

A04746

Owner's Manual

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Introduction

 **WARNING**


See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Getting Started




When using your communicator the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Press  to turn on the communicator.
- 2 Select your language.
- 3 Download the Garmin app to your smartphone, and follow the on-screen instructions to pair and activate your communicator (*Pairing Your Phone and Activating the Device*, page 3).
- 4 Sync your communicator with the Garmin app (*Syncing Data*, page 4).
- 5 Test your communicator before you begin your trip (*Testing the Device*, page 5).


Device Overview

①	USB port (under weather cap)
②	Buttons
③	 Power button
④	SOS button (under protective cap)


Buttons

	Press to scroll through menus, options, and settings. Press and hold to return to the previous page.
	Press to scroll through menus, options, and settings.
OK	Press to choose an option or to acknowledge a message. Press and hold to return to the home page. From the home page, press to open home page actions.
	Press to turn the device on. Press to open the power menu. Press and hold to turn the device off.

Turning On the Device

Press .

Power Menu

Press  to open the power menu.

Lock Buttons: Locks the device buttons to prevent inadvertent button presses.

Mute Sounds: Mutes all device tones.

Brightness: Adjusts the brightness of the screen.

Messaging Mode: Determines whether the device is prioritizing messaging performance or battery life. Performance mode improves messaging performance, but reduces battery life. Low Power mode extends battery life, but reduces messaging performance.

Reverse Charging: Charge other devices with your device ([Using Reverse Charging, page 13](#)). **Power**

Off: Turns off the device.

Home Page Actions

From the home page, press **OK** to open the home page actions.










Check-In: Sends a check-in message ([Sending a Check-In Message, page 5](#)).

Start Tracking: Starts the tracking feature ([Starting Tracking, page 7](#)).

Message Check: Checks for new messages ([Checking for Messages, page 6](#)).

View Coordinates: View your GPS coordinates.

Status Icons

	Transmitting data
	Tracking enabled
	Navigating
	Unread messages
	Sounds muted
	Buttons locked
	Charging battery
	Approaching minimum operating temperature
	Approaching maximum operating temperature

Pairing Your Phone and Activating the Device

WARNING

Before you can use the features of your communicator, including messaging, SOS, tracking, and Weather, you must have an active subscription. Always test your communicator outdoors before using it on a trip.

The communicator works best when it is paired with the Garmin app. The app allows you to compose and send messages using your phone, and to sync contacts and check-in messages with your communicator.

- 1 Turn on the communicator.
- 2 Bring your compatible phone within 10 m (33 ft.) of your communicator.
- 3 From the app store on your phone, download the Garmin app, and follow the on-screen instructions to complete the pairing process.
- 4 Follow the on-screen instructions to activate a subscription service plan.

After the phone and communicator are paired, they connect automatically when they are turned on and within Bluetooth® range.

Garmin App

WARNING

The features of the Garmin app, including SOS, tracking, and Weather, are not available without a connected communicator and an active subscription. Always test the app outdoors before using it on a trip.

CAUTION

The messaging features of the Garmin app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

The app works over both the internet (using a wireless connection or cellular data on your phone) and the network. If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. If you are in an area without network coverage, you must have an active subscription for your communicator to use the network.

You can use the app to message other Garmin app users, including friends and family without Garmin® devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your subscription. Messages received may incur charges if message delivery is attempted over both the network and the internet. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin app from the app store on your phone (garmin.com/messengerapp).

Services

With services, you can send photos, voice messages, and longer text messages using the Garmin app paired to your communicator. You can view your data use to see the number of messages (including text and media) remaining in your current billing cycle ([Viewing Data Use, page 10](#)).

Network

Your device requires a clear view of the sky to transmit messages and track points over the network. Without a clear view of the sky, your device attempts to send the information until it acquires signals.

TIP: For the best connection with satellites, the top of the device should be oriented toward the sky.

Syncing Data

After you make edits to your data, such as plan changes, contacts, or check-in message recipients, you must sync your device using the Garmin app.

- 1 Turn on the communicator.
- 2 Bring your compatible phone within 10 m (33 ft.) of your communicator.
- 3 Open the Garmin app.
- 4 Wait while your data syncs automatically.

TIP: You can check the connection status of the communicator and see the last time messages were checked on the Device tab in the app.

Main Menu

From the home page, press ◀ or ▶ to scroll through the main menu options.

