

SUUNTO TRAVERSE 2.1


USER GUIDE


1. SAFETY.....	4
2. Getting started.....	5
2.1. Using buttons.....	5
2.2. Set up.....	5
2.3. Adjusting settings.....	6
3. Features.....	8
3.1. Activity monitoring.....	8
3.2. Alti-Baro.....	9
3.2.1. Getting correct readings.....	10
3.2.2. Matching profile to activity.....	11
3.2.3. Using altimeter profile.....	12
3.2.4. Using barometer profile.....	12
3.2.5. Using automatic profile.....	12
3.3. Autopause.....	13
3.4. Backlight.....	13
3.5. Button lock.....	14
3.6. Compass.....	14
3.6.1. Calibrating compass.....	15
3.6.2. Setting declination.....	15
3.6.3. Setting bearing lock.....	16
3.7. Countdown timer.....	16
3.8. Displays.....	17
3.8.1. Adjusting display contrast.....	17
3.8.2. Inverting display color.....	17
3.9. FusedAlti.....	18
3.10. Find back.....	18
3.11. Icons.....	18
3.12. Logbook.....	20
3.13. Memory left indicator.....	21
3.14. Movescount.....	21
3.15. Navigating with GPS.....	21
3.15.1. Getting GPS signal.....	22
3.15.2. GPS grids and position formats.....	22
3.15.3. GPS accuracy and power saving.....	23
3.15.4. GPS and GLONASS.....	23
3.16. Notifications.....	24
3.17. Recording activities.....	24
3.18. Pairing heart rate sensor.....	25
3.19. Points of interest.....	25
3.19.1. Checking your location.....	26

3.19.2. Adding a POI.....	26
3.19.3. Deleting a POI.....	27
3.20. Routes.....	27
3.20.1. Navigating a route.....	27
3.20.2. During navigation.....	28
3.21. Service menu.....	29
3.22. Sport modes.....	30
3.23. Stopwatch.....	30
3.24. Suunto app.....	31
3.24.1. Syncing with mobile app.....	31
3.25. Suunto Apps.....	32
3.26. Time.....	32
3.26.1. Alarm clock.....	32
3.26.2. Time syncing.....	33
3.27. Tones and vibration.....	33
3.28. Track back.....	33
3.29. Weather indicators.....	34
4. Care and support.....	35
4.1. Handling guidelines.....	35
4.2. Water resistance.....	35
4.3. Charging the battery.....	35
5. Reference.....	37
5.1. Technical specifications.....	37
5.2. Compliance.....	38
5.2.1. CE.....	38
5.2.2. FCC compliance.....	38
5.2.3. ISED REGULATORY COMPLIANCE.....	39
5.2.4. NOM-121-SCT1-2009.....	39
5.3. Trademark.....	39
5.4. Patent notice.....	39
5.5. International Limited Warranty.....	39
5.6. Copyright.....	41

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.

 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.

Safety precautions

 **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.

 **WARNING:** ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.

 **WARNING:** ONLY FOR RECREATIONAL USE.


 **WARNING:** DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP MATERIAL TO ENSURE YOUR SAFETY.

 **CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

 **CAUTION:** DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

 **CAUTION:** DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.

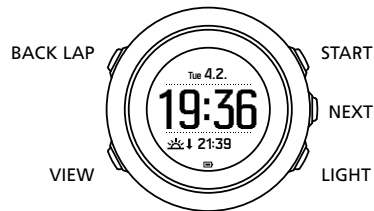
 **CAUTION:** DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.

 **NOTE:** At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. Calories, heart rate, location, movement detection, shot recognition, physical stress indicators and other measurements may not match the real world. Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.

2. Getting started

2.1. Using buttons

Suunto Traverse has five buttons which allow you to access all the features.



[START] :

- press to access the start menu
- press to pause or resume a recording or timer
- press to increase a value or move up in the menu
- keep pressed to start recording or access a list of available modes
- keep pressed to stop and save a recording

[NEXT] :

- press to change displays
- press to enter/accept a setting
- keep pressed to access/exit the options menu

[LIGHT] :


- press to activate the backlight
- press to decrease a value or move down in the menu
- keep pressed to activate flashlight
- press to deactivate flashlight

[BACK LAP] :

- press to return to the previous menu
- press to add a lap during a recording
- keep pressed to lock/unlock buttons

[VIEW] :

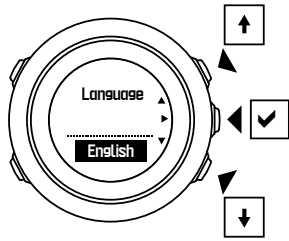
- press to access additional display views
- keep pressed to save POI

 **TIP:** When changing the values, you can increase the speed by keeping [START] or [LIGHT] pressed until the values start to scroll faster.

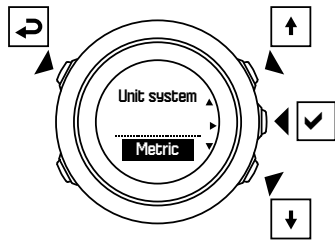
2.2. Set up

To start using your watch:

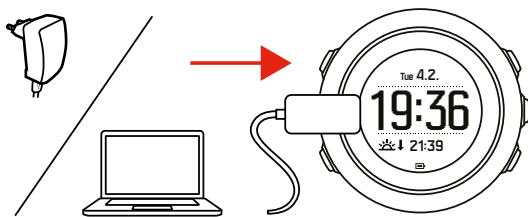
1. Keep [START] pressed to wake up the device.
2. Press [START] or [LIGHT] to scroll to the desired language and press [NEXT] to select.




3. Follow the startup wizard to complete initial settings. Set values with [START] or [LIGHT] and press [NEXT] to accept and go to the next step.



After completing the setup wizard, charge the watch with the supplied USB cable until the battery is fully charged.



 **NOTE:** If a blinking battery symbol is displayed, Suunto Traverse needs to be charged before starting.

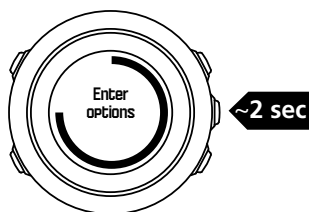
 **NOTE:** If the battery dies, and you recharge the product, press and hold START to start the product

2.3. Adjusting settings

You can change the settings of your Suunto Traverse directly in the watch.

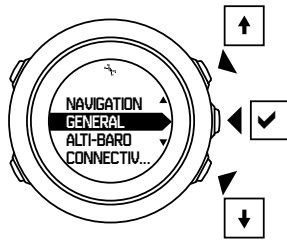
To change the settings in the watch:

1. Keep [NEXT] pressed to enter the options menu.



2. Scroll the menu with [START] and [LIGHT].
3. Press [NEXT] to enter a setting.

4. Press [START] and [LIGHT] to adjust the setting values and confirm with [NEXT] .



5. Press [BACK LAP] to return to the previous menu or keep [NEXT] pressed to exit.

3. Features

3.1. Activity monitoring


Suunto Traverse measures your daily steps and estimates calories burned during the day based on your personal settings.

Your approximate daily step count is available as a default view in the time display. Press [VIEW] to change to the step counter view. The step count is updated every 60 seconds.



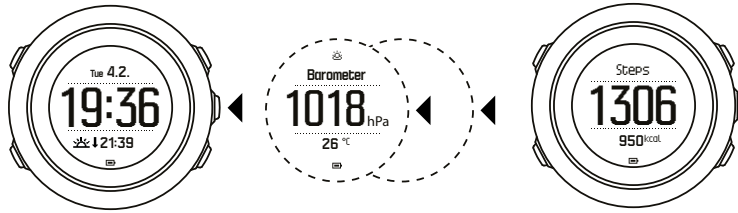
Daily step count and calories burned are displayed under **DISPLAYS » Steps**. The values are reset daily at midnight.



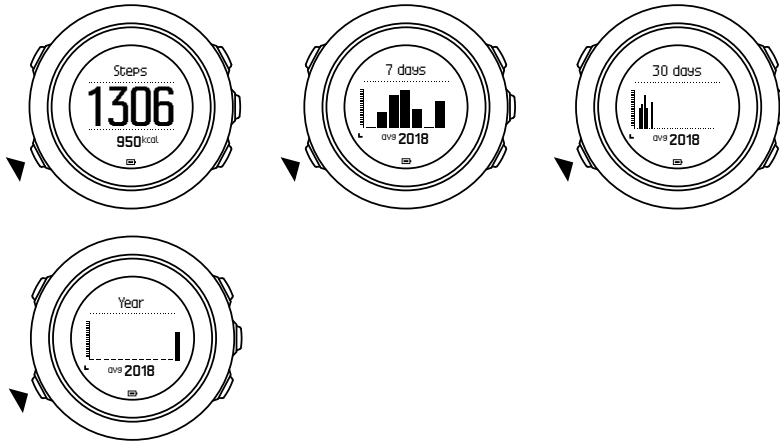
 **NOTE:** Activity monitoring is based on your movement as measured by sensors in the watch. The values provided by activity monitoring are estimations and not intended for medical diagnostics of any kind.

Step history

Suunto Traverse provides a complete history of your step count. The step display shows your daily steps, as well as an overview of weekly, monthly and yearly trends. You can show/hide the step display from the start menu under **DISPLAYS » Steps**. When activated, you can view your step history by pressing [NEXT] to scroll through active displays.



While in the steps display, you can press [VIEW] to see your 7-day, 30-day and yearly trends.

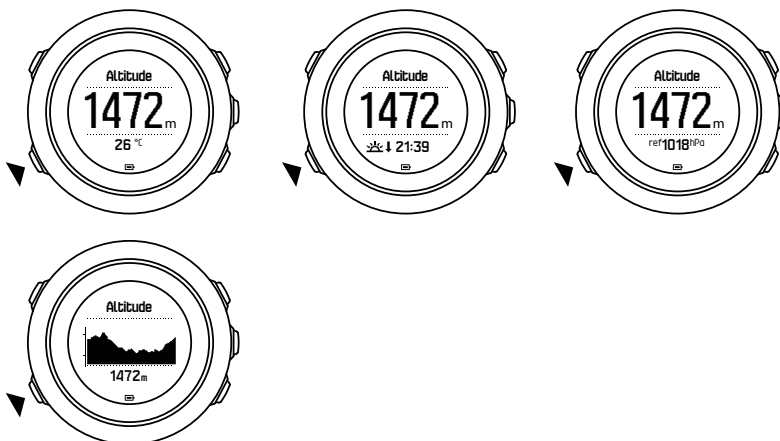


3.2. Alti-Baro

Suunto Traverse continuously measures absolute air pressure using the built-in pressure sensor. Based on this measurement and reference values, it calculates altitude or sea level air pressure.

Three profiles are available: **Automatic**, **Altimeter** and **Barometer**. For information on setting profiles, see 3.2.2. *Matching profile to activity*.

To view alti-baro information, press [NEXT] while in the time display or activate the alti-baro display from the display menu.

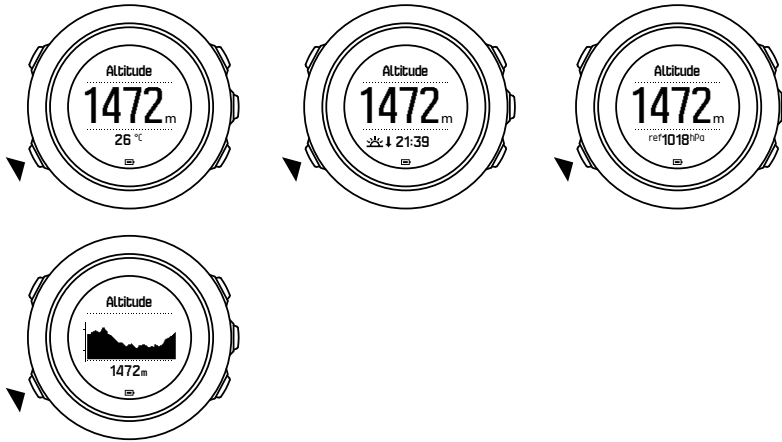


You can change to different views by pressing [VIEW].

In altimeter profile, you can see:

- altitude + temperature
- altitude + sunrise/sunset

- altitude + reference point
- 12h altitude graph + altitude



In barometer profile, you get the corresponding views:

- barometric pressure + temperature
- barometric pressure + sunrise/sunset
- barometric pressure + reference point
- 24h barometric pressure graph + barometric pressure


Sunrise and sunset time views are available when GPS has been activated. If GPS is not active, sunrise and sunset times are based on the last recorded GPS data.

You can show/hide the alti-baro display under the start menu.

To hide the alti-baro display:


1. While in the time display, press [START] .
2. Scroll to **DISPLAYS** with [LIGHT] and press [NEXT] .
3. Scroll to **End Alti-Baro** and press [NEXT] .
4. Keep [NEXT] pressed to exit.

Repeat the procedure and select **Alti-Baro** to show the display again.

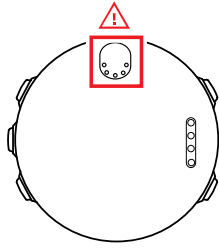
 **NOTE:** *If you are wearing your Suunto Traverse on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.*

3.2.1. Getting correct readings

If your outdoor activity requires accurate sea level air pressure or altitude, you need to calibrate your Suunto Traverse by entering either your current altitude or the current sea level air pressure.

 **TIP:** *Absolute air pressure and known altitude reference = sea level air pressure.
Absolute air pressure and known sea level air pressure = altitude.*

The altitude of your location can be found from most topographic maps or Google Earth. A sea level air pressure reference for your location can be found using the websites of national weather services.



CAUTION: Keep the area around the sensor free of dirt and sand. Never insert any objects into the sensor openings.

If **FusedAlti** is activated, the altitude reading is corrected automatically using **FusedAlti** together with altitude and sea level pressure calibration. For more information, see 3.9. *FusedAlti*.

Changes in local weather conditions 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. As long as the local weather stays stable, you do not need to set reference values.

To set the sea level pressure and altitude reference values:

1. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [LIGHT] and enter with [NEXT] .
3. Press [NEXT] to enter **Reference**. The following setting options are available:
4. **FusedAlti**: GPS is switched on and the watch starts calculating altitude based on FusedAlti.
5. **Altitude**: Set your altitude manually.
6. **Sea level pressure**: Set the sea level pressure reference value manually.
7. Set the reference value using [START] and [LIGHT] . Accept the setting with [NEXT] .

TIP: When not recording an activity, press [START] in the alti-baro display to get directly to the **ALTI-BARO** menu.

Use example: 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 in the morning. You know that the current altitude readings of your Suunto Traverse are wrong.

So, you hike to the nearest location shown on your topographic map for which an altitude reference value is provided. You correct your Suunto Traverse altitude reference value accordingly and switch to the altimeter profile. Your altitude readings are correct again.

3.2.2. Matching profile to activity

The altimeter profile should be selected when your outdoor activity involves changes in altitude (such as hiking in the mountains).

The barometer profile should be selected when your outdoor activity does not involve changes in altitude (such as canoeing).

To get correct readings, you need to match the profile to your activity. You can either let Suunto Traverse decide a suitable profile for the activity using the automatic profile, or choose a profile yourself.

To set the alti-baro profile:

1. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [LIGHT] and enter with [NEXT] .
3. Scroll to **Profile** with [START] and enter with [NEXT] .
4. Change the profile with [START] or [LIGHT] and confirm your selection with [NEXT] .
5. Keep [NEXT] pressed to exit.

Incorrect readings

If the 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.

If you use the altimeter profile and the weather changes frequently while you climb in altitude or go down in altitude, the device will give you incorrect readings.

If you use the barometer profile 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.

3.2.3. Using altimeter profile

The altimeter profile calculates altitude based on reference values. The reference value can either be sea level air pressure or altitude. When the altimeter profile is activated, the altimeter icon is shown at the top of the alti-baro display.



