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## Garmin 010-02293-14

# Garmin Instinct Solar Tactical Smartwatch User Manual

Model: Instinct Solar Tactical (010-02293-14)

Brand: Garmin

## INTRODUCTION

The Garmin Instinct Solar Tactical is a rugged, solar-powered GPS smartwatch designed for outdoor enthusiasts and tactical operations. It features extended battery life through solar charging, military-standard durability, and a suite of specialized functions including tactical features, built-in sports apps, and comprehensive health monitoring.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Instinct Solar Tactical smartwatch.

## SETUP

### What's in the Box

- Instinct Solar Smartwatch
- Charging/data cable
- Documentation

### Initial Charging

Before first use, fully charge your device. Connect the charging/data cable to the charging port on the back of the watch and to a USB power source. The watch display will indicate charging status.

*Note: Solar charging extends battery life but does not fully charge the device from empty. Initial charging via cable is recommended.*

### Powering On/Off

- To power on: Press and hold the **CTRL** button.

- To power off: Press and hold the **CTRL** button, then select **Power Off**.

## Pairing with Your Smartphone

1. Download the Garmin Connect app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the Garmin Connect app and follow the on-screen instructions to create an account or log in.
4. Select **Add Device** in the app and choose your Instinct Solar Tactical.
5. Follow the prompts on both your watch and smartphone to complete the pairing process.

## OPERATING YOUR SMARTWATCH

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### Button Functions

The Instinct Solar Tactical operates using five buttons:

- **CTRL** (Control): Press to turn the backlight on/off. Hold to view the controls menu.
- **MENU/UP**: Press to scroll through widgets and data screens. Hold to view the menu.
- **ABC/DOWN**: Press to scroll through widgets and data screens. Hold to view ABC (Altimeter, Barometer, Compass) widget.
- **GPS**: Press to start an activity or select an option. Hold to view GPS coordinates and save a location.
- **SET/BACK**: Press to return to the previous screen. Hold to view the watch face settings.

### Solar Charging

The watch features solar charging capabilities to extend battery life. Exposure to direct sunlight charges the watch. The solar intensity widget displays the current solar charging level.



Rugged GPS smartwatch is constructed to U.S. military standard 810 for thermal, shock and water resistance.

Image: The watch display showing the solar intensity graph over the last 6 hours, indicating the effectiveness of solar charging.

### Tactical Features

- **Stealth Mode:** Disables wireless communication and data sharing. This allows you to go dark and prevent location tracking.



Go dark with stealth mode to disable wireless communication and data sharing.

Image: The watch display showing "Stealth Mode: On" with associated icons for disabling wireless communication and data sharing.

- **Jumpmaster Mode:** Provides guidance for military parachuting activities, including HAHO (High Altitude High Opening) and HALO (High Altitude Low Opening) jumps.



Dedicated tactical features include Jumpmaster mode, waypoint projection, dual-position GPS format and preloaded tactical activity.

Image: The watch display showing "Jumpmaster" mode with options for HAHO and HALO jumps, indicated by a parachute icon.

- **Waypoint Projection:** Allows you to project a new waypoint based on your current location and a specified distance and bearing.
- **Dual-Position GPS Format:** Displays your location in two coordinate systems simultaneously.
- **Night Vision Compatibility:** The display can be dimmed to a level that is readable with night vision goggles.

### Navigation and Sensors

- **GPS, GLONASS, and Galileo:** Utilizes multiple global navigation satellite systems for accurate tracking in challenging environments.
- **3-Axis Compass:** Provides accurate directional information.
- **Barometric Altimeter:** Measures altitude and changes in elevation.



Built-in 3-axis compass and barometric altimeter plus multiple global navigation satellite systems.

Image: The watch display showing a compass with a bearing of 296 degrees and an altitude of 13,776 feet, demonstrating the built-in navigation sensors.

## Health Monitoring

- **Heart Rate Monitoring:** Tracks your heart rate continuously.
- **Pulse Ox Acclimation:** Measures blood oxygen saturation levels (Note: This is not a medical device and is not intended for diagnosis or monitoring of any medical condition).
- **Stress Tracking:** Monitors your stress levels throughout the day.
- **Sleep Monitoring:** Analyzes your sleep patterns.
- **Body Battery Energy Monitor:** Uses heart rate variability, stress, and activity data to estimate your energy reserves.

## Sports Apps

The watch includes preloaded activity profiles for various sports, including running, biking, swimming, strength training, and more. Select an activity from the activity list to begin tracking.

## Power Manager

The Power Manager allows you to view how various settings and sensors impact your watch's battery life. You can customize power modes to extend battery duration based on your needs.



View how various settings and sensors impact your watch's battery life so you can make battery-extending changes on the fly.

Image: The watch display showing "Batt. Saver: On" with an estimated battery life of 54 days, illustrating the power management features.

## MAINTENANCE

### Cleaning the Device

- Regularly clean the device and watch band to prevent buildup of sweat and other residues.
- Rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals.
- Use a soft, lint-free cloth to wipe the device dry.
- For thorough cleaning, use a mild soap solution and a soft brush, then rinse thoroughly.

*Caution: Do not use abrasive cleaners or solvents that could damage the device's finish or sensors.*

### Storage

When storing the device for an extended period, ensure it is fully charged to maintain battery health. Store in a cool, dry place away from direct sunlight.

### Water Resistance

The device is water-rated to 100 meters. It is suitable for splashes, rain or snow, showering, swimming, diving, and high-speed water sports. Avoid pressing buttons underwater to prevent water ingress.

## TROUBLESHOOTING

### Device Not Turning On

- Ensure the device is fully charged. Connect it to a power source using the charging cable.
- If the device does not respond, perform a soft reset by holding the **CTRL** button for 15 seconds.

### GPS Signal Acquisition Issues

- Ensure you are in an open area with a clear view of the sky.
- Remain stationary for a few minutes while the device attempts to acquire satellite signals.
- Sync the device with the Garmin Connect app to update satellite data (EPO file).

### Inaccurate Heart Rate Data

- Ensure the watch is worn snugly but comfortably above your wrist bone.
- Clean the optical heart rate sensor on the back of the device.
- Avoid wearing the watch directly over tattoos, which can interfere with sensor performance.

### Bluetooth Connectivity Problems

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Make sure your watch is within range of your smartphone (typically 10 meters or 33 feet).
- Restart both your watch and smartphone.
- Remove the device from the Garmin Connect app and your smartphone's Bluetooth settings, then re-pair.

## SPECIFICATIONS

Feature	Detail
Model Number	010-02293-14
Dimensions	0.6 x 1.77 x 1.77 inches
Item Weight	1.87 ounces (53 Grams)
Screen Size	0.9 Inches (visible screen diagonal 1" / 3 cm)
Display Type	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
Water Rating	10 ATM (100 meters)
Battery Type	Rechargeable Lithium-ion
Memory/History	64 MB
Connectivity	Bluetooth, GPS
Operating System Compatibility	Android & iOS

Sensors	GPS, GLONASS, Galileo, Garmin Elevate wrist heart rate monitor, Barometric altimeter, Compass, Accelerometer, Thermometer, Pulse Ox Blood Oxygen Saturation Monitor
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## WARRANTY AND SUPPORT

For warranty information, product support, and additional resources, please visit the official Garmin website or contact Garmin customer service. Details can typically be found in the documentation included with your product or on the Garmin support portal.

Online resources may include FAQs, video tutorials, and software updates.

*Note: Specific warranty terms and conditions may vary by region and purchase location. Please refer to your product's warranty card for precise details.*

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