when your altitude is below the starting point.

▲ is displayed when you view how much you have ascended from the log start.

▼ is displayed when you view how much you have descended from the log start.

Altitude points are recorded according to the recording interval you have chosen.

To change the recording rate:

1. In **MENU**, select **MEMORY**.
2. Select **REC INTERVAL**.
3. Change the recording rate with [+] and [- Light].

***NOTE:*** *An estimation of how much time you can record is shown in the lower part of the display when you browse between the recording rates. The actual recording durations may vary slightly depending on your activity during the recording period.*

You can access your history of recorded logs, including log details, from **LOGBOOK** in **MENU** (see *Section 6.2 Viewing and locking logs on page 36*).

***TIP:*** *When you have stopped the log recorder, you can enter the logbook and view your current recordings before you reset the recorder.*

**Possible real life situation: Recording altitude**

*You're going on another mountain hike. This time you want to record how much you ascend and descend so as to compare the figures with previous hikes. You set your Suunto Core to the* ***ALTIMETER*** *profile and start the log recorder when you begin the hike. After the hike you stop your log recorder and reset it . Now you can compare it with your previous logs.*

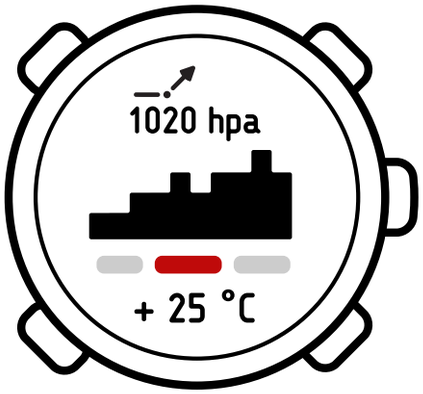
## 4.6 Using barometer profile

The **BAROMETER** profile shows the current sea level air pressure. This is based on the reference values given and the constantly measured absolute air pressure. Changes in sea level air pressure are presented graphically in the middle of the display. The display shows the recording of the last 24 hours with a recording interval of 30 minutes.

When the **BAROMETER** profile is activated, the word **BARO** is underlined on the display.

When the **BAROMETER** profile is activated, you can access the following views with [View]:

- Temperature: measures the current temperature
- Log recorder: records the altitude changes in logs
- Altitude reference: shows the altitude reference value
- Time: shows the current time




***NOTE:*** *If you are wearing your Suunto Core on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.*

A 7-day log of changes in sea level air pressure can be viewed in **ALTI-BARO** memory in **MENU** (see *6.1 Alti-baro memory on page 36*.)

**Possible real life situation: Using the BAROMETER profile**

*You're still hiking and you're getting tired. You decide to take a nap and you set up your tent. Since your altitude will stay the same for a while, you activate the* ***BAROMETER*** *profile. When you wake up, you will be able to check changes in sea level air pressure with an eye on the weather.*

### 4.6.1 Recording logs

When you are recording logs in the **ALTIMETER** profile, you can switch to the **BAROMETER** profile when you for example take a break during a hike.

The log recorder will continue recording the log, but it will not record changes in air pressure. When the barometer profile is activated, the device assumes you are not moving in altitude, and it will therefore not record any altitude changes. The altitude log will therefore be flat during this period. For information on using the log recorder, see *Section 4.5.2 Recording logs on page 23*.

You can start, stop and reset the altitude measurement while in the **BAROMETER** profile.

**Possible real life situation: Recording logs in the BAROMETER profile**

*You are recording your altitude changes during a hike and decide to take a longer break. You switch to the* ***BAROMETER*** *profile. Since the altitude recording continues but no altitude changes are occurring, you go to the log recorder view in the* ***BAROMETER*** *profile and stop the altitude recording.*

## 4.7 Using automatic profile

The **AUTOMATIC** profile switches between the **ALTIMETER** and **BAROMETER** profiles according to your movements. Depending on which profile is activated, you can access the **ALTIMETER** or **BAROMETER** profile views with [View].

When the device is moving, the **ALTIMETER** profile is activated. When the device stays still, the **BAROMETER** profile is activated.

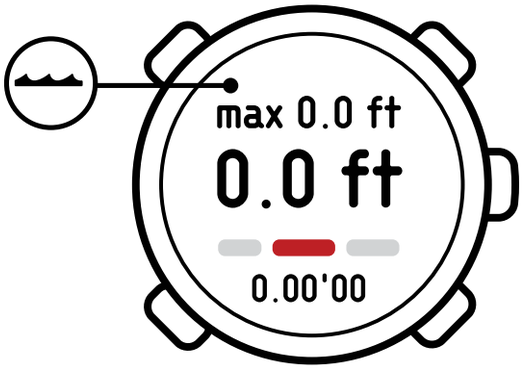
***NOTE:*** *The **AUTOMATIC** profile should not be activated all the time. Some activities require the **BAROMETER** profile to be constantly activated even though you might be moving (e.g. surfing). In other words, in certain situations you need to choose a suitable profile manually.*

## 4.8 Using depth meter profile

You use the **DEPTH METER** profile when snorkeling. It shows your current depth and the maximum depth you reached during a snorkeling dive. The maximum depth of the device is 32.8 ft (10m). When the **DEPTH METER** profile is activated, a wave icon appears on the upper left part of the display.

When the **DEPTH METER** profile is activated, you can access the following views with [View]:

- Log recorder: records your snorkeling dives
- Time: shows the current time
- Temperature: measures the current temperature




### 4.8.1 Recording logs in depth meter profile

The log recorder in the **DEPTH METER** profile works similarly to the log recorder in the **ALTIMETER** profile, but instead of recording altitude it records the depth of your snorkeling dives.

To record logs in the **DEPTH METER** profile:

1. In the **ALTI & BARO** mode, select the log recorder view.
2. Start, stop and restart it with [Start Stop]. Begin a snorkeling dive.
3. When you return to the surface, reset by holding [+] pressed.

⚠ ***CAUTION:*** *Do not push buttons while the device is under water.*

***NOTE:*** *You need to reset your log recorder in the* ***ALTIMETER*** *profile before using the log recorder in the* ***DEPTH METER*** *profile. Otherwise, your maximum depth will stay the same as your current altitude above the surface.*

***TIP:*** *When you have stopped your log recorder, before resetting it, you can enter the logbook and view your current recordings!*

# 5 USING COMPASS MODE

The **COMPASS** mode allows you to orient yourself in relation to magnetic North. In **COMPASS** mode you can access the following views with [View]:

- Time: shows the current time
- Cardinals: show the current heading
- Bearing tracking: shows the current bearing according to your set heading (tracking bearing)

## 5.1 Getting correct readings

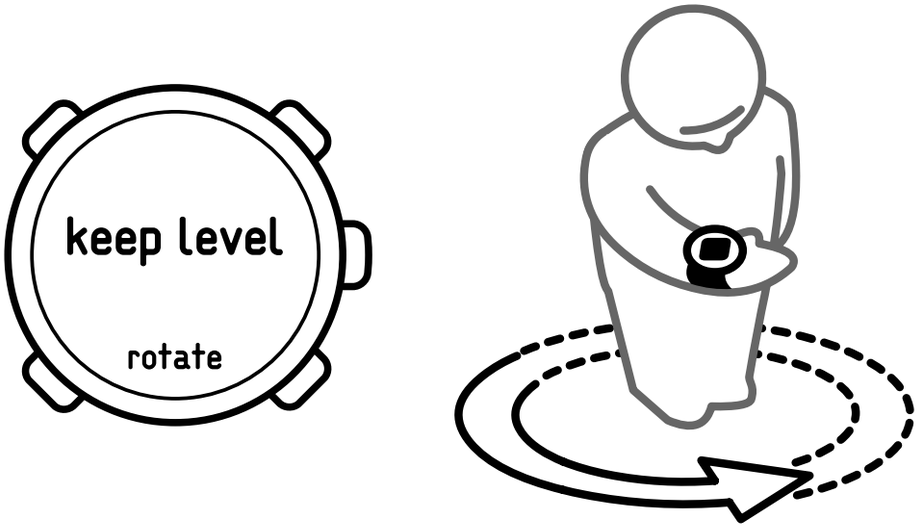
You need to keep the device level while in **COMPASS** model. If you tilt Suunto Core while in **COMPASS** mode, the device informs you that it needs to be level in order to give you correct readings.