Activation: Activates your device if you skipped activation during the initial setup (*Pairing Your Phone and Activating the Device*, page 3).

Messages: Sends and receives text messages using the network (*Messages*, page 5). **Tracking:** Starts and stops tracking (*Tracking*, page 7).

Check-In: Sends a check-in message (*Sending a Check-In Message*, page 5).

Weather: Requests weather forecasts (*Weather*, page 9).

TracBack: Navigates back to the beginning of your path (*Navigating Using TracBack®*, page 10).

Message Check: Checks for new messages (*Checking for Messages*, page 6).

Test Service: Tests your device (*Testing the Device*, page 5).

Service Plan: View plan details and data use (*Data Use and History*, page 10).

Settings: Customize device and system settings (*Customizing the Device*, page 11).

Device Features

⚠ WARNING

Before you can use the features of your communicator, including messaging, SOS, tracking, and Weather, you must have an active subscription. Always test your communicator outdoors before using it on a trip.

Ensure you have a clear view of the sky when using the messaging, tracking, and SOS functions, because these features require access to operate properly.

NOTICE

Some jurisdictions regulate or prohibit the use of communications devices. It is the responsibility of the user to know and follow all applicable laws in the jurisdictions where the device is intended to be used.

Testing the Device

You should test the device outdoors before using it on a trip to ensure your subscription is active. 1 From the home page, press ◀ or ▶ to scroll through the main menu options.

2 Select **Test Service**.

3 Press **OK**.

4 Select **Begin Test**.

Wait while the device sends a test message. When you receive a confirmation message, your device is ready to use.

Messages

Your communicator sends and receives messages using the network. You can send messages to an SMS phone number, an email address, or another device that uses technology. Each message you send includes your location details where allowed.

Sending a Check-In Message

Check-in messages are messages with predefined text and recipients.

TIP: You can customize check-in message recipients in the Garmin app. From the **Device** tab in the app, select **Check-In > Edit Check-in Contacts**.

1 From the home page, press **OK** to open the home page actions.

2 Select **Check-In**.

3 Press ◀ or ▶ to scroll through the check-in messages.

4 Press **OK** to select and send a message.

Sending a Text Message

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
 - 2 Select **Messages** > **New Message**.
 - 3 Choose a recipient from your contacts list, or select **Type Contact** to enter the recipient's contact information.
 - 4 Select an option:
 - Select **Select Quick Text**, and press ◀ or ▶ to scroll through the pre-written messages.
 - Select **Type Reply** to write a custom message.
 - Select **Send Tracking Link** to share a link to your LiveTrack tracking page. The system automatically adds text, including link information, to the end of your message.
 - 5 When you have finished your message, select ✓.
- TIP:** You can also compose and send messages using the Garmin app.

Replying to a Message

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Messages**, and select a conversation.
- 3 Select **Reply**.
- 4 Select an option:
 - Select **Select Quick Text**, and press ◀ or ▶ to scroll through the pre-written messages.
 - Select **Type Reply** to write a custom message.
 - Select **Send Tracking Link** to share a link to your LiveTrack tracking page. The system automatically adds text, including link information, to the end of your message.
- 5 When you have finished your message, select ✓.

Checking for Messages

When you send a message, your device listens for replies for 10 minutes. The device also checks for new messages every hour. When you are using the tracking feature, your device automatically checks for messages at your tracking interval.

NOTE: To receive messages, your device must have a clear view of the sky and be in view of a when it checks for messages.

You can force a check for messages by manually checking for messages, sending a message, or sending a track point. During a check, your device connects to satellites and receives messages waiting to be sent to your device.

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Message Check**.

Viewing Message Details

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Messages**, and select a conversation.
- 3 Select the message text.
- 4 Press **OK** to open the options menu.
- 5 Select **View Details**.

Deleting Messages

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Messages**, and select a conversation.
- 3 Select **Delete**.

Tracking

You can use the tracking feature on your device to record track points and transmit them over the network at the specified send interval.

Starting Tracking

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Start Tracking**.

Stopping Tracking

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Stop Tracking**.

Sharing Your Tracking Page

You can share a link to your LiveTrack tracking page with other people. The system automatically adds text, including link information, to the end of your message.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Tracking**.
- 3 Select **Share With**.
- 4 Choose a recipient from your contacts list, or select **Type Contact** to enter the recipient's contact information.
- 5 Use the on-screen keyboard to customize your message (optional).
- 6 When you have finished your message, select ✓ to send the message.

SOS

WARNING

Before you can use the SOS function, you must have an active subscription. Always test your device outdoors before using it on a trip.

Ensure you have a clear view of the sky when using the SOS function, because this feature requires access to operate properly.

NOTICE

Some jurisdictions regulate or prohibit the use of communications devices. It is the responsibility of the user to know and follow all applicable laws in the jurisdictions where the device is intended to be used.

During an emergency, you can use your device to contact the Garmin ResponseSM center to request help. Pressing the SOS button sends a message to the Garmin Response team, and they notify the appropriate emergency responders of your situation. You can communicate with the Garmin Response team during your emergency while you wait for help to arrive. You should only use the SOS function in a real emergency situation.

Initiating an SOS Rescue

You can initiate an SOS rescue with the device turned on or off if the device has battery power.

1 Lift the protective cap ① from the **SOS** button ②.

2 Press and hold the **SOS** button.

3 Wait for the SOS countdown.

The device sends a default message to the emergency response service with details about your location.

4 Reply to the confirmation message from the emergency response service.

Your reply lets the emergency response service know that you are capable of interacting with them during the rescue. If you do not reply, the emergency response service will still initiate a rescue.

For the first 10 minutes of your rescue, an updated location is sent to the emergency response service every minute. To conserve battery power after the first 10 minutes, an updated location is sent every 10 minutes.

TIP: You can also initiate an SOS rescue and interact with the Garmin Response team using the Garmin app. You must have an active subscription to use the SOS feature in the app.

Sending a Custom SOS Message

After pressing the SOS button to initiate an SOS rescue, you can reply with a custom message.

1 From the home page, press ◀ or ▶ to scroll through the main menu options.

2 Select **SOS > Reply**.

3 Select an option:

- Select **Select Quick Text**, and press ◀ or ▶ to scroll through the pre-written messages.
- Select **Type Reply** to write a custom message.

Your reply lets the emergency response service know that you are capable of interacting with them during the rescue.

Canceling an SOS Request

If you no longer need assistance, you can cancel an SOS request after it is sent to the emergency response service.

1 Lift the protective cap, and hold the **SOS** button.

2 Select **Cancel SOS**.

3 When prompted to confirm your cancellation request, select **Cancel SOS**.

Your device transmits the cancellation request. When you receive a confirmation message from the emergency response service, the device returns to normal operation.

Weather

Weather: You can receive weather information through your subscription. Your device can send an message to request basic, extended, or marine weather forecasts. You can receive weather forecasts for your current location or a new location, such as a saved waypoint. Weather forecasts incur data charges or additional charges on your subscription.

Requesting an Weather Forecast

For best results, you should ensure your device has a clear view of the sky when you request an weather forecast.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Weather**.
- 3 Select **Update Forecast**.
- 4 If necessary, select a forecast type.

NOTE: For best results, you should request a marine forecast for a location away from shore and over a large body of water. Marine forecasts are not available for land locations or inland lakes.

The device sends a request for the forecast. It may take several minutes to receive the weather forecast data. After the device finishes downloading the data, you can view the forecast at any time until all of the information in the forecast has expired. You can also update the forecast at any time.

NOTE: Updating a forecast incurs data charges or additional usage charges.

Updating an Weather Forecast

You can update an weather forecast that has expired or contains outdated information. Updating a forecast incurs the same data charges or additional charges as requesting a forecast.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Weather**.
- 3 Press **OK** to open the options menu.
- 4 Select **Update Forecast**.

The device requests an updated forecast. If you update the My Location forecast, the device requests an updated forecast for your current location. It may take several minutes to receive the updated weather forecast data.

Changing the Weather Location

Before you can change the weather location, you must add additional weather locations in the Garmin app.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Weather**. ◀ ▶
- 3 Press **OK** to open the options menu.
- 4 Select **Change Location**.
- 5 Select a location.

Navigating Using TracBack®

You can navigate back to the beginning of your path.

NOTE: This can be helpful if you get lost and need to find your way back to camp or the trail head.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **TracBack**.
- 3 Review the on-screen message, and press **OK**.
- 4 Press ▶ to scroll through the recorded points.
- 5 Press **OK** to select a point to navigate to.
- 6 Press **OK** to select a navigation option:
 - To navigate back to the selected point along the path you traveled, select **Follow Path**.
 - To navigate back to the selected point in a straight line, select **Straight Line**.
- 7 Select **Yes** to start tracking.

