EZON H001

EZON H001 Outdoor Sports Watch User Manual

Model: H001

1. Introduction

The EZON H001 is a versatile outdoor sports watch designed for adventurers and sports enthusiasts. It integrates multiple essential functions including an altimeter, barometer, compass, thermometer, and timer, making it an indispensable tool for activities like hiking, trekking, and mountain climbing. This manual provides comprehensive instructions to help you understand and utilize all features of your EZON H001 watch.

Image: The EZON H001 Outdoor Sports Watch, showcasing its digital display and rugged design.

2. Key Features

- **Altimeter:** Measures current altitude, relative altitude, total ascent, and total descent. Records up to 50 altitude logs.
- **Barometer:** Displays atmospheric pressure and predicts weather changes.
- **Compass:** Provides directional guidance. Requires calibration for accurate readings.
- **Thermometer:** Measures ambient temperature.
- **Time Functions:** Includes time display, date, day of the week, sunrise/sunset times, stopwatch, and countdown timer.
- **Backlight:** EL backlight for clear visibility in low-light conditions.
- **Water Resistance:** 5ATM (50 meters) water resistant, suitable for short periods of recreational swimming and cold showers. Avoid pressing buttons underwater or exposure to steam/hot water.
- **Durable Design:** Constructed with ultra-durable materials and a stainless steel back cover for longevity and corrosion resistance.

Image: The EZON H001 watch, highlighting its robust design for exploration and mountain climbing.

3. Setup

3.1 Initial Power On

To activate the watch display, press and hold all four buttons simultaneously. The watch will power on and display the initial time setting screen.

3.2 Basic Settings (Time, Date, Units)

1. Press and hold the **MODE** button (bottom left) to enter the settings menu.
2. Use the **ALTI** (bottom right) and **BARO** (top right) buttons to navigate through settings such as Time-Date, Alarm, Timer, Alti-Baro, Compass, and Unit.
3. Select **Time-Date** to set the current time (12/24-hour format) and date. Use the**COMP** (middle right) button to confirm selections and move to the next setting.
4. In the **Unit** setting, you can choose between metric (meters, Celsius, hPa) and imperial (feet, Fahrenheit, inHg) units for altitude, temperature, and pressure.
5. For the altimeter, it is recommended to set the sea level pressure or a known altitude at your current location for accurate readings.

Your browser does not support the video tag.

Video: This video demonstrates the unboxing and initial setup of the EZON H001 watch, including how to activate the display and navigate through its main functions like barometer, compass, and altimeter, and its 50-meter water resistance.

4. Operating Instructions

4.1 Mode Navigation

Press the **MODE** button (bottom left) to cycle through different functions: Time, Altimeter, Barometer, Compass, Stopwatch, Timer, and Settings.

4.2 Altimeter Function

In Altimeter mode, the watch displays current altitude. It also records total ascent and descent. For accurate readings, calibrate the altimeter at a known altitude (e.g., trailhead, sea level) before your activity. The measurement range is -500m to 9000m (-1640ft to 29527ft).

Image: The EZON H001 watch displaying altitude, ideal for mountain climbing.

4.3 Barometer Function

The barometer displays atmospheric pressure and can help predict short-term weather changes. A rising pressure generally indicates improving weather, while a falling pressure suggests deteriorating conditions. The measurement range is 300hPa to 1100hPa (8.86inHg to 32.48inHg).

Image: The EZON H001 watch displaying barometer readings and weather forecast icons.

4.4 Compass Function

To use the compass, hold the watch horizontally and away from magnetic interference. It is essential to calibrate the compass and set the magnetic declination before use for accurate directional readings.

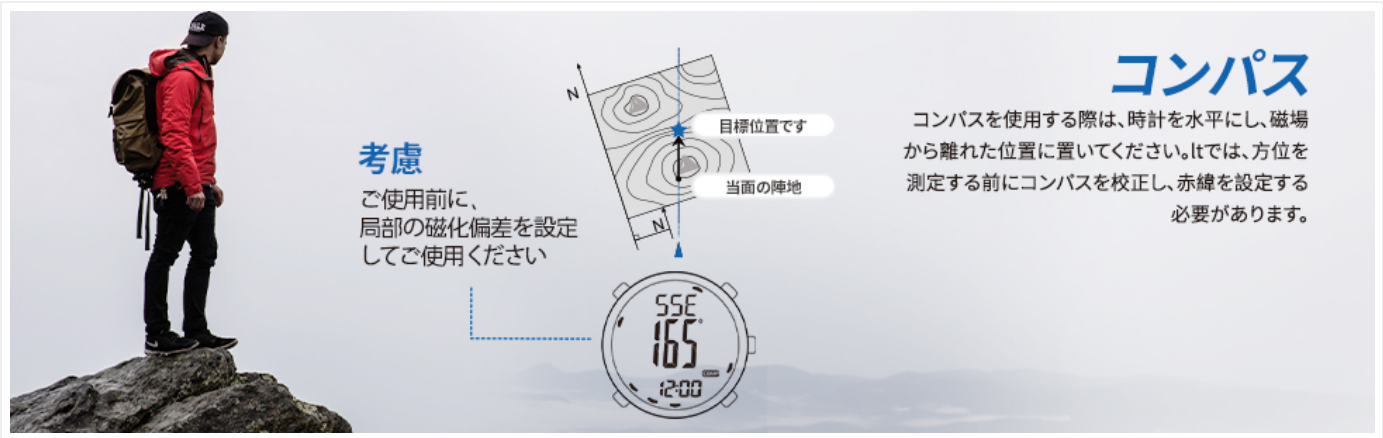

Image: The EZON H001 watch displaying compass direction, with a hiker using it for navigation.

4.5 Stopwatch and Timer

The watch includes a stopwatch for measuring elapsed time and a countdown timer for specific intervals. These functions are useful for tracking performance during sports or other activities.

4.6 Backlight

Press the **LIGHT** button (top left) to activate the EL backlight, providing clear visibility of the display in dark environments.

Image: The EZON H001 watch with its backlight activated, showing clear visibility in the dark.

5. Maintenance

5.1 Water Resistance

The EZON H001 watch is 5ATM (50 meters) water resistant. This means it can withstand splashes, rain, and short periods of recreational swimming or cold showers. **Important: Do not press any buttons while the watch is submerged in water. Avoid exposure to steam or hot water, as this can damage the waterproof seals.**

Image: The EZON H001 watch submerged in water, demonstrating its 50-meter water resistance.

5.2 Battery

The watch uses a Lithium Metal battery (CR2032). The battery life can last up to 365 days depending on usage. When the battery is low, it is recommended to have it replaced by a qualified technician to maintain water resistance.

Your browser does not support the video tag.

Video: This video provides an overview of the EZON H001 outdoor sports watch, showcasing its professional design, durability, and key functions including barometer, compass, altimeter, backlight, stopwatch, and countdown timer. It also highlights its 50-meter water resistance and suitability for various outdoor activities like rock climbing, mountain climbing, and hiking.

6. Troubleshooting

- **Display is blank:** Ensure the watch is powered on by pressing and holding all four buttons simultaneously. If the issue persists, the battery may need replacement.
- **Inaccurate Altimeter/Barometer readings:** Calibrate the altimeter at a known altitude before use. Barometric pressure changes with weather, so frequent calibration may be needed for precise altitude tracking.
- **Inaccurate Temperature readings:** The watch measures ambient temperature. When worn on the wrist, it will be affected by body heat. For accurate ambient temperature, remove the watch from your wrist for at least 15-20 minutes.
- **Compass not working correctly:** Calibrate the compass regularly and ensure you are away from strong magnetic fields (e.g., magnets, large metal objects) when taking readings.
- **Buttons accidentally pressed:** The watch features a button lock function. Press and hold the**LIGHT** button to activate/deactivate the button lock. A small icon will appear on the display when locked.

7. Specifications

Feature	Value
Model Number	H001
Brand	EZON
Display Type	Digital
Case Material	PC+GF
Band Material	Synthetic Resin
Water Resistance	50 Meters (5ATM)
Battery Type	Lithium Metal (CR2032)
Features	Compass, Time Display, Activity Tracker, Altimeter, Shock Resistance
Connectivity Technology	GPS (for time sync, not tracking)
Wireless Communication Standard	Bluetooth
Product Weight	65 grams
Product Dimensions	11 x 11 x 8 cm

8. Warranty and Support

The EZON H001 watch comes with a limited warranty. For detailed warranty information, product support, or service inquiries, please refer to the official EZON website or contact customer service. Keep your purchase receipt as proof of purchase.
Official Website: www.ezonwatch.com
Email Support: support@ezon.cn