

## SUUNTO SS050504000

# SUUNTO Core Alpha Sports Watch User Manual

Model: SS050504000

## INTRODUCTION

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The SUUNTO Core Alpha Sports Watch is a robust outdoor adventure watch designed for demanding conditions. It integrates essential outdoor features such as an altimeter, barometer, and compass, along with weather information, dual-time display, temperature, and storm alarm. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your SUUNTO Core Alpha watch.



Image: The SUUNTO Core Alpha Sports Watch, featuring its distinctive red backlight display showing time, altitude, and temperature.

## SETUP

### Initial Power-On and Basic Settings

1. **Power On:** The watch typically powers on automatically when the battery is inserted. If not, press and hold any button for a few seconds.
2. **Language Selection:** Use the upper and lower right buttons to scroll through language options (English, French, German, Spanish) and the middle right button to select.

3. **Time and Date:** Set the current time, date, and time format (12h/24h) using the designated buttons. The watch supports dual-time display.
4. **Units:** Select preferred units for altitude, temperature, and pressure (e.g., meters/feet, Celsius/Fahrenheit, hPa/inHg).

## Compass Calibration

For accurate compass readings, calibration is required upon first use or if accuracy is compromised. The watch will prompt you to calibrate if needed.

1. **Enter Compass Mode:** Press the middle right button (Mode button) repeatedly until 'COMPASS' is displayed.
2. **Initiate Calibration:** The watch will display a message prompting calibration. Lay the watch flat on a level surface.
3. **Rotate Watch:** Rotate the watch slowly and steadily in a clockwise direction for approximately 15 seconds until the calibration is complete. The display will confirm successful calibration.

