

## Casio PRG-340SC-2CR

# Casio Pro Trek Tough Solar Digital Watch

MODEL: PRG-340SC-2CR

Instruction Manual

## 1. Introduction

This manual provides essential information for the proper use and maintenance of your Casio Pro Trek Tough Solar Digital Watch, model PRG-340SC-2CR. This watch is designed for outdoor enthusiasts, featuring a durable bio-based resin construction, Tough Solar power, and advanced triple sensor technology.



This image displays the Casio Pro Trek PRG-340SC-2CR watch face. The digital display shows the time as 10:58 and the date as SU30. Surrounding the display are labels for various functions and directions, including ADJUST, NW, SENSOR, MODE, MS, LIGHT, COMP, BARO, ALTI, NE, SE, and S. The watch features a dark blue bio-based resin case and band, with 'TOUGH SOLAR' visible at the top.

## 2. Setup

### 2.1 Initial Charging

Your watch is equipped with Tough Solar technology, which converts light into electrical power. Before initial use, expose the watch face to bright light for several hours to ensure a full charge. The power level indicator (H, M, L) on the display shows the current charge status. Aim for 'H' for optimal performance.

- **Direct Sunlight:** Most effective for charging.
- **Window Light:** Slower, but effective.
- **Fluorescent Light:** Least effective, requires longer exposure.

### 2.2 Time and Date Setting

To set the time and date, press and hold the **ADJUST** button until the city code starts flashing. Use the **MODE** button to cycle through settings (city code, DST, hour, minute, year, month, day). Use the **COMP**

and **ALTI** buttons to change values. Press **ADJUST** again to exit the setting mode.

## 3. Operating the Watch

---

### 3.1 Button Functions Overview

- **ADJUST:** Used for entering and exiting setting modes, and for calibration.
- **MODE:** Cycles through different watch modes (Timekeeping, Compass, Barometer/Thermometer, Altimeter, Stopwatch, Timer, Alarm, World Time).
- **SENSOR:** Activates the triple sensor measurements (Compass, Barometer/Thermometer, Altimeter).
- **COMP:** Directly accesses the Compass mode. Also used for increasing values in setting mode.
- **BARO:** Directly accesses the Barometer/Thermometer mode.
- **ALTI:** Directly accesses the Altimeter mode. Also used for decreasing values in setting mode.
- **LIGHT:** Activates the Super Illuminator LED backlight.

### 3.2 Triple Sensor Functions

The PRG-340SC-2CR features a digital compass, barometer, altimeter, and thermometer for comprehensive outdoor data.

- **Digital Compass:** Press the **COMP** button to enter compass mode. The watch will indicate magnetic north and display direction in degrees. For accurate readings, ensure the watch is level and away from strong magnetic fields. Calibration may be required periodically.
- **Barometer/Thermometer:** Press the **BARO** button. The watch displays atmospheric pressure and temperature. Note that temperature readings are affected by body heat; remove the watch for 20-30 minutes for more accurate ambient temperature.
- **Altimeter:** Press the **ALTI** button. The watch measures altitude based on atmospheric pressure. Altitude readings can fluctuate with weather changes. Calibrate the altimeter using a known altitude reference point for best accuracy.

### 3.3 World Time

In Timekeeping Mode, press the **MODE** button until 'WT' appears. Use the **COMP** and **ALTI** buttons to scroll through 31 time zones (48 cities + UTC). The watch will display the current time for the selected city.

### 3.4 Sunrise/Sunset Display

This feature provides daily sunrise and sunset times for your current location. Ensure your Home City setting is correct for accurate data. Access this function via the **MODE** button cycle.

### 3.5 Super Illuminator LED Backlight

Press the **LIGHT** button to illuminate the display for easy viewing in low-light conditions. The backlight features an afterglow function.

## 4. Maintenance

---

### 4.1 Cleaning

Wipe the watch case and band with a soft, dry cloth. For stubborn dirt, use a soft cloth dampened with water and a mild neutral detergent, then wipe dry. Avoid using volatile agents like thinner or benzene.

## 4.2 Tough Solar Power Maintenance

To ensure consistent operation, expose the watch to light regularly. Avoid prolonged storage in dark places, which can lead to battery depletion and require a full recharge. The power-saving function will turn off the display when the watch is left in the dark to conserve energy.

## 4.3 Water Resistance

The watch is 100-meter water resistant. This means it is suitable for swimming and snorkeling. Do not operate buttons while the watch is wet or submerged. Avoid exposing the watch to hot water or steam, as this can damage the seals.

# 5. Troubleshooting

- **Inaccurate Sensor Readings:** Calibrate the compass, altimeter, and barometer regularly, especially after significant changes in location or environment. Refer to section 3.2 for calibration instructions.
- **Display is Blank or Dim:** The watch may be in power-saving mode or the battery level is low. Expose the watch to bright light for charging.
- **Time is Incorrect:** Ensure your Home City setting is correct and that Daylight Saving Time (DST) is set appropriately. If the watch has been exposed to strong magnetic fields, recalibrate the time.
- **Watch Not Responding:** A full reset may be necessary. Consult the detailed module manual available on the Casio website for specific reset procedures for your watch module.

For issues not covered here, please contact Casio customer support or visit their official website for detailed FAQs and service information.

# 6. Specifications

Feature	Specification
Model Number	PRG-340SC-2CR
Dimensions	4.69 x 4.53 x 3.31 inches
Weight	7.09 ounces
Water Resistance	100 meters (10 BAR)
Low-Temperature Resistance	-10°C (14°F)
Power Source	Tough Solar (Solar Powered)
Sensors	Digital Compass, Barometer, Altimeter, Thermometer
Display	Full Auto LED Backlight (Super Illuminator)
Materials	Bio-Based Resin Case and Band
Additional Features	World Time (31 time zones), Sunrise/Sunset Data, Power Saving Function

## 7. Warranty and Support

Your Casio Pro Trek watch is covered by a manufacturer's warranty. For detailed warranty terms and conditions, please refer to the warranty card included with your purchase or visit the official Casio website.


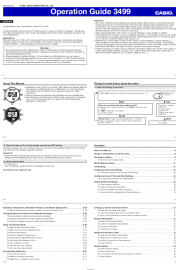


For product support, service, or to find authorized service centers, please visit the official Casio website:

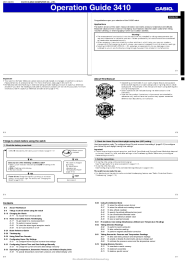

[Casio Pro Trek Official Website](#)

You can also find additional resources and FAQs on the Casio brand store on Amazon:[Casio Store on Amazon](#)

© 2024 Casio Computer Co., Ltd. All rights reserved.

### Related Documents - PRG-340SC-2CR

	<p><a href="#">Casio Module 3135 PRG-130 User Manual - Features and Operation</a></p> <p>Comprehensive user manual for the Casio Module 3135 PRG-130 watch, detailing its features including compass, barometer, thermometer, altimeter, world time, stopwatch, timer, and alarms. Learn how to set up and use all functions.</p>
	<p><a href="#">Operation Guide 3499 - Casio Watch</a></p> <p>This operation guide provides detailed instructions for the Casio 3499 watch, covering its various functions including timekeeping, digital compass, barometer, thermometer, altimeter, stopwatch, countdown timer, alarms, and world time. It also includes sections on charging, maintenance, troubleshooting, and specifications.</p>
	<p><a href="#">CASIO 3499 User's Guide: Comprehensive Operation Manual</a></p> <p>Detailed instructions for the CASIO 3499 watch, covering charging, mode navigation, time settings, compass, barometer, altimeter, stopwatch, and specifications. Learn how to use all features.</p>
	<p><a href="#">CASIO PRW-1200 Watch User Manual: Features, Operation, and Specifications</a></p> <p>Comprehensive user manual for the CASIO PRW-1200 watch (Module 3043), detailing its features, modes, operation, and technical specifications. Learn about timekeeping, world time, stopwatch, timer, alarm, compass, barometer, thermometer, altimeter, and power saving.</p>

	<p><a href="#">Casio Operation Guide 3410: Comprehensive Features and Usage</a></p> <p>Detailed operation guide for the Casio 3410 watch, covering its advanced features such as altimeter, barometer, thermometer, digital compass, radio-controlled atomic timekeeping, stopwatch, countdown timer, alarms, and illumination. Includes setup, usage instructions, troubleshooting, and specifications.</p>
	<p><a href="#">Casio Watch Module 5114/5214 User Manual</a></p> <p>Comprehensive user manual for Casio PRW-5000/5050/5100/S5100 watches, detailing all functions, modes, calibration, and maintenance procedures.</p>