3.2.4. Using barometer profile

The barometer profile shows the current sea level air pressure. This is based on the reference values and the constantly measured absolute air pressure.

When the barometer profile is activated, the barometer icon is shown on the display.



3.2.5. Using automatic profile

The automatic profile switches between the altimeter and barometer profiles according to your movement.


It is not possible to measure weather and altitude changes at the same time, as both cause a change in the surrounding air pressure. Suunto Traverse senses vertical movement and

switches to measuring altitude, when needed. When altitude is shown, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), Suunto Traverse interprets all pressure changes as weather changes. The measurement interval is 10 seconds. The altitude reading remains steady and if the weather changes, you will see changes in the sea level air pressure reading.

If you are moving in altitude (more than 5 meters of vertical movement within 3 minutes), Suunto Traverse interprets all pressure changes as movements in altitude.

Depending on which profile is active, you can access the altimeter or barometer in the alti-baro display with [VIEW] .

 **NOTE:** When you are using the automatic profile, barometer or altimeter icons are not shown on the alti-baro display.

3.3. Autopause

Autopause pauses the recording of your activity when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn autopause on/off for each sport mode in Movescount under the advanced settings for the sport mode.

3.4. Backlight

Pressing [LIGHT] activates the backlight.

By default, the backlight turns on for a few seconds and turns off automatically.

There are four backlight modes:

- **Normal:** The backlight turns on for a few seconds when you press [LIGHT] and when the alarm clock sounds. This is the default setting.
- **Off:** The backlight is not switched on by pressing a button or when the alarm clock sounds.
- **Night:** The backlight turns on for a few seconds when you press any button and when the alarm clock sounds.
- **Toggle:** The backlight turns on when you press [LIGHT] and stays on until you press [LIGHT] again.

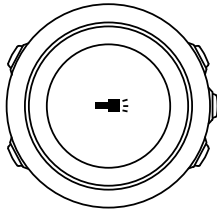
You can change the general backlight setting in the watch settings under **GENERAL » Tones/display » Backlight**.

You can adjust the backlight brightness (in percent), either in the watch settings under **Tones/display » Backlight**.

 **TIP:** When the [BACK LAP] and [START] buttons are locked, you can still activate the backlight by pressing [LIGHT] .

Flashlight

In addition to normal backlight modes, Traverse has one additional mode where the backlight is automatically set to maximum brightness and can be used as a flashlight. To activate the flashlight, keep [LIGHT] pressed.



The flashlight stays on for about four minutes. You can turn it off at any time by pressing [LIGHT] or [BACK LAP].

3.5. Button lock

Keeping [BACK LAP] pressed locks and unlocks buttons.



You can change the button lock behavior in the watch settings under **GENERAL » Tones/display » Button lock**.

Your Suunto Traverse has two button lock options:

- **Actions only:** Start and options menus are locked.
- **All buttons:** All buttons are locked. Backlight can be activated in **Night** mode.

TIP: Select the **Actions only** button lock setting to avoid accidentally starting or stopping your log. When the [BACK LAP] and [START] buttons are locked, you can still change displays by pressing [NEXT] and views by pressing [VIEW].

3.6. Compass

Suunto Traverse has a digital compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can show/hide the compass display from the start menu under **DISPLAYS » Compass**.

The default compass display includes the following information:

- middle row: compass heading in degrees
- bottom row: press [VIEW] to see current time, cardinal direction or empty (no value)

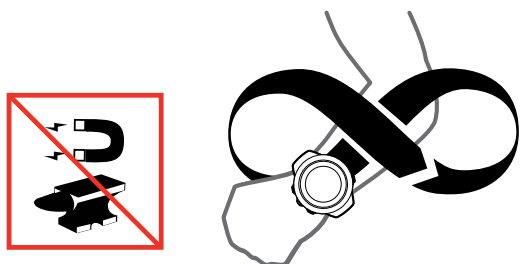


You can change the compass display information from the options menu under **General** » **Formats** » **Compass unit**. Select which is the primary value in the center of the compass display: degrees, Mils or cardinals.

The compass switches to power saving mode after one minute. Reactivate it with [START].

3.6.1. Calibrating compass

If you have not used the compass before, you must first calibrate it. Turn and tilt the watch in multiple directions until the watch beeps, indicating calibration is complete.



If the calibration is successful, the text **Calibration successful** is displayed. If the calibration does not succeed, the text **Calibration failed** is displayed. To retry the calibration, press [START].

If you have already calibrated the compass and want to re-calibrate it, you can manually start the calibration process.

To manually start compass calibration:

1. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **NAVIGATION** with [START] and enter with [NEXT].
3. Scroll to **Settings** with [LIGHT] and select with [NEXT].
4. Scroll to **Compass** with [LIGHT] and select with [NEXT].
5. Press [NEXT] to select **Calibration**.

3.6.2. Setting declination

To ensure correct compass readings, set an accurate 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.

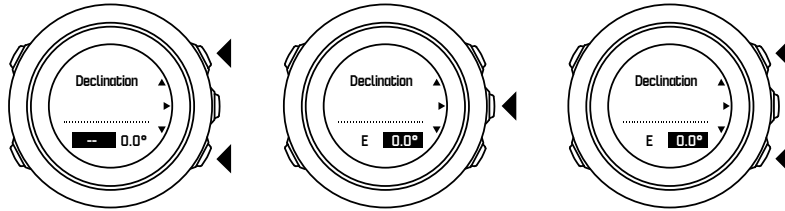
The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be obtained from the internet (for example www.magnetic-declination.com).

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. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **NAVIGATION** with [START] and enter with [NEXT].
3. Scroll to **Settings** with [LIGHT] and select with [NEXT].

4. Scroll to **Compass** with [LIGHT] and select with [NEXT] .
5. Scroll to **Declination** with [LIGHT] and select with [NEXT] .
6. Turn the declination off by selecting --, or select **W** (west) or **E** (east). Set the declination value with [START] or [LIGHT] .



7. Press [NEXT] to accept the setting.

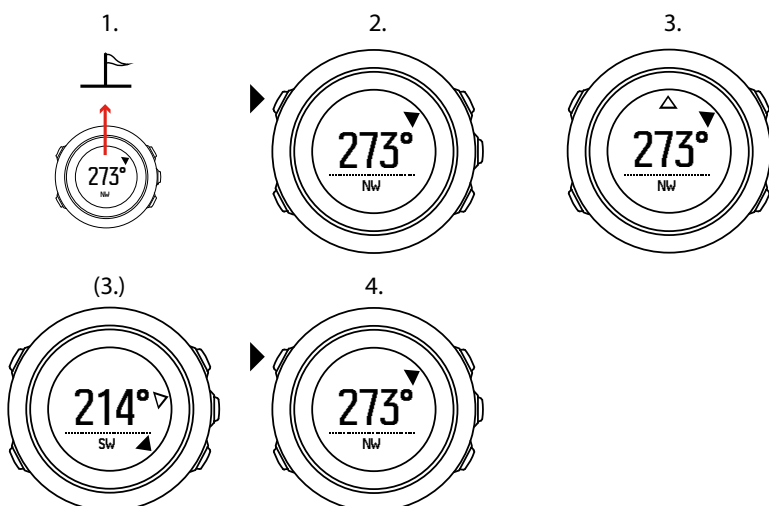
 **TIP:** You can also access the navigation menu and compass settings by pressing [START] while navigating.


3.6.3. Setting bearing lock

You can mark the direction to your target in relation to North with the bearing lock feature.

To lock a bearing:

1. With the compass active, hold the watch in front of you and turn yourself towards your target.
2. Press [BACK LAP] to lock the current degree displayed on the watch as your bearing.
3. An empty triangle indicates the locked bearing in relation to the North indicator (solid triangle).
4. Press [BACK LAP] to clear the bearing lock.



 **NOTE:** When using the compass while recording an activity, the [BACK LAP] button only locks and clears the bearing. Exit the compass view to make a lap with [BACK LAP] .


3.7. Countdown timer

You can set the countdown timer to count down from a preset time to zero. You can show/ hide it from the start menu under **DISPLAYS » Countdown**.