# | Long Battery Life



**12-Month  
in Time Mode**



**Replaceable  
Battery**



**Low Battery  
Indicator**

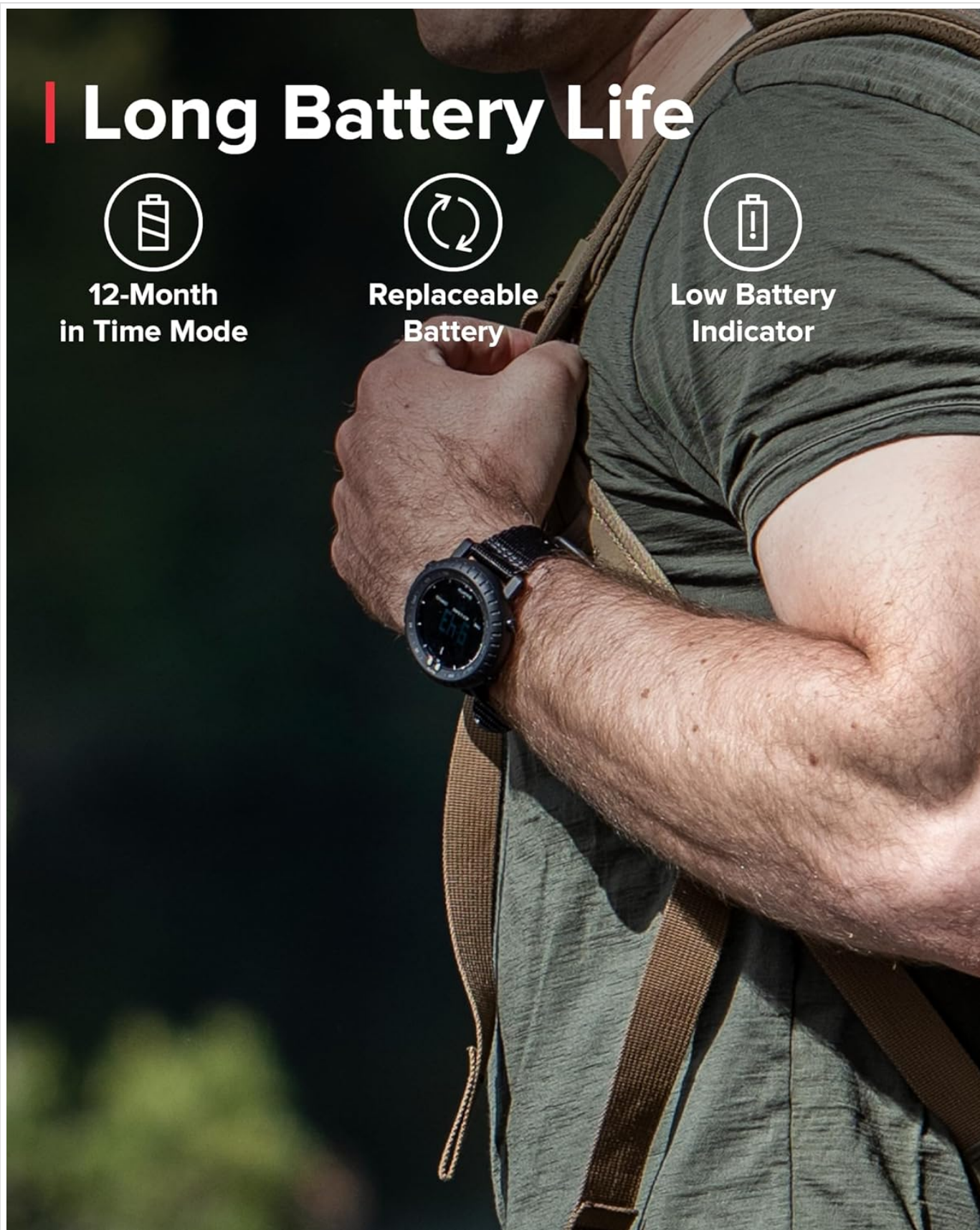


Image: The SUUNTO Core Alpha watch on a user's wrist, highlighting its robust and durable design, tested for military standards.

## OPERATING INSTRUCTIONS

### Navigating Modes

The SUUNTO Core Alpha features multiple modes accessible via the middle right button (Mode button). Pressing this button cycles through Time, Altimeter/Barometer, and Compass modes.

## Altimeter and Barometer Functions

The watch provides both altimeter and barometer functions, which can be used to track altitude, measure atmospheric pressure, and predict weather changes.

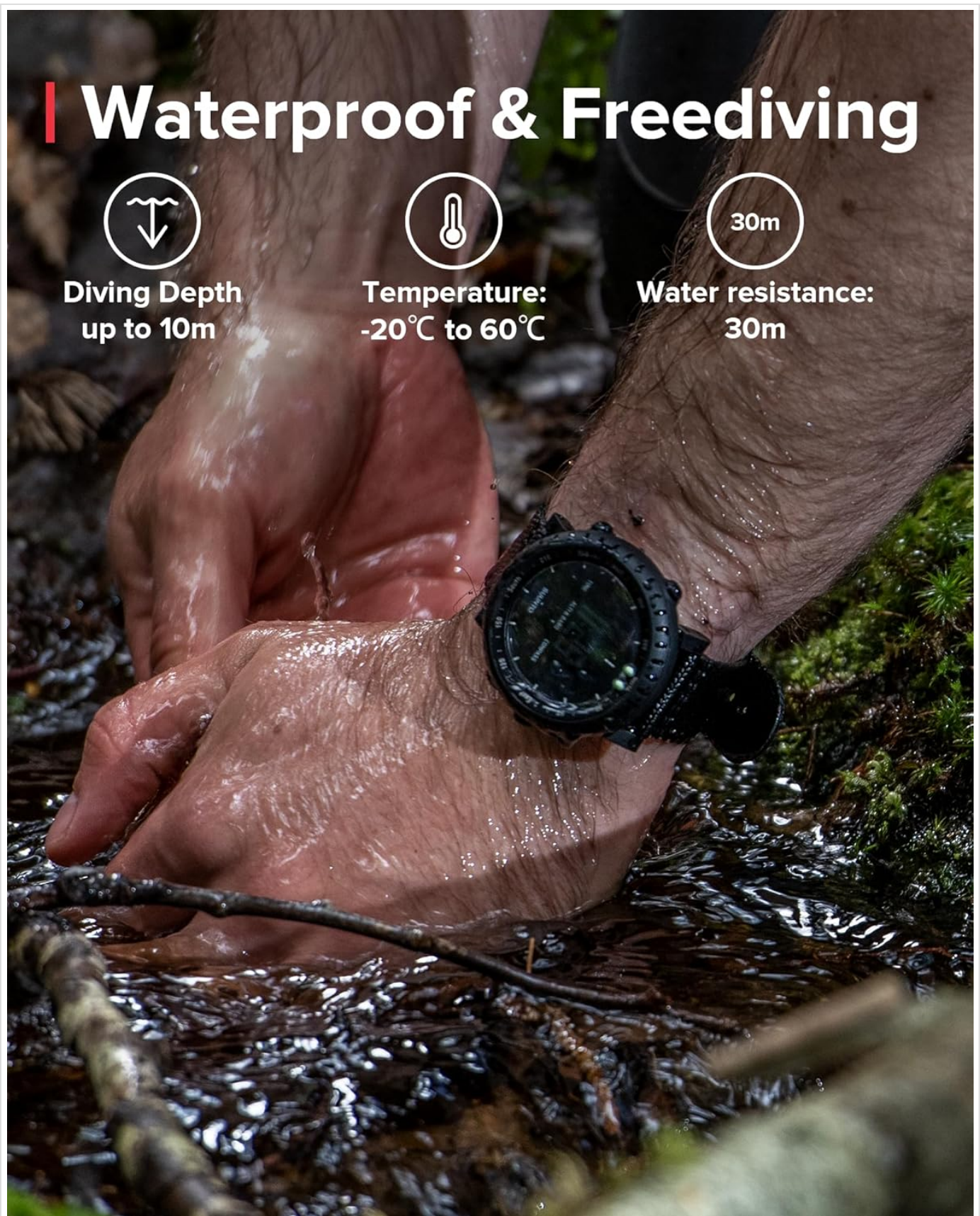
- **Altimeter:** Displays current altitude. Can be calibrated with known reference points for accuracy.
- **Barometer:** Shows current atmospheric pressure and a trend graph. A rapid drop in pressure can indicate an approaching storm.
- **Automatic Alti/Baro Profile:** The watch can automatically switch between altimeter and barometer profiles based on your movement, optimizing readings for either altitude changes or weather monitoring.

