

GARMIN®




A04354

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

Device Overview




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



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. 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 .

Viewing the Main Menu

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

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.

Power Off: Turns off the device.

Status Icons

	Transmitting data
	Tracking enabled
	Unread messages
	Sounds muted
	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 device, including messaging, SOS, tracking, and _____ Weather, you must activate it.

The _____ device 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 device.

- 1 Turn on the _____ device.
- 2 Bring your compatible phone within 10 m (33 ft.) of your device.
- 3 From the app store on your phone, download the Garmin _____ app, and follow the on-screen instructions to complete the pairing process.
- 4 Select **Activate Now**.
- 5 Follow the on-screen instructions to activate a service plan.
- 6 Wait while the device communicates with the Iridium® satellite network.

After the devices are paired, they connect automatically when they are turned on and within range.

Garmin _____ App

You can use the Garmin _____ app for text messaging, tracking, SOS, weather, and managing your service plan. The app works over both the Iridium satellite network and the internet (using a wireless connection or cellular data on your phone). The app provides a messaging experience for _____ users and their friends and family. Anyone can download the app and connect their phone, allowing them to communicate using the internet to other app users (no login is required).

Iridium Satellite Network

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

TIP: For the best connection with satellites, place the device with the antenna pointed toward the sky.

Syncing _____ Data

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

- 1 Open the Garmin _____ app.
- 2 Wait while your data syncs.

TIP: You can check status and see the last time the device synced on the Device tab in the app.

Testing the Device

You should test the device outdoors before using it on a trip to ensure your satellite subscription is active.

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Service Plan > 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.

_____ Features

⚠ WARNING

Before you can use the _____ features of your _____ device, including messaging, SOS, tracking, and _____ Weather, you must have an active satellite subscription. Always test your device before you use it outdoors.

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

NOTICE

Some jurisdictions regulate or prohibit the use of satellite 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.

Messages


Your _____ device sends and receives text messages using the Iