

SUUNTO Suunto Core

SUUNTO Core Outdoor Sports Watch Instruction Manual

Model: Suunto Core Classic

INTRODUCTION

The SUUNTO Core Outdoor Sports Watch is a robust and essential tool designed for outdoor adventures. It integrates key outdoor features such as an altimeter, barometer, and compass, along with comprehensive weather information. This manual provides detailed instructions for setting up, operating, and maintaining your SUUNTO Core watch.



Figure 1: Front view of the SUUNTO Core Outdoor Sports Watch, displaying time, altimeter/barometer, and compass modes.

SETUP

Unboxing Your SUUNTO Core Watch

Upon receiving your SUUNTO Core watch, carefully unbox the contents. The package typically includes the watch and an instruction manual. The watch is designed for user-friendly battery changes.

Your browser does not support the video tag.

Video 1: An unboxing video demonstrating the contents and initial presentation of the SUUNTO Core watch.

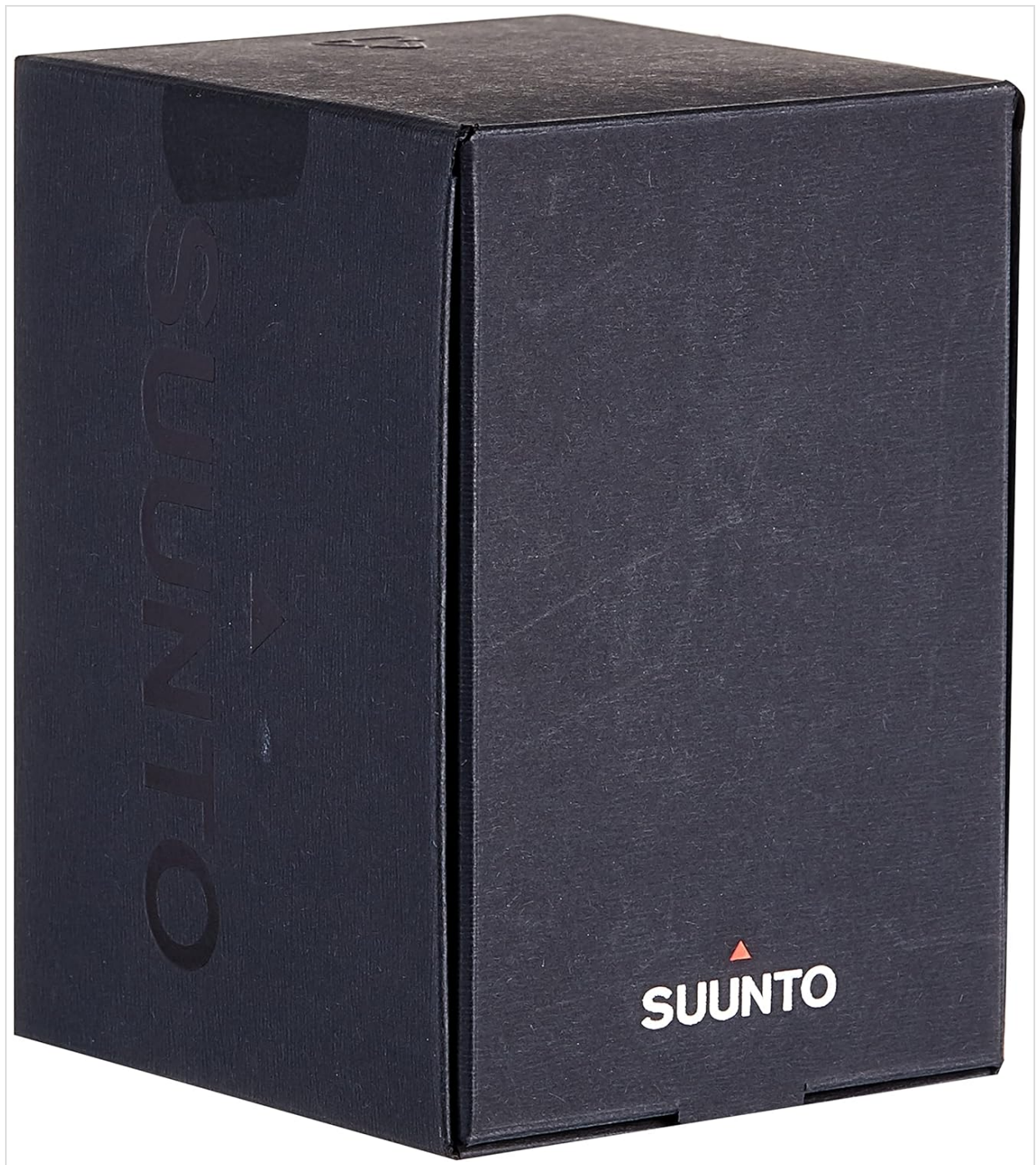


Figure 2: The SUUNTO Core product box.

Setting the Time

To set the time on your SUUNTO Core watch:

1. Press and hold the **Mode** button (middle button on the right side) to enter the settings menu.
2. Use the **Down** button (bottom right) to navigate to **Time-Date**.
3. Press the **Mode** button to select **Time-Date**.
4. Navigate to **Time** using the **Down** button.

5. Press the **Mode** button to select **Time**.
6. The hours will begin blinking. Use the **Up** (top right) or **Down** (bottom right) buttons to adjust the hour.
7. Press the **Mode** button to confirm the hour and move to minutes.
8. Adjust the minutes using the **Up** or **Down** buttons.
9. Press the **Mode** button to confirm minutes and move to seconds.
10. Adjust seconds using the **Up** or **Down** buttons. Pressing the **Down** button will reset seconds to zero.
11. Press the **Mode** button to confirm seconds.
12. Press the **Start/Stop** button (top left) to exit the settings and return to the main time screen.

Your browser does not support the video tag.

Video 2: A demonstration on how to set the time on the SUUNTO Core watch.

Adjusting Display Contrast

To adjust the display contrast for optimal visibility:

1. Ensure the watch is in **sleep mode**. To enter sleep mode, simultaneously press and hold the **Up** (top right), **Down** (bottom right), **Start/Stop** (top left), and **View** (bottom left) buttons until the display turns off.
2. To turn the watch back on and access the service menu, press and hold the **Mode** button (middle right). As soon as "SUUNTO" appears on the screen, immediately press and hold the **Start/Stop** button (top left). This will take you to the service menu.
3. Use the **Up** or **Down** buttons to navigate to **Contrast**.
4. Press the **Mode** button to select **Contrast**.
5. Use the **Up** or **Down** buttons to adjust the contrast level (1-15).
6. Press the **Mode** button to confirm your selection.
7. Press the **View** button (bottom left) to exit the service menu and return to the main screen.

Your browser does not support the video tag.

Video 3: Instructions on how to adjust the display contrast of your SUUNTO Core watch.

Adjusting Barometric Pressure Units

To change the units for barometric pressure (hPa or inHg):

1. From the timekeeping mode, press the **Mode** button (middle right) to enter the Altimeter & Barometer mode.
2. Press and hold the **Mode** button to enter the menu options.
3. Use the **Down** button (bottom right) to scroll down to **Units**.
4. Press the **Mode** button to select **Units**.
5. Scroll down using the **Down** button until you reach **Air Pressure**.
6. Press the **Mode** button to select **Air Pressure**.
7. The current unit (e.g., hPa) will be blinking. Use the **Up** or **Down** buttons to toggle between hPa and inHg.
8. Press the **Mode** button to lock in your chosen unit.
9. Press the **Back** button (bottom left) to return to the Altimeter & Barometer mode, where your new unit will be displayed.

Your browser does not support the video tag.

Video 4: A guide on how to adjust the barometric pressure units (hPa or inHg) on your SUUNTO Core watch.

OPERATING INSTRUCTIONS

Altimeter, Barometer, and Compass (ABC) Functions

The SUUNTO Core is an ABC watch, featuring Altimeter, Barometer, and Compass functions. These modes can be accessed by pressing the **Mode** button (middle right) from the timekeeping screen.

- **Altimeter:** Measures altitude.
- **Barometer:** Measures air pressure and indicates weather trends.
- **Compass:** Provides directional guidance.

To view barometer readings:

1. From the timekeeping mode, press the **Mode** button (middle right) to enter the Altimeter & Barometer mode.
2. If the altimeter is displayed, press and hold the **View** button (bottom left) to enter the Altimeter & Barometer settings.
3. Use the **Down** button (bottom right) to navigate to **Profile**.
4. Press the **Mode** button to select **Profile**.
5. Use the **Up** or **Down** buttons to select **Barometer**.
6. Press the **Mode** button to confirm.
7. Press the **View** button (bottom left) to return to the Altimeter & Barometer mode, where the barometer readings will now be displayed.

Your browser does not support the video tag.

Video 5: Basic instructions on how to use the barometer function on your SUUNTO Core watch.

Weather Functions and Alerts

The watch provides weather functions including temperature and weather trend indicators. It can also issue storm alarms based on rapid drops in barometric pressure.

Sunrise/Sunset Times

The SUUNTO Core watch can display sunrise and sunset times based on your selected location. To set your location for accurate sunrise/sunset times:

1. Press and hold the **Mode** button (middle right) to enter the settings menu.
2. Use the **Down** button (bottom right) to navigate to **Time-Date**.
3. Press the **Mode** button to select **Time-Date**.
4. Navigate to **Sunrise** using the **Down** button.
5. Press the **Mode** button to select **Sunrise**.
6. The current **Location** will be blinking. Use the **Up** or **Down** buttons to select your continent/region (e.g., USA, Europe, Asia).
7. Press the **Mode** button to confirm the continent/region.
8. Next, select your specific **Region** (e.g., Central, Mountain, Pacific).

9. Press the **Mode** button to confirm the region.
10. Finally, select the closest **City** to your current location. Choose a city that is North or South of your location to avoid time zone discrepancies.
11. Press the **Mode** button to confirm the city. A beep will confirm the successful change.
12. Press the **View** button (bottom left) to return to the main time screen, and toggle through views until sunrise/sunset times are displayed.

Your browser does not support the video tag.

Video 6: A step-by-step guide on how to set your sunrise and sunset location on the SUUNTO Core watch.

Using the Countdown Timer

The SUUNTO Core watch includes a countdown timer function. To set and use it:

1. Press and hold the **Mode** button (middle right) to enter the menu options.
2. Use the **Down** button (bottom right) to navigate to **Time-Date**.
3. Press the **Mode** button to select **Time-Date**.
4. Use the **Down** button to navigate to **Countdown**.
5. Press the **Mode** button to select **Countdown**.
6. The minutes will start blinking. Use the **Up** or **Down** buttons to set the desired minutes (maximum 99 minutes).
7. Press the **Mode** button to confirm minutes and move to seconds.
8. Adjust seconds using the **Up** or **Down** buttons (maximum 59 seconds).
9. Press the **Mode** button to confirm seconds.
10. Press the **View** button (bottom left) repeatedly until the countdown timer is displayed on the main screen, below the current time.
11. To start the countdown, press the **Start/Stop** button (top left).
12. To stop the countdown, press the **Start/Stop** button again.
13. To reset the countdown to its set value, press and hold the **Up** button (top right).

Your browser does not support the video tag.

Video 7: A detailed guide on how to set and use the countdown timer on your SUUNTO Core watch.

MAINTENANCE

Battery Replacement

The SUUNTO Core watch uses a standard CR2032 battery, which is user-replaceable. The back of the watch case has a small groove designed for easy removal of the case back when a battery change is needed.



Figure 3: Back view of the SUUNTO Core watch, highlighting the user-replaceable battery compartment.

TROUBLESHOOTING

If you encounter any issues with your SUUNTO Core watch, please refer to the detailed troubleshooting section in the full user manual available on the SUUNTO website or contact SUUNTO customer support. Common issues may include incorrect sensor readings, display problems, or battery life concerns.

SPECIFICATIONS

Feature	Detail
Model Name	Suunto Core Classic
Brand	SUUNTO
Functions	Altimeter, Barometer, Compass, Weather Functions, Temperature, Sunrise/Sunset Times, Depth Meter for Snorkeling
GPS	Via Smartphone
Display Type	Digital
Shape	Round