When activated, the countdown timer can be accessed by pressing [NEXT] until see the display.



The default countdown time is five minutes. You can adjust this time by pressing [VIEW].

 **TIP:** You can pause/continue the countdown by pressing [START].

 **NOTE:** Countdown timer is not available while activity recording is ongoing.

3.8. Displays

Your Suunto Traverse comes with several different features, such as compass (see 3.6. *Compass*) and stopwatch (see 3.23. *Stopwatch*). These are handled as displays that can be viewed by pressing [NEXT]. Some of them are permanent, others you can show or hide as you like.

To show/hide displays:

1. Press [START] to enter the start menu.
2. Scroll to **DISPLAYS** by pressing [LIGHT] and press [NEXT].
3. In the list of display, toggle any feature on/off by scrolling to it with [START] or [LIGHT] and pressing [NEXT]. Keep [NEXT] pressed to exit the displays menu if needed.

Your sport modes (see 3.22. *Sport modes*) also have multiple displays that you can customize to view different information while recording an activity.

3.8.1. Adjusting display contrast

Increase or decrease the display contrast of your Suunto Traverse in the watch settings.

To adjust the display contrast:

1. Keep [NEXT] pressed to enter the options menu.
2. Press [NEXT] to enter the **GENERAL** settings.
3. Press [NEXT] to enter **Tones/display**.
4. Scroll to **Display contrast** with [LIGHT] and enter with [NEXT].
5. Increase the contrast with [START], or decrease it with [LIGHT].
6. Keep [NEXT] pressed to exit.

3.8.2. Inverting display color

Change the display between dark and light through the settings in the watch.


To invert the display in the watch settings:

1. Keep [NEXT] pressed to enter the options menu.
2. Press [NEXT] to enter the **GENERAL** settings.
3. Press [NEXT] to enter **Tones/display**.

4. Scroll to **Invert display** with [START] and invert with [NEXT] .

3.9. FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

 **NOTE:** By default, altitude is measured with FusedAlti during recordings that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

If you do not want to use FusedAlti in altitude measurement, set your reference value with altitude or sea level pressure.

You can search for a new reference value with FusedAlti by activating it in the options menu under **ALTI-BARO » Reference » FusedAlti**.

In good conditions it takes 4-12 minutes for FusedAlti to find a reference value. During that time, Suunto Traverse shows barometric altitude with 'm' before the reading to indicate that the altitude may not be correct.

3.10. Find back

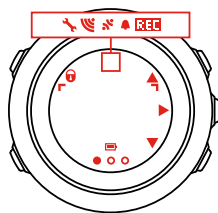
Suunto Traverse automatically saves the starting point of your recording if you are using GPS. With Find back, Suunto Traverse can guide you directly back to your starting point (or to the location where the GPS fix was established).

To find back:

1. Keep [NEXT] pressed to access the options menu.
2. Press [NEXT] to select **NAVIGATION**.
3. Scroll to **Find back** with [START] and select with [NEXT] .











The navigation guidance is shown as one of the views in the breadcrumb display.

3.11. Icons



The following icons are displayed in Suunto Traverse:






	alarm
	altimeter
	barometer
	battery

	Bluetooth
	button lock
	button press indicators
	current display
	down/decrease
	flashlight
	GPS signal strength
	heart rate
	highest point
	incoming call
	lowest point
	message/notification
	missed call
	next/confirm
	pairing
	settings
	sport mode
	storm
	sunrise
	sunset
	up/increase

POI icons

The following POI icons are available in Suunto Traverse:

	begin
	building/home
	camp/camping
	car/parking

	cave
	crossroad
	emergency
	end
	food/restaurant/cafe
	forest
	geocache
	info
	lodging/hostel/hotel
	meadow
	mountain/hill/valley/cliff
	road/trail
	rock
	sight
	water/waterfall/river/lake/coast
	waypoint

3.12. Logbook

The logbook stores the logs of your recorded activities. The maximum number of logs and the maximum duration of a single log depends on how much information is recorded in each activity. GPS accuracy (see 3.15.3. *GPS accuracy and power saving*), for example, directly impact the number and duration of logs that can be stored.

You can view the log summary of your activity right after you have stopped recording or through the **Logbook** under the start menu.

The information shown in the log summary is dynamic: it changes depending on factors such as sport mode and whether or not you used an heart rate belt or GPS. By default, all logs include at minimum the following information:

- sport mode name
- time
- date
- duration
- laps

If the log includes GPS data, the logbook entry includes a view of the full route track as well as the altitude profile of the track.

 **TIP:** You can see many more details of your recorded activities in Suunto app.

To view log summary after stopping a recording:

1. Keep [START] pressed to stop and save the recording.
2. Press [NEXT] to view the log summary.

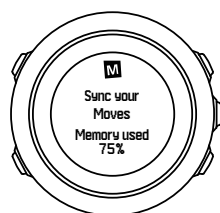
You can also view the summaries of all your recorded sessions(logs) in the logbook. In the logbook recorded sessions are listed according to date and time.

To view summary log in the logbook:

1. Press [START] to enter the start menu.
2. Scroll to **Logbook** with [LIGHT] and enter with [NEXT] .
3. Scroll the logs with [START] or [LIGHT] and select a log with [NEXT] .
4. Browse the summary views of the log with [NEXT] .

3.13. Memory left indicator

If more than 50 % of the logbook has not been synchronized with Suunto app, Suunto Traverse displays a reminder when you enter the logbook.




The reminder is not displayed once the unsynced memory is full and Suunto Traverse begins overwriting old logs.

3.14. Movescount

Movescount allows you to customize your watch to best meet your needs.

Start by installing SuuntoLink:

1. Go to www.suunto.com/suuntolink.
2. Download, install and open the latest version of SuuntoLink.
3. Follow the instructions to create your Movescount account.
4. Go to www.movescount.com and log in.

 **NOTE:** The first time your Suunto Traverse is connected to Movescount, the watch settings are transferred from the watch to your Movescount account. The next time you connect your Suunto Traverse to your Movescount account, changes in settings and sport modes you make in Movescount and in the watch are automatically synchronized.

3.15. Navigating with GPS


Suunto Traverse uses the Global Positioning System (GPS) to determine your current position. GPS incorporates a set of satellites that orbit the Earth at an altitude of 20,000 km at the speed of 4 km/s.


The built-in GPS receiver in Suunto Traverse is optimized for wrist use and receives data from a very wide angle.


3.15.1. Getting GPS signal

Suunto Traverse activates GPS automatically when you select a sport mode with the GPS functionality, determine your location, or start navigating.



 **NOTE:** When you activate GPS for the first time, or have not used it for a long time, it might take longer than usual to get a GPS fix. Subsequent GPS starts will take less time.

 **TIP:** To minimize GPS initiation time, hold the watch steady facing up and make sure you are in an open area with a clear view of the sky.

 **TIP:** Regularly synchronize your Suunto Traverse with Suunto app to get the latest satellite orbit data (GPS optimization). This reduces the time needed to get the GPS fix and improves track accuracy.

Troubleshooting: No GPS signal

- For an optimal signal, point the GPS part of the watch upwards. The best signal can be received in an open area with a clear view of the sky.
- The GPS receiver usually works well inside tents and other thin covers. However, objects, buildings, dense vegetation or cloudy weather can reduce the GPS signal reception quality.
- GPS signal does not penetrate any solid constructions or water. Therefore do not try to activate GPS inside buildings, caves or under water.

3.15.2. GPS grids and position formats

Grids are lines on a map that define the coordinate system used on the map.

Position format is the way the GPS receiver's position is displayed on the watch. All the formats relate to the same location, they only express it in a different way. You can change the position format in the watch settings in the options menu under **GENERAL » Formats » Position format**.

You can select the format from the following grids:

- latitude/longitude is the most commonly used grid and has three different formats:
 - **WGS84 Hd.d°**
 - **WGS84 Hd°m.m'**
 - **WGS84 Hd°m's.s**
- **UTM** (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.

- **MGRS** (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Traverse also supports the following local grids:

- **British (BNG)**
- **Finnish (ETRS-TM35FIN)**
- **Finnish (KKJ)**
- **Irish (IG)**
- **Swedish (RT90)**
- **Swiss (CH1903)**
- **UTM NAD27 Alaska**
- **UTM NAD27 Conus**
- **UTM NAD83**
- **NZTM2000** (New Zealand)



NOTE: Some grids cannot be used in the areas north of 84°N and south of 80°S, or outside the countries that they are intended for.

3.15.3. GPS accuracy and power saving

When customizing sport modes, you can define the GPS fix interval using the GPS accuracy setting in Suunto Movescount. The shorter the interval, the better the accuracy during recording.

By increasing the interval and lowering the accuracy, you can extend the battery life.

The GPS accuracy options are:

- **Best:** ~ 1 sec fix interval, highest power consumption
- **Good:** ~ 5 sec fix interval, moderate power consumption
- **OK:** ~ 60 sec fix interval, lowest power consumption
- **Off:** no GPS fix

You can adjust the predefined GPS accuracy of the sport mode if needed **only** during a recording and while navigating. For instance, if you notice you are low on battery, you could adjust the setting to extend battery life.

Adjust GPS accuracy in the start menu under **NAVIGATION** » **Settings** » **GPS accuracy**.

3.15.4. GPS and GLONASS

Suunto Traverse uses a Global Navigation Satellite System (GNSS) to determine your location. The GNSS can use signals from both GPS and GLONASS satellites.

By default your watch searches for GPS signals only. In some situations and locations already the world, using GLONASS signals can improve location accuracy. However, keep in mind that using GLONASS consumes more battery than using GPS only.

You can activate or deactivate GLONASS at any time, even while recording an activity.

The activate or deactivate GLONASS:

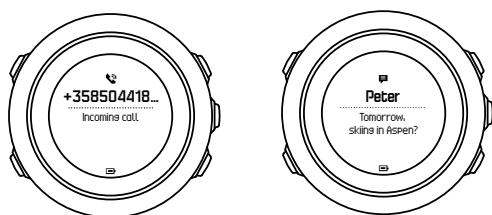
1. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **NAVIGATION** with [START] and enter with [NEXT].
3. Scroll to **SETTINGS** with [LIGHT] and select with [NEXT].

4. Scroll to **GNSS** with [START] and select with [NEXT] .
5. Choose **GPS & GLONASS** to activate GLONASS. If already active, choose **GPS** to deactivate GLONASS.
6. Keep [NEXT] pressed to exit.

 **NOTE:** *GLONASS is only used if GPS accuracy is set to best. (See 3.15.3. GPS accuracy and power saving).*

3.16. Notifications

If you have paired your Suunto Traverse with Suunto app (see *Suunto app*), you can get call, message and push notifications on the watch.



To get notifications on your watch:

1. Keep [NEXT] pressed to enter the options menu.
2. Press [LIGHT] to scroll to **CONNECTIVITY** and press [NEXT] .
3. Press [LIGHT] to scroll to **Notifications**.
4. Toggle on/off with [LIGHT] .
5. Exit by keeping [NEXT] pressed.

With notifications on, your Suunto Traverse gives an alert (see 3.27. *Tones and vibration*) and displays a notification icon in the bottom row of the time display with each new event.

To view notifications on your watch:

1. Press [START] to enter the start menu.
2. Scroll to **NOTIFICATIONS** with [START] and press [NEXT] .
3. Scroll through the notifications with [START] or [LIGHT] .

Up to 10 notifications can be listed. Notifications remain in your watch until you clear them from your mobile device. However, notifications older than one day are hidden from view in the watch.

3.17. Recording activities

Use sport modes (see 3.22. *Sport modes*) to record activities and view various information during your outing.

Out of the box, Suunto Traverse has has one sport mode, Hiking. Start a recording by pressing [START] and then press [NEXT] to enter **RECORD**.

So long as there is only one sport mode in the watch, the recording starts immediately. If you add other sport modes, you need to select the sport mode you want to use and then press [NEXT] to start the recording.

 **TIP:** *You can also quickly start the recording by keeping [START] pressed.*

3.18. Pairing heart rate sensor


Pairing procedures may vary depending on the heart rate (HR) sensor type. Please refer to the user guide for the device you are pairing with your Suunto Traverse before continuing.

To pair a heart rate sensor:

1. Activate heart rate sensor.
2. Keep [NEXT] pressed to enter the options menu.
3. Scroll to **CONNECTIVITY** with [LIGHT] and select with [NEXT] .
4. Press [NEXT] again to enter **Pair**.
5. Scroll to **HR belt** with [LIGHT] and press [NEXT] .
6. Hold your Suunto Traverse close to the device you are pairing and wait for Suunto Traverse to notify that pairing was successful.

3.19. Points of interest

Suunto Traverse includes GPS navigation which allows you to navigate to a pre-defined destination stored as a point of interest (POI).

 **NOTE:** You can also start navigating to a POI when you are recording an activity (see 3.17. Recording activities).

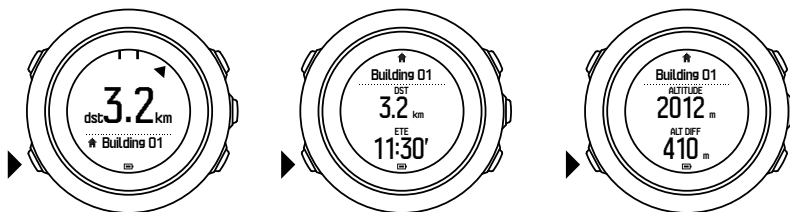
To navigate to a POI:

1. Press [START] to enter the start menu.
2. Scroll to **NAVIGATION** with [START] and press [NEXT] .
3. Scroll to **POIs (Points of interest)** using [LIGHT] and press [NEXT] .
4. Scroll to the POI you wish to navigate to with [START] or [LIGHT] and select with [NEXT] .
5. Press [NEXT] again to select **Navigate**. If you are using the compass for the first time, you need to calibrate it (see 3.6.1. Calibrating compass). After activating the compass, the watch starts searching for a GPS signal. All navigating is recorded. If your watch has more than one sport mode, you are prompted to select one.
6. Start navigating to the POI.

The watch displays the breadcrumb display, showing your position and the position of the POI.

By pressing [VIEW] you can access additional guidance:

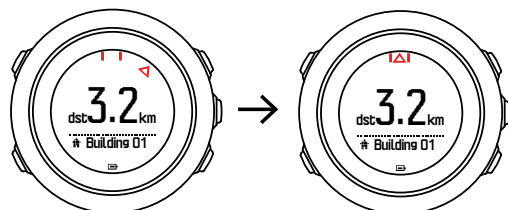
- distance and direction to POI in straight line
- distance to POI and estimated time en route based on your current speed,
- difference between your current altitude and the POI altitude



When stationary or moving slowly (<4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on the compass bearing.

While moving (>4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on GPS.

The direction to your target, or bearing, is shown with the empty triangle. Your direction of travel, or heading, is indicated by the solid lines at the top of the display. Aligning these two ensures you are moving in the correct direction.




3.19.1. Checking your location

Suunto Traverse allows you to check the coordinates of your current location using GPS.

To check your location:

1. Press [START] to enter the start menu.
2. Scroll to **NAVIGATION** with [START] and press [NEXT] .
3. Scroll to **Location** with [LIGHT] and press [NEXT] .
4. Press [NEXT] to select **Current**.
5. The watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal. After that your current coordinates are shown on the display.

 **TIP:** You can also check your location while you are recording an activity by keeping [NEXT] pressed to access **NAVIGATION** in the options menu or by pressing [START] while in the breadcrumb display.

3.19.2. Adding a POI

Suunto Traverse allows you to save your current location or define a location as a POI.

You can store up to 250 POIs in the watch.

When adding a POI, select a POI type (icon) and POI name from a predefined list.

To save a POI:

1. Press [START] to enter the start menu.
2. Scroll to **NAVIGATION** with [START] and press [NEXT] .
3. Scroll to **Location** with [LIGHT] and press [NEXT] .
4. Select **Current** or select **Define** to manually change longitude and latitude values.
5. Press [START] to save the location.
6. Select a suitable name for the location. Scroll through the name options with [START] or [LIGHT] . Select a name with [NEXT] .
7. Press [START] to save the POI.

 **TIP:** You can quickly save your current location as a POI by keeping [VIEW] pressed. This can be done from any display.

3.19.3. Deleting a POI

You can delete a POI directly in the watch.

To delete a POI:

1. Press [START] to enter the start menu.
2. Scroll to **NAVIGATION** with [START] and press [NEXT] .
3. Scroll to **POIs (Points of interest)** with [LIGHT] and press [NEXT] .
4. Scroll to the POI you wish to delete with [START] or [LIGHT] and select with [NEXT] .
5. Scroll to **Delete** with [START] and press [NEXT] .
6. Press [START] to confirm.

3.20. Routes

You can create a route in Movescount, or import a route created with another service.

To add a route:

1. Go to www.movescount.com and log in.
2. Sync your Suunto Traverse with Movescount using Suuntolink and the supplied USB cable.

Routes could also be deleted through Movescount.

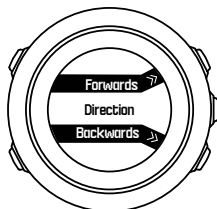
3.20.1. Navigating a route

You can navigate a route you have transferred to your Suunto Traverse from Movescount (see 3.20 Routes) or from a log in your logbook with GPS data. You get a preview of the route based on the route list or logbook selection.

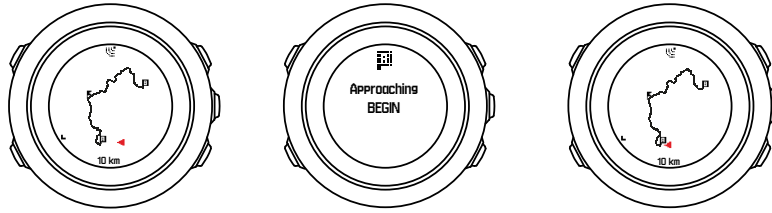
If you are using the compass for the first time, you need to calibrate it (see 3.6.1. *Calibrating compass*). After activating the compass, the watch will begin searching for a GPS signal. After the watch acquires a GPS signal, you can begin to navigate a route.

To navigate a route:


1. Press [START] to enter the start menu.
2. Scroll to **NAVIGATION** with [START] and press [NEXT] .
3. Scroll to **Routes** or **NAVIGATION** and press [NEXT] to enter .
4. Scroll to the route you want to navigate with [START] or [LIGHT] and press [NEXT] .
5. Press [NEXT] to select **Navigate**. All navigating is recorded. If you watch has more than one sport mode, you are prompted to select one.
6. Select **Forwards** or **Backwards** to chose the direction you want to navigate (from the first waypoint or the last).



7. Start navigating. The watch informs you when you are approaching the beginning of the route.



8. The watch informs you when you have arrived at your destination.

 **TIP:** You can also start navigating while recording an activity (see 3.17. Recording activities).

3.20.2. During navigation

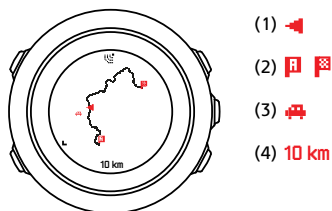
During navigation, press [VIEW] to scroll the following views:

- full track view showing the whole route
- zoomed-in track view of the route: by default, the zoomed-in view is scaled to a 100 m (0.1 mi) scale; the scale is larger if you are far away from the route

Track view

The full track view shows you the following information:

- (1) arrow indicating your location and pointing to the direction of your heading.
- (2) the beginning and end of the route
- (3) The closest POI is shown as an icon.
- (4) scale of the track view



 **NOTE:** In the full track view the north is always up.

Map orientation

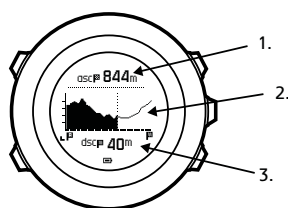
You can change the map orientation in the options menu under **NAVIGATION » Settings » Map » Orientation**.

- **Heading up:** Displays the zoomed-in map with the heading pointing up.
- **North up:** Displays the zoomed-in map with the north pointing up.

Ascent profile view

The ascent profile view shows you the following information:

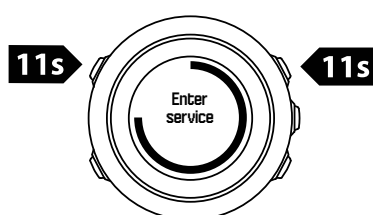
1. Remaining ascent
2. Real-time altitude profile graph
3. Remaining descent



If you veer too far off the route track, the profile graph is not updated. Instead, the text **Off route** is shown below the graph. You need to return to the track to get accurate ascent calculations.


3.21. Service menu


To access the service menu, keep [BACK LAP] and [START] pressed simultaneously until the watch enters the service menu.



The service menu includes the following items:

- **Info:**
 - **Air pressure:** shows the current absolute air pressure and temperature.
 - **Version:** shows the current software and hardware version.
 - **BLE:** shows the current Bluetooth Smart version.
- **Display:**
 - **LCD test:** allows you to test that the LCD works properly.
- **ACTION:**
 - **Power off:** allows you to put the watch into deep sleep.
 - **GPS reset:** allows you to reset GPS.

 **NOTE:** *Power off* is a low power state. Follow the normal startup procedure to wake up the device. All settings except time and date are maintained. Just confirm them through the startup wizard.

 **NOTE:** The watch switches to power saving mode when it is static for 10 minutes. The watch re-activates when moved.

 **NOTE:** Service menu content is subject to change without notice during updates.


Resetting GPS

In case the GPS unit cannot find a signal, you can reset GPS data in the service menu.

To reset GPS:

1. In the service menu, scroll to **ACTION** with [LIGHT] and enter with [NEXT].

2. Press [LIGHT] to scroll to **GPS reset** and enter with [NEXT] .
3. Press [START] to confirm GPS reset, or press [LIGHT] to cancel.

 **NOTE:** *Resetting GPS resets GPS data and compass calibration values. Saved logs are not removed.*

3.22. Sport modes

Sport modes are your way to customize how activities are recorded. Different information is shown on the displays while recording depending on the sport mode. Suunto Traverse comes with a predefined sport mode for hiking.

In Suunto Movescount you can create custom sport modes, edit the predefined sport mode, delete sport modes, or simply hide them so that they are not shown in your **RECORD** menu (see 3.17. *Recording activities*).

A custom sport mode can contain up to four displays. You can choose which data appears on each display from a comprehensive list of options.

You can transfer up to five sport modes created in Movescount to your Suunto Traverse.

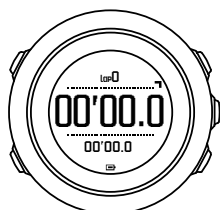
3.23. Stopwatch


The stopwatch is a display that can be turned on or off from the start menu.

To activate the stopwatch:

1. Press [START] to enter the start menu.
2. Scroll to **DISPLAYS** with [LIGHT] and press [NEXT] .
3. Scroll to **Stopwatch** with [LIGHT] and press [NEXT] .

When activated, the timer can be accessed by pressing [NEXT] until the timer appears.



 **NOTE:** *The stopwatch is not visible while recording an activity.*

To use the stopwatch:

1. In the activated stopwatch display, press [START] to start measuring time.
2. Press [BACK LAP] to make a lap, or press [START] to pause the stopwatch. To view the lap times, press [BACK LAP] when the stopwatch is paused.
3. Press [START] to continue.
4. To reset the time, keep [START] pressed when the stopwatch is paused.

While the stopwatch is running, you can:

- press [VIEW] to switch between the time and lap time shown on the bottom row of the display.
- switch to Time display with [NEXT] .
- enter the options menu by keeping [NEXT] pressed.