## Compass Usage

The digital compass provides directional guidance. Ensure it is calibrated for accurate readings.

- **Activate Compass:** Navigate to the 'COMPASS' mode using the Mode button.
- **Reading:** The display shows your current bearing in degrees and cardinal direction (e.g., 120° SE). A North indicator on the bezel or display will always point North.
- **Power Saving:** The compass will automatically turn off after one minute of inactivity to conserve battery. Press the upper left button to restart it.





# | Waterproof & Freediving



**Diving Depth**  
up to 10m



**Temperature:**  
-20°C to 60°C



**Water resistance:**  
30m

Image: A hiker using the SUUNTO Core Alpha watch, demonstrating its utility as a reliable outdoor companion with weather, barometer, compass, storm alarm, and altimeter features.

## Storm Alarm

The storm alarm feature alerts you to significant drops in atmospheric pressure, indicating potential severe weather. This feature is active in Barometer mode.

- **Activation:** The storm alarm is typically active by default in Barometer mode.

- **Alert:** An audible alarm and flashing backlight will activate if the pressure drops by 4 hPa (0.12 inHg) or more over a 3-hour period.
- **Acknowledge:** Press any button to acknowledge and silence the alarm.

## Red Backlight and Night Vision Goggle Compatibility

The SUUNTO Core Alpha features a red backlight designed for discreet use and compatibility with night vision goggles.

- **Activate Backlight:** Press the upper right button to activate the red backlight.
- **Night Vision:** The red backlight minimizes light signature, making it suitable for use with night vision equipment without compromising visibility.



# | External Functions

Red backlight, compatible with night vision goggles.