The compass will switch itself to power saving mode in 40 seconds if no buttons are pressed. Reactivate it with [Start Stop].

### 5.1.1 Calibrating compass

Local magnetic fields affect the performance of the compass. It needs to be calibrated to ensure that it gives correct readings.

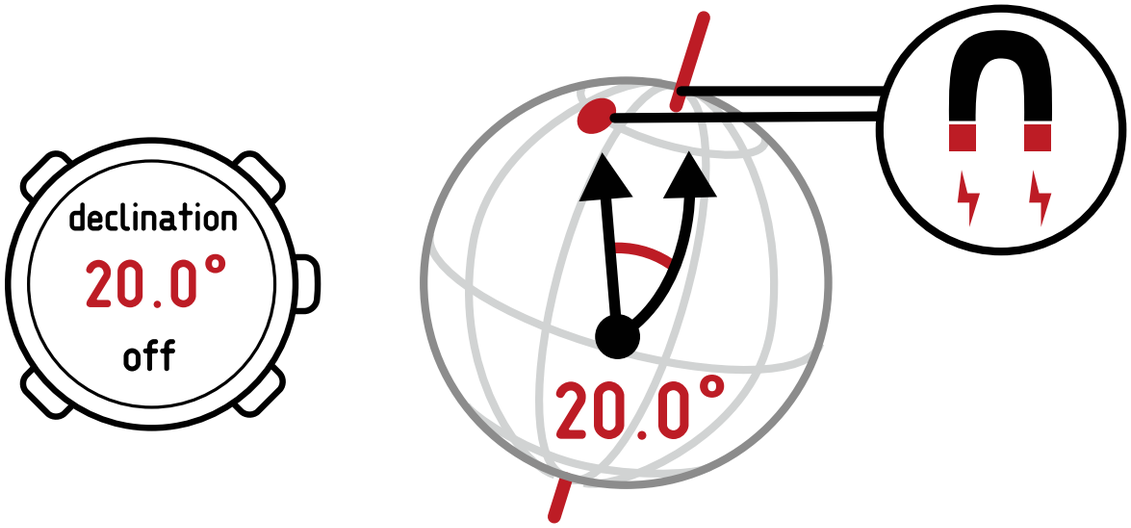
Automatic compass calibration compensates for the effects of local magnetic fields – usually, automatic calibration will be sufficient. Sometimes automatic calibration will be insufficient, and the device will prompt you to hold the device level and rotate it in order to get correct readings.




***TIP:*** *You can keep the device level by swinging your arm out 90 degrees when the device prompts you to keep level and rotate.*

### 5.1.2 Setting declination value

Paper maps point to true North. Compasses, however, point to magnetic North – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.




The declination value appears on most maps. The location of magnetic North changes yearly, so the most accurate and up-to-date declination value can be obtained from the internet (for example the National Geophysical Data Center for the USA).

Orienteering maps, however, are drawn in relation to magnetic North. This means that when you are using orienteering maps you need to turn the declination correction off by setting the declination value to 0 degrees.

To set the declination value:

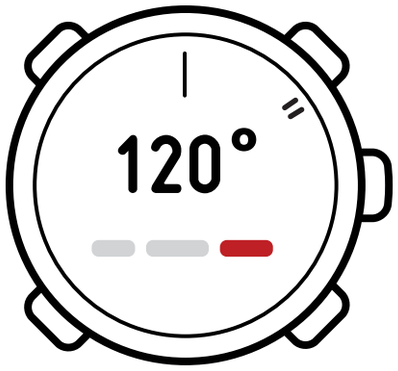
1. In **MENU**, select **COMPASS**.
2. Turn the declination off or choose **W** (west) or **E** (east).
3. Set the declination value with [+] and [- Light].