If you no longer want to see the stopwatch display, deactivate the stopwatch.

To hide the stopwatch:

1. Press [START] to enter the start menu.
2. Scroll to **DISPLAYS** with [LIGHT] and press [NEXT] .
3. Scroll to **End stopwatch** with [LIGHT] and press [NEXT] .

3.24. Suunto app

With the Suunto app, you can further enrich your Suunto Traverse experience by analyzing and sharing your trainings, connecting to partners and much more. Pair with the mobile app to get notifications on your Suunto Traverse.

To pair your watch with Suunto app:

1. Download and install Suunto app on your compatible mobile device from the App Store, Google Play in addition to several popular app stores in China.
2. Start Suunto app and turn on Bluetooth if it is not on already.
3. On your watch, keep [Next] pressed to enter the options menu.
4. Scroll to **PAIR** with [Light Lock] and select with [Next]
5. Press [Next] to select **MOBILEAPP**.
6. Return to the app and tap the watch icon in the upper left corner of the screen. When the name of the watch appears, tap PAIR.
7. Enter the passkey shown on your watch display into the pairing request field on your mobile device and tap PAIR to finalize the connection.



NOTE: Some features require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.

3.24.1. Syncing with mobile app

If you have paired your Suunto Traverse with Suunto app, all your new training sessions are automatically synced when the Bluetooth connection is active and in working range. The Bluetooth icon on your Suunto Traverse flashes when data is being synced.

If your mobile device has an active data connection and Bluetooth is on, logs are synced with Suunto app when automatic syncing is on. If there is no data connection, syncing is delayed until a connection is available.

This default setting can be changed from the options menu if you have paired your watch with the mobile app.


To turn off automatic syncing:

1. Keep [NEXT] pressed to enter the options menu.
2. Scroll to **CONNECTIVITY** with [LIGHT] and select with [NEXT] .
3. Press [NEXT] again to enter the **MobileApp sync** setting.
4. Toggle off with [LIGHT] and keep [NEXT] pressed to exit.

When automatic syncing is off, you cannot get or view notifications on your watch.

3.25. Suunto Apps

Suunto Apps allow you to further customize your Suunto Traverse. Visit Suunto App Zone under Community in Movescount.com to find Apps, such as various timers and counters, available for your use. If you cannot find what you need, create your own App with Suunto App Designer. You can create Apps, for example, for calculating your estimated marathon result, or the slope grade of your skiing route.

 **NOTE:** *Suunto Apps in Movescount refers to apps you can use in your watch. Not to be confused with Suunto app which is a mobile app used for analyzing and sharing your trainings, connecting to partners and much more.*

To add Suunto Apps to your Suunto Traverse:

1. Go to the **App zone** section in Movescount community to browse existing Suunto Apps. To create your own App, select **App Designer**.
2. Add Suunto App to a sport mode. Connect your Suunto Traverse to your Movescount account to synchronize Suunto App to the watch. The added Suunto App will show the result of its calculation while you exercise.

 **NOTE:** *You can add up to five Suunto Apps to each sport mode.*

3.26. Time

The time display on your Suunto Traverse shows the following information:

- top row: date
- middle row: time
- bottom row: change with [VIEW] to show additional information such as sunrise/sunset, altitude and battery level.

In the options menu under **GENERAL » Time/date**, you can set the following:

- Dual time
- Alarm
- Time and date

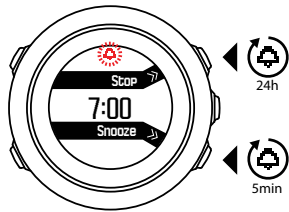
3.26.1. Alarm clock

You can use your Suunto Traverse as an alarm clock. Turn the alarm on/off and set the alarm time in the options menu under **GENERAL » Time/date » Alarm**.

When the alarm is switched on, the alarm symbol is shown on most of the displays.

When the alarm sounds, you can:

- Snooze by pressing [LIGHT] . The alarm stops and restarts every five minutes until you stop it. You can snooze up to 12 times for a total of one hour.
- Stop by pressing [START] . The alarm stops and restarts the same time the following day, unless you switch the alarm off in the options menu.



 **NOTE:** When snoozing, the alarm icon blinks in the time display.

3.26.2. Time syncing

Your Suunto Traverse time can be updated through your mobile phone, computer (Suuntolink) or GPS time.

When you connect your watch to the computer with the USB cable, Suuntolink by default updates your watch time and date according to the computer clock.

GPS time

GPS time corrects the offset between your Suunto Traverse and the GPS time. GPS time checks and corrects the time whenever a GPS fix is found (for example when recording an activity, or saving a POI).

GPS time is on by default. You can turn it off in the options menu under **GENERAL » Time/date » Time & date**.

Daylight Saving Time

Suunto Traverse supports Daylight Saving Time (DST) time adjustments if GPS time is on

You can adjust the Daylight Saving Time setting in the options menu under **GENERAL » Time/date » Time & date**.

There are three settings available:

- **Automatic** – automatic DST adjustment based on GPS location
- **Winter time** – always winter time (no DST)
- **Summer time** – always summer time

3.27. Tones and vibration

Tones and vibration alerts are used for notifications, alarms and other key events. Both can be adjusted separately in the options menu under **GENERAL » Tones/display » Tones** or **Vibration**.

For each alert type, you can select from the following options:

- **All on:** all events trigger tones/vibration
- **All off:** no events trigger tones/vibration
- **Buttons off:** all events other than pushing buttons trigger tones/vibration

3.28. Track back

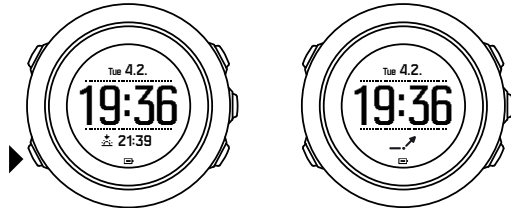
With Suunto Traverse you can retrace your route any time during a recording with the help of the breadcrumb display.

You can also navigate a track from the logbook with recorded activities that include GPS data. Follow the same procedure as in 3.20.1. *Navigating a route*. Scroll to **Logbook** instead of **Routes**, and select a log to start navigating.




3.29. Weather indicators

In addition to the barometer graph (see 3.2.4. *Using barometer profile*), Suunto Traverse has two weather indicators: weather trend and storm alarm.

The weather trend indicator is displayed as a view in the time display, providing you a quick way to check weather changes.



The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. A change in barometric pressure greater than 2 hPa (0.59 inHg) over three hours triggers a change the direction of the arrow. For example:

	pressure dropping heavily over the last six hours
	pressure was steady, but rising heavily over the last three hours
	pressure was rising heavily, but dropping heavily over the last three hours

Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Traverse sounds an alarm and flashes a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

The storm alarm is off by default. You can turn it on in the options menu under **GENERAL » Alerts » Storm alarm**.

 **NOTE:** *The storm alarm does not work if you have altimeter profile activated.*

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm repeats once after five minutes. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

A special lap (called 'storm alarm') is generated when a storm alarm occurs while recording an activity.


4. Care and support

4.1. Handling guidelines

Handle the unit with care – do not knock or drop it.


Under normal circumstances the watch does not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois.

Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

 **TIP:** Remember to register your Suunto Traverse at www.suunto.com/support to get personalized support.

4.2. Water resistance

Suunto Traverse is water resistant to 100 meters (330 feet), which is equivalent to 10 bars. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test. This means you can use the watch for swimming and snorkeling, but it should not be used for any form of diving.


 **NOTE:** Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/water tightness withstanding shower, bathing, swimming, poolside diving and snorkeling.

To maintain water resistance, it is recommended to:

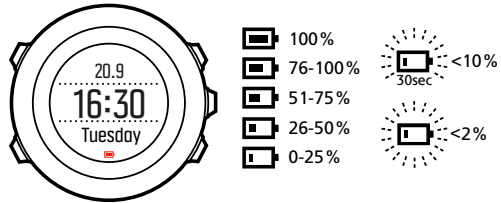
- never use the device for other than intended use.
- contact an authorized Suunto service, distributor or retailer for any repairs.
- keep the device clean from dirt and sand.
- never attempt to open the case yourself.
- avoid subjecting the device to rapid air and water temperature changes.
- always clean your device with fresh water if subjected to salt water.
- never knock or drop the device.