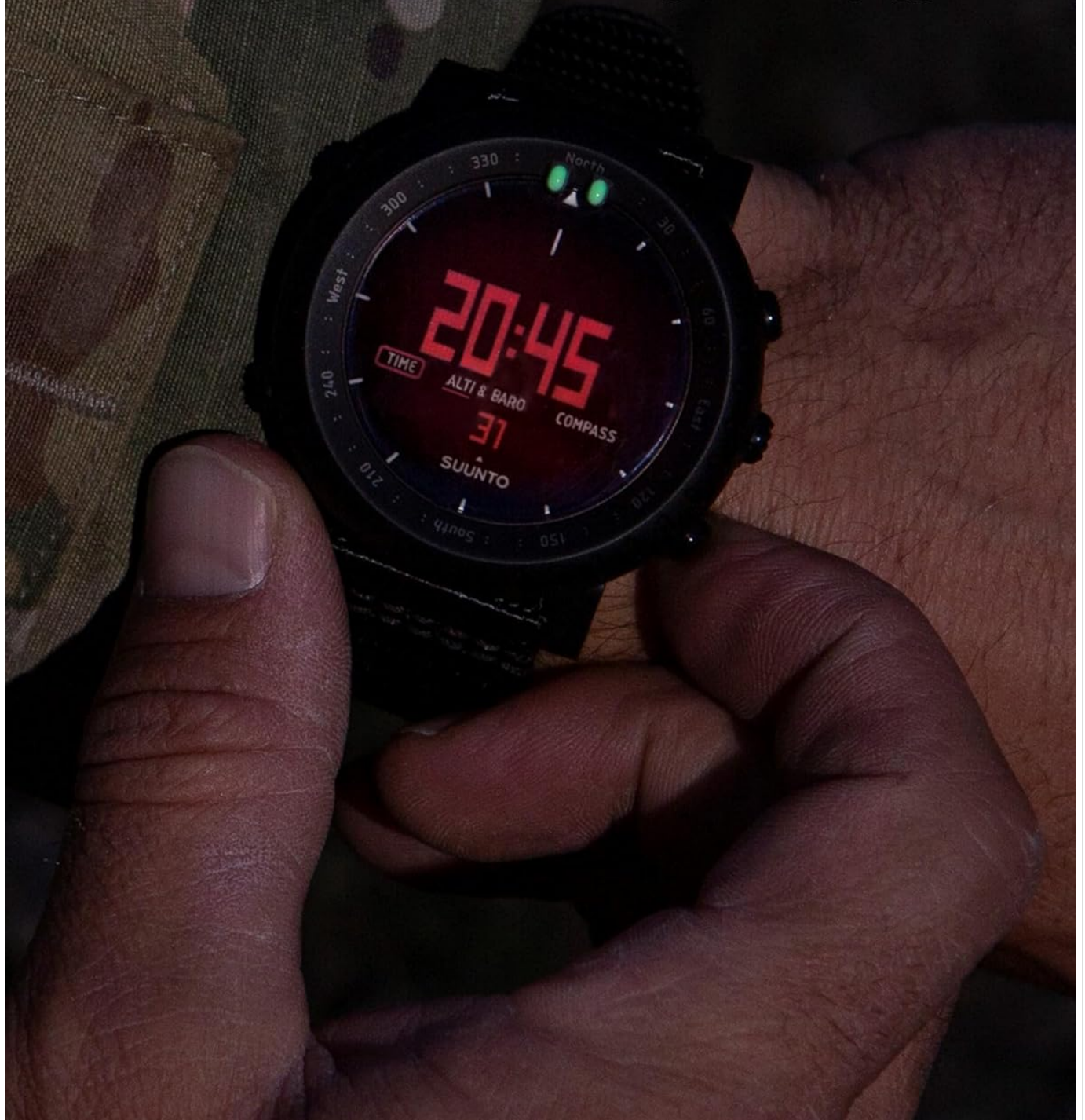


Image: The SUUNTO Core Alpha watch submerged in water, illustrating its waterproof design up to 30m and suitability for freediving up to 10m, with a wide operating temperature range.

## MAINTENANCE

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### Cleaning

- **Watch Case and Strap:** Clean the watch case and strap regularly with mild soap and water. Rinse thoroughly with



fresh water and dry with a soft cloth.

- **Sensors:** Ensure the altimeter/barometer sensor opening (small hole on the side of the case) is free from dirt or debris. Do not insert sharp objects into the opening.

## Battery Replacement

The SUUNTO Core Alpha uses a user-replaceable battery (CR2032). Battery life is approximately 12 months in time mode. The watch will display a low battery indicator when replacement is needed.