## 5.2 Using compass

When you are in the **COMPASS** mode, you see two moving segments on the rim of the display. These point towards North. The hairline at 12 o'clock shows your heading and functions as a compass direction arrow. The numerical value of your heading is shown in the center of the display. In the bottom row of the display you see either the time, the heading or the bearing.

You can use the compass in two ways: you can use the bezel or the bearing tracking.

TIME ALTI & BARO COMPASS




### 5.2.1 Using bezel

You can use your Suunto Core as a traditional compass by moving the outer bezel according to the moving segments showing North and then following the heading.

To use the bezel:

1. In the **COMPASS** mode, point the North indicator towards your heading.
2. Rotate the moving bezel so that North on the bezel and the moving North segments are aligned.
3. Move towards your heading, keeping the moving North segments aligned with North on the bezel.

### 5.2.2 Using bearing tracking

In bearing tracking you can lock a bearing (direction) and your Suunto Core compass will guide you along it.

To use the bearing tracking:

1. Point the compass direction arrow in the direction you want to travel and press [Start Stop]. The heading is now locked. Your current heading is shown in the middle of the display, and it will change according to your movements.
2. The arrows in the top row of the display point you in the direction you need to take in order to keep to your desired bearing. The ⏮ symbol confirms that you are heading in the right direction.

***NOTE:*** *Pressing [- Light] also activates the backlight.*

**Possible real life situation: Keeping to a heading visually**

*You're hiking and you've just climbed a steep hill. Looking out over the valley below, you see a cabin on another hill. You decide to hike to the cabin through the valley. You point the direction arrow of your Suunto Core compass towards the cabin and lock the heading. Once you're in the valley, the arrows in the display's top row show*

*you where to go. Because the compass is active for only 40 seconds at a time to conserve battery life, now and then you need to re-start the compass to check your heading. Keep an eye on it and you'll get there soon.*

# 6 USING MEMORY

## 6.1 Alti-baro memory

**ALTI-BARO** automatically records changes in altitude or sea level air pressure for the last 7 days. Information will be stored depending on which profile is active at the moment of the recording. Records are stored once per hour.

To view the records of the last 7 days:

1. In **MEMORY**, select **ALTI-BARO**.
2. Use [+] and [- Light] to browse through the records.

**Possible real life situation: Predicting the weather**

*You are camping in the mountains. You want to predict tomorrow's weather, so you switch your Suunto Core to the* ***BAROMETER*** *profile for the night. In the morning you check the* ***ALTI-BARO*** *memory and note that the air pressure remained stable for the whole night. Hopefully this will continue during the day.*

## 6.2 Viewing and locking logs

Logs recorded by the log recorder in the **ALTIMETER**, **BAROMETER** or **DEPTH METER** profile are stored in **LOGBOOK**. You can store up to 10 logs. A new log always replaces the oldest log in **LOGBOOK**. To save logs, you can lock them. You can only lock up to 9 logs.

When entering **LOGBOOK**, you are shown the number of unlocked logs. You can then choose to either view or lock logs.

When you view logs, you are first shown a list of available logs complete with times and dates. You can scroll and then enter each log to view its summary information and details.

### 6.2.1 Viewing logs

When viewing log summaries, you are shown

- A summary graph, time of recording and highest point
- Total descent, duration of descent, average descent speed
- Total ascent, duration of ascent and average ascent speed

When viewing log details, you are shown:

- A graph of the changes in altitude
- Time of recording
- Altitude/depth at the time of recording

To view the logs:

1. In **MEMORY**, select **LOGBOOK**.
2. Select **VIEW**.
3. Choose a log from the list.
4. Switch between log summaries with [+] and [- Light].
5. View log details with [Mode].
6. Increase and decrease scrolling speed and change direction with [+] and [- Light]. Stop with [Mode].

***NOTE:*** *When scrolling the graph, your current position is in the middle of the graph.*

### 6.2.2 Locking logs

To lock the logs:

1. In **MEMORY**, select **LOGBOOK**.
2. Select **LOCK**.

3. Choose a log from the list.
4. Lock the log by choosing **YES** (press [- Light])
   OR
   Cancel by choosing **NO** (press [View]).

## 6.3 Choosing recording interval

You can choose the recording interval in **REC INTERVAL** in **MENU**.

You can choose between five recording intervals:

- 1 second
- 5 seconds
- 10 seconds
- 30 seconds
- 60 seconds

When browsing through the intervals, the available recording time is shown in the lower part of the display.

To choose a recording interval:

1. In **MEMORY**, select **REC INTERVAL**.
2. Choose a recording interval using [+] and [- Light].

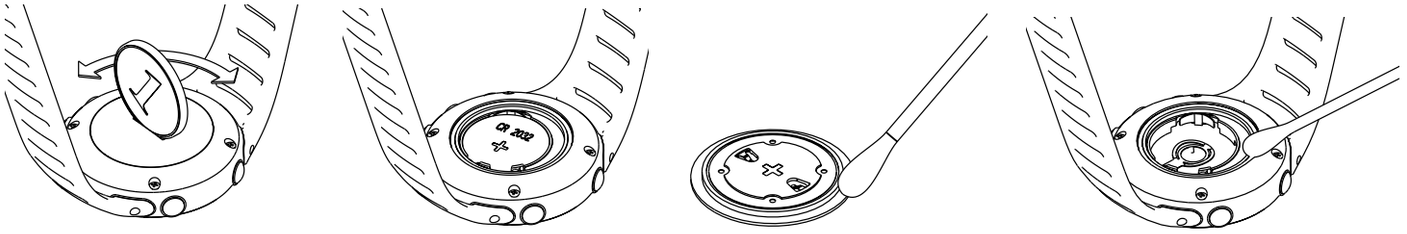
# 7 REPLACING BATTERY

Your Suunto Core operates on a 3-volt lithium cell, type: CR 2032.

***NOTE:*** *To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. Replace the battery with a manufacturer-approved battery only. Recycle or dispose of used batteries properly.*

To change the battery:

1. Use a coin to open the battery compartment on the back of your device. Ensure that the O ring and all surfaces are clean and dry.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. Slide the battery gently against the contact plate, ensuring that the contact plate does not break or bend.
5. When replacing the cover, rotate it carefully counter-clockwise with your thumb in order to align the threads. The cover should rotate easily without having to use force. If you have to use force, the threads are misaligned and they may be damaged.
6. Tighten the cover.



***NOTE:*** *The markings on the cover may be unaligned once the cover has been tightened. This doesn't matter. If the cover is undamaged, it does not need to be replaced.*

***NOTE:*** *If the threads of the battery compartment cover are damaged, send your device to an authorized Suunto representative for service.*

***NOTE:*** *Replace the battery with extreme care to ensure that your Suunto Core remains water resistant. Careless battery replacement may void the warranty.*

***NOTE:*** *Heavy use of the backlight will significantly reduce battery life.*

# 8 SPECIFICATIONS

## 8.1 Technical data

### General

- Operating temperature -20 °C to +60 °C / -4°F to +140°F
- Storage temperature -30 °C to +60 °C / -22°F to +140°F
- Water-resistant 30 m / 100 ft (according to ISO 2281)
- Mineral glass
- User-replaceable battery CR2032

### Altimeter

- Display range -500 m to 9000 m / -1640 ft to 32760 ft
- Resolution 1 m / 3 ft

### Barometer

- Display range 300 to 1100 hPa / 8.8 to 32.6 inHg
- Resolution 1 hPa / 0.03 inHg

### Snorkeling

- Depth display range 0 to 10 m / 0 to 32.8 ft
- Resolution 0,1m

### Thermometer

- Display range -20°C to 60°C / -4°F to 140°F
- Resolution 1°C / 1°F

**Compass**

- Resolution 1°

## 8.2 Trademark

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## 8.4 CE

The CE mark is used to mark conformity with the European Union EMC directives 2004/ 108/EY and 99/5/EEC.

## 8.5 Patent notice

This product is protected US Patent application serial number 11/152,076 and corresponding patents or patent applications in other countries. Additional patent applications are pending.

## 8.6 Disposal of device

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

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