4.3. Charging the battery

The duration on a single charge depends on how Suunto Traverse is used and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.


 **NOTE:** In case of abnormal capacity decrease due to defective battery, Suunto warranty covers the battery replacement for one year or for at maximum 300 charging times, whichever comes first.

The battery icon indicates the charge level of the battery. When the battery charge level is less than 10%, the battery icon blinks for 30 seconds. When the battery charge level is less than 2%, the battery icon blinks continuously.



When battery level drops very low during a recording, the watch stops and saves the recording. The watch can still show time, but buttons are deactivated.

Charge the battery by attaching it to your computer with the supplied USB cable, or charge with a USB-compatible wall charger. It takes approximately 2-3 hours to fully charge an empty battery.

 **TIP:** You can change the GPS fix interval during a recording to save battery life. See 3.15.3. GPS accuracy and power saving.

5. Reference

5.1. Technical specifications

General

- Operating temperature: -20° C to +60° C (-5° F to +140° F)
- Battery charging temperature: 0° C to +35° C (+32° F to +95° F)
- Storage temperature: -30° C to +60° C (-22° F to +140° F)
- Weight: ~80g (2.8 oz)
- Water resistance: 100 m (300 ft)
- Glass: mineral crystal
- Power: rechargeable lithium-ion battery
- Battery life: ~10 - 100 hours depending on selected GPS accuracy; ~14 days with GPS off

Memory

- Points of Interest (POIs): max. 250

Radio transceiver

- Bluetooth® Smart compatible
- Communication frequency: 2402-2480 MHz
- Maximum transmission power: <0 dBm (conducted)
- Range: ~3 m/9.8 ft

Barometer

- Display range: 950 to 1060 hPa (28.05 to 31.30 inHg)
- Resolution: 1 hPa (0.03 inHg)

Altimeter

- Display range: -500 m to 9999 m (-1640 ft to 32805 ft)
- Resolution: 1 m (3 ft)

Thermometer

- Display range: -20° C to +60° C (-4° F to +140° F)
- Resolution: 1°

Chronograph

- Resolution: 1 s until 9:59'59, after that 1 min

Compass

- Resolution: 1 degree (18 mils)

- Accuracy: +/- 5 degrees

GPS

- Technology: SiRF star V
- Resolution: 1 m/3 ft
- Frequency band: 1575.42 MHz

Manufacturer

Suunto Oy

Tammiston kauppatie 7 A

FI-01510 Vantaa

FINLAND

5.2. Compliance

5.2.1. CE

Hereby, Suunto Oy, declares that the radio equipment type OW151 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.suunto.com/EUconformity.

5.2.2. FCC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Amer Sports United States

2030 Lincoln Avenue

84401 Ogden

United States

www.amersports.com

+1 855 258 0900

5.2.3. ISED REGULATORY COMPLIANCE

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

5.2.4. NOM-121-SCT1-2009

The operation of this equipment is subject to the following two conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

5.3. Trademark

Suunto Traverse, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

5.4. Patent notice

This product is protected by pending patent applications and their corresponding national rights: US 7,271,774 , US 7,324,002, US 13/794,468, US 14/195,670. Additional patent applications have been filed.

5.5. International Limited Warranty

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this International Limited Warranty. This International Limited Warranty is valid and enforceable regardless of the country of purchase. The International Limited Warranty does not affect your legal rights, granted under mandatory national law applicable to the sale of consumer goods.

Warranty Period

The International Limited Warranty Period starts at the date of original retail purchase.

The Warranty Period is two (2) years for Watches, Smart Watches, Dive Computers, Heart Rate Transmitters, Dive Transmitters, Dive Mechanical Instruments, and Mechanical Precision Instruments unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to Suunto chest straps, watch straps, chargers, cables, rechargeable batteries, bracelets and hoses.

The Warranty Period is five (5) years for failures attributable to the depth measurement (pressure) sensor on Suunto Dive Computers.

Exclusions and Limitations

This International Limited Warranty does not cover:

1. a. normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This International Limited Warranty is not enforceable if the Product or accessory:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

Access to Suunto warranty service

You must provide proof of purchase to access Suunto warranty service. You must also register your product online at www.suunto.com/register to receive international warranty services globally. For instructions how to obtain warranty service, visit www.suunto.com/warranty, contact your local authorized Suunto retailer, or call Suunto Contact Center.

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this International Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto

knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

5.6. Copyright

© Suunto Oy 10/2015. All rights reserved. Suunto, Suunto product names, their logos and other Suunto brand trademarks and names are registered or unregistered trademarks of Suunto Oy. This document and its contents are proprietary to Suunto Oy and are intended solely for the use of clients to obtain knowledge and information regarding the operation of Suunto products. Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy. While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. This document content is subject to change at any time without notice. The latest version of this documentation can be downloaded at www.suunto.com.

Index

activities.....	24	GPS accuracy.....	23
activity monitor.....	8	GPS signal.....	22
adding.....	26	GPS time.....	33
adjust settings.....	6	grids.....	22
alarm clock.....	32	handling.....	35
Alti & Baro.....	11, 12	heart rate sensor.....	25
Alti-Baro.....	9, 10, 12	icons.....	18
altimeter profile.....	12	invert display.....	17
altitude reference value.....	10	logbook.....	20
Automatic profile.....	12	memory left indicator.....	21
autopause.....	13	mode.....	13
backlight.....	13	navigating.....	18, 25, 27
barometer profile.....	12	pairing.....	25
battery.....	35	point of interest (POI).....	25, 26, 27
bearing.....	16	position formats.....	22
bearing lock.....	16	profiles.....	11
brightness.....	13	reference value.....	10, 11
button lock.....	14	route.....	27
buttons.....	5	sea level pressure value.....	10
calibrating.....	15	service menu.....	29
care.....	35	settings.....	6
charging.....	5, 35	show/hide displays.....	17
compass.....	14, 15, 16	snooze.....	32
correct readings.....	10	sport modes.....	24, 30
countdown timer.....	16	startup wizard.....	5
current location.....	26	steps.....	8
Daylight Saving Time.....	33	stopwatch.....	30
declination.....	15	storm alarm.....	34
deleting.....	27	Suunto app.....	31
display.....	17	syncing.....	31
displays.....	17	time.....	32, 33
find back.....	18	timers.....	16
flashlight.....	13	tones.....	33
FusedAlti.....	10	vibration.....	33
GLONASS.....	23	waypoints.....	27
GNSS.....	23	weather.....	34
GPS.....	21, 22, 23	weather trend.....	34



SUUNTO CUSTOMER SUPPORT

1. www.suunto.com/support
www.suunto.com/register
2. **AUSTRALIA (24/7)** +61 1800 240 498
AUSTRIA +43 72 088 3104
BELGIUM +32(0)78 483 936
CANADA (24/7) +1 855 624 9080
中国 (CHINA) +86 400 8427507
中国香港 (CHINA - Hong Kong) +852 58060687
DENMARK (EN, SV) +45 89872945
FINLAND +358 94 245 0127
FRANCE +33 48 168 0926
GERMANY +49 893 803 8778
ITALY +39 029 475 1965
JAPAN +81 34 520 9417
NETHERLANDS +31 10 713 7269
NEW ZEALAND (24/7) +64 988 75 223
POLAND +48 1288 10196
PORTUGAL (EN, ES) +35 1308806903
SPAIN +34 911 143 175
SWEDEN +46 85 250 0730
SWITZERLAND +41 44 580 9988
UK (24/7) +44 20 360 805 34
USA (24/7) +1 855 258 0900

Manufacturer:

Suunto Oy
Tammiston kauppatie 7 A,
FI-01510 Vantaa FINLAND



© Suunto Oy 10/2020

Suunto is a registered trademark of Suunto Oy. All Rights reserved.