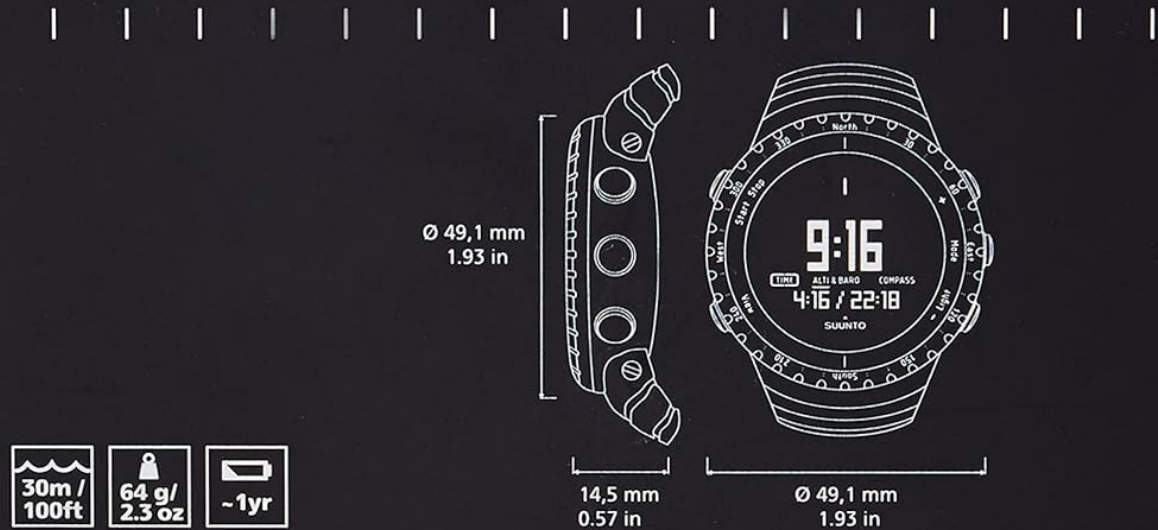
Band Material Type	Silicone
Water Resistance	30 meters
Compatible Devices	Smartphone (All current models)
Target Audience	Men (Adult)
Battery Type	CR2032 (User-replaceable)

WARRANTY & SUPPORT

The SUUNTO Core Outdoor Sports Watch comes with a SUUNTO International Warranty. For detailed warranty information and customer support, please refer to the warranty card included in your product packaging or visit the official SUUNTO website.

ALTIMETER, BAROMETER, COMPASS
WEATHER FUNCTIONS
MOUNTAIN & EVERYWHERE USE

ALTIMÈTRE, BAROMÈTRE, BOUSSOLE
FONCTIONS MÉTÉO
UTILISATION EN MONTAGNE ET DANS
TOUS LES ENVIRONNEMENTS



SUUNTO CORE

REGULAR BLACK

Products / Produit: **SS014809000**

UPC: **045235901104**



EAN: **6417084159397**



2027600130



SUUNTO
INTERNATIONAL
WARRANTY

Patents / Brevet:
7,349,805

*en, de, fr, es, it, nl, pt, el, sv, fi, et, no, da, ru, sk, sl, pl, cs, hu, tr, zh, zhtw, ko, th, id, tl



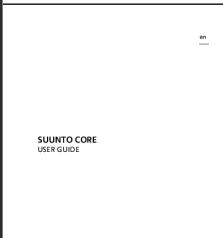





DESIGNED IN FINLAND BY SUUNTO, MADE IN CHINA

© SUUNTO OY 8/2016, 2/2017. ALL RIGHTS RESERVED.



Figure 4: SUUNTO Core packaging, indicating international warranty details.

	<p>Suunto Core User Guide: Your Essential Outdoor Companion</p> <p>Discover the capabilities of the Suunto Core, a versatile outdoor watch featuring time, altitude, barometer, and compass functions. This user guide provides comprehensive instructions for optimal use in all your adventures.</p>
	<p>Suunto Core User Guide: Features, Settings, and Operation</p> <p>Comprehensive user guide for the Suunto Core outdoor watch, covering features, settings, time mode, altimeter, barometer, compass, depth meter, memory, and specifications. Learn how to use your Suunto Core for various outdoor activities.</p>
	<p>Suunto Core User Guide: Altimeter, Barometer, Compass Watch</p> <p>Comprehensive user guide for the Suunto Core outdoor watch. Learn about its altimeter, barometer, compass, timekeeping, weather features, and how to use them for hiking, climbing, and other adventures.</p>
	<p>Suunto Core User Guide: Features, Operation, and Specifications</p> <p>Comprehensive user guide for the Suunto Core outdoor watch, detailing its features including altimeter, barometer, compass, timekeeping, logging capabilities, and technical specifications. Learn how to use and maintain your Suunto Core for optimal outdoor performance.</p>
	<p>Suunto Lumi Wristop User Guide: Features, Settings, and Operation</p> <p>Comprehensive user guide for the Suunto Lumi wristop computer, detailing its features, modes (Time, Alti & Baro, Compass), settings, and specifications for outdoor activities and daily use.</p>
	<p>Suunto Lumi Quick Guide: Altimeter, Barometer, Compass Wristop</p> <p>Concise guide to the Suunto Lumi wristop computer, covering its modes (Time, Alti & Baro, Compass), menu content, display symbols, and basic settings for outdoor adventures. Learn how to use your Suunto Lumi for tracking altitude, barometric pressure, and navigation.</p>