The compass arrow, distance to the next course point ①, and distance remaining to your destination ② appear.



Data Use and History

You can view plan details and data use on the device.

Viewing Plan Details

You can view the details of your current data plan and check for data plan updates.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Service Plan**.
- 3 Press **OK** to open the options menu.
- 4 Select **Plan Details**.

Viewing Data Use

You can view the number of messages (including text and media), check-in messages, and track points sent during the current billing cycle. The data use counter resets automatically at the beginning of each billing cycle.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Service Plan**.
- 3 Press **OK** to open the options menu.
- 4 Select **Check for Updates**.

Customizing the Device

Tracking Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > Tracking**. **Send Interval**: Sets the frequency at which the device records a track point and transmits it over the network.

NOTE: The Send Interval frequency affects battery life (,).

Auto Track: Sets the device to start tracking when you turn on the device.

Sounds Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > Sounds**.

Mute All: Mutes all device tones.

Volume: Sets the device volume level.

Message Rec.: Sets the tone that sounds when you receive a message.

Message Sent: Sets the tone that sounds when the you send a message.

Critical Alert: Sets the tone that sounds when the device announces a critical alert.

Power Off: Sets the tone that sounds when you turn off the device.

Ring Until Read: Sets the device to ring until you read a new message. This feature is helpful if you are in a noisy environment.

Phone Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > Phone**.

Bluetooth Status: Turns Bluetooth technology on or off.

Status: Displays the current connection status for the paired device.

Pair Phone: Allows you to pair your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin app.

Remote Settings

You can use some features using another compatible device with ANT+® wireless technology, such as the fēnix® watch. You can use the Remote option to view incoming messages, send check-in messages, start and stop tracking, and initiate or cancel an SOS.

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > Remote**.

Status: Turns the Remote feature on or off and allows you to access some features using another compatible device.

Device Number: Displays the device number for the ANT+ channel.

Verification: Enables user verification to communicate with a wireless device.

Verified Devices: Displays a list of verified devices that this device can wirelessly connect to.

System Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > System**.

Backlight: Sets the backlight brightness and the length of time before the backlight turns off.

Language: Sets the text language on the device.

NOTE: Changing the text language does not change the language of user-entered data.

Compass Cal.: Calibrates the compass ([Calibrating the Compass, page 12](#)).

Time: Sets the time format and time zone ([Time Settings, page 12](#)).

Units: Sets the units of measure for the device ([Units Settings, page 13](#)).

Auto Download Media: Automatically downloads media messages.

Messaging Mode: Determines whether the device is prioritizing messaging performance or battery life.

Performance mode improves messaging performance, but reduces battery life. Low Power mode extends battery life, but reduces messaging performance.

Reverse Charging: Charge other devices with your device ([Using Reverse Charging, page 13](#)).

GPS: Change the GPS setting. The GPS Only option enables the GPS satellite system. The Multi-GNSS option enables multiple Global Navigation Satellite Systems (GNSS).

NOTE: Using multiple GNSS systems offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple GNSS systems can reduce battery life more quickly than using GPS only.

USB Mode: Sets the device to prompt you or automatically enter USB Mode when connected to a computer.

External Power: Automatically turns off the device when it is disconnected from external power.

Reset: Resets user data and settings ([Resetting All Default Settings, page 14](#)).

Software Update: Allows you to install software updates downloaded to your device.

About: Displays the IMEI number, authorization code, software, license, and regulatory information.

Calibrating the Compass

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Settings > System > Compass Cal.**
- 3 Follow the on-screen instructions.

Time Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > System > Time**.

Time Format: Sets the device to show time in a 12-hour or 24-hour format.

Time Zone: Sets the time zone for the device.

Daylight Saving: Sets the device to use daylight saving time. This option is not available when Time Zone is set to Automatic.

Units Settings

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > System > Units**.

Position Format: Sets the format used for geographical position coordinates and the coordinate system used by the map (*Position Format Settings, page 13*).

Speed/Distance: Sets the unit of measure for distance.

Wind Speed: Sets the unit of measure for wind speed.

Temperature: Sets the temperature unit of measure to Fahrenheit (°F) or Celsius (°C).

Bearing: Sets the north reference used on the compass to true or magnetic north.

Position Format Settings

NOTE: You should not change the position format or the map datum coordinate system unless you are using a map or chart that specifies a different position format.

From the home page, press ◀ or ▶ to scroll through the main menu options. Select **Settings > System > Units > Position Format**.

Format: Sets the position format in which a location reading appears.

Datum: Sets the coordinate system on which the map is structured.

Spheroid: Shows the coordinate system the device is using. The default coordinate system is WGS 84.

Using Reverse Charging

The Reverse Charging feature allows you to charge other devices with your device. While in Reverse Charging mode, the device will be unable to send or receive data.

1 From the home page, press ◀ or ▶ to scroll through the main menu options.

2 Select **Settings > System > Reverse Charging**.

3 Connect the device to the device you want to charge using a USB cable.

The Reverse Charging feature stays on for a maximum of 15 minutes before turning off automatically.

4 If necessary, repeat steps 1 through 3 to continue charging.

NOTE: If the device battery drops below 25 percent, the Reverse Charging feature stops automatically.

Device Information

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your phone, install the Garmin app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin
- Product registration

Setting Up Garmin Express

1 Connect the device to your computer using a USB cable.

2 Go to garmin.com/express.

3 Follow the on-screen instructions.

Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.



Viewing E-Label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, the IMEI number, as well as applicable product and licensing information.

- 1 From the main menu, select **Settings**.
- 2 Select **System**.
- 3 Select **About**.

Locking and Unlocking the Buttons

You can lock the buttons to prevent inadvertent button presses.

- 1 Press  to open the power menu.
- 2 Select **Lock Buttons**.
- 3 Press  to unlock the buttons.

Device Care

NOTICE

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

The device is water resistant to IEC Standard 60529 IPX7. It can withstand accidental immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the device. After submersion, be certain to wipe dry and air dry the device before using or charging.

Thoroughly rinse the device with fresh water after exposure to chlorinated or salt water environments.

Cleaning the Device

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

Troubleshooting

Maximizing Battery Life

- Reduce the backlight timeout and brightness ([System Settings, page 12](#)).
- Reduce the frequency of the **Send Interval** tracking setting ([Tracking Settings, page 11](#)).
- Use **Low Power** messaging mode ([System Settings, page 12](#)).
- Turn off Bluetooth technology ([Phone Settings, page 11](#)).
- Turn off ANT+ technology ([Remote Settings, page 11](#)).

Resetting All Default Settings

You can reset all device settings to the factory default values.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Settings > System > Reset**.
- 3 Select an option:
 - To reset all of the device settings to the factory default values and save all user-entered information, select **Reset Default Settings**.
 - To reset all of the device settings to the factory default values and delete all user-entered information, select **Delete Data and Reset Settings**.
 - To delete all user conversations, including SOS messages, select **Delete All Messages**.

My device is in the wrong language

You can change the device language selection if you have accidentally selected the wrong language on the device.

- 1 From the home page, press ►.
- 2 Scroll to the last item in the list, and select it.
- 3 Scroll to the last item in the list, and select it.
- 4 Scroll to the second item in the list, and select it.
- 5 Select your language.

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

NOTE: The device does not charge when it is outside the approved temperature range ([Specifications, page 16](#)).

- 1 Lift the weather cap ①.

- 2 Plug the power cable into the charging port ② on the device.
- 3 Plug the other end of the power cable into a compatible AC power adapter (5 V minimum output power).
- 4 Plug the AC power adapter into a standard wall outlet.
The device displays the current battery charge level.

Saving Energy While Charging the Device

- 1 Connect your device to an external power source.
- 2 Hold the power button until the screen turns off.
The device goes into a low power, battery charging mode, and the battery gauge appears.
- 3 Charge the device completely.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	IEC 60529 IPX7 ¹
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Charging temperature range	From 0° to 60°C (from 32° to 140°F)
Wireless frequencies and transmit power	2.4 GHz @ 3.18 dBm maximum [REDACTED] @ 39.7 dBm maximum
EU SAR	0.85 W/kg simultaneous

Battery Information

NOTE: The actual battery life depends on your device settings. Battery life estimates are based on full sky view and can be significantly reduced by obstructions or tree cover.

Usage	Battery Life
Text message or location sent every 2 minutes	Low power messaging mode: Up to 120 hours Performance messaging mode: Up to 70 hours
Text message or location sent every 10 minutes	Low power messaging mode: Up to 600 hours Performance messaging mode: Up to 110 hours
Media messages	Up to 250 media messages sent with a fully charged battery
Turned off	Up to 1 year

¹ The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