1. **Open Battery Compartment:** Use a coin or a suitable tool to open the battery compartment cover on the back of the watch by turning it counter-clockwise.
2. **Remove Old Battery:** Carefully remove the old battery.
3. **Insert New Battery:** Insert a new CR2032 battery with the positive (+) side facing up.
4. **Close Compartment:** Ensure the O-ring seal is clean and properly seated. Close the cover by turning it clockwise until it is secure.

# | Dual Time Display



Sunrise and Sunset Times



Multilingual (English, French,  
German and Spanish)



Image: The SUUNTO Core Alpha watch emphasizing its long battery life (12 months in time mode) and user-replaceable battery feature, along with a low battery indicator.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Inaccurate Compass Readings	Needs calibration; magnetic interference.	Recalibrate the compass (see Setup section). Move away from strong magnetic fields (e.g., power lines, large metal objects).
Altimeter/Barometer Inaccuracy	Sensor blocked; rapid weather changes; incorrect reference.	Ensure sensor opening is clear. Calibrate altimeter with a known altitude. Allow time for barometer to adjust to stable conditions.
Display is Dim/Unreadable	Low battery; specific display type.	Replace battery if low battery indicator is on. Note that the 'Stealth' version has a negative display which can appear dimmer in certain lighting conditions. Use backlight as needed.
Watch Not Responding	Temporary software glitch; low battery.	Try a soft reset by pressing all five buttons simultaneously for 10 seconds. If unresponsive, replace the battery.

## SPECIFICATIONS

- **Model Name:** SS050504000
- **Color:** Stealth
- **Material:** Metal & Fabric
- **Item Weight:** 67 Grams
- **Display Size:** 42 Millimeters (standing screen display size)
- **Water Resistance:** 30m (suitable for swimming, not deep diving)
- **Diving Depth:** Up to 10m (for freediving)
- **Operating Temperature:** -20°C to 60°C (-4°F to 140°F)
- **Battery Type:** CR2032 (user-replaceable)
- **Battery Life:** Approximately 12 months in time mode
- **Special Features:** Altimeter, Barometer, Compass, Dual-time, Temperature, Storm Alarm, Red Backlight (Night Vision Goggle friendly)
- **Tested Standards:** Passed 9 MIL-STD-810 tests (pressure, heat/cold, shock, drop, freeze/thaw, rain, humidity, dust)

## WARRANTY AND SUPPORT

Your SUUNTO Core Alpha Sports Watch comes with a manufacturer's warranty:

- **Watch Warranty:** 3-year manufacturer warranty.
- **Watch Strap Warranty:** 1-year manufacturer warranty.


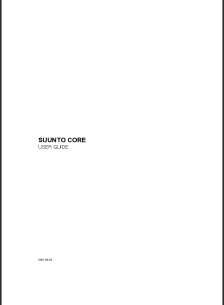
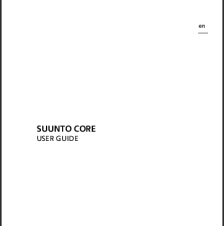
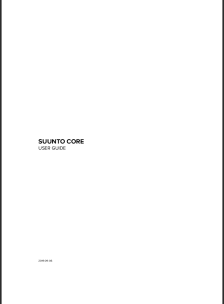


For detailed warranty terms, service, or additional support, please refer to the official SUUNTO user manual PDF or visit the SUUNTO support website.

**Official User Manual (PDF):** [Download PDF](#)

**SUUNTO Official Store:** [Visit Store on Amazon](#)



## Related Documents - SS050504000

	<p><a href="#">Suunto Core User Guide: Your Essential Outdoor Companion</a></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><a href="#">Suunto Core User Guide: Features, Settings, and Operation</a></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><a href="#">Suunto Core User Guide: Altimeter, Barometer, Compass Watch</a></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><a href="#">Suunto Core User Guide: Features, Operation, and Specifications</a></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><a href="#">Suunto Lumi Wristop User Guide: Features, Settings, and Operation</a></p> <p>Comprehensive user guide for the Suunto Lumi wristop computer, detailing its features, modes (Time, Alti &amp; Baro, Compass), settings, and specifications for outdoor activities and daily use.</p>
	<p><a href="#">Suunto Lumi Quick Guide: Altimeter, Barometer, Compass Wristop</a></p> <p>Concise guide to the Suunto Lumi wristop computer, covering its modes (Time, Alti &amp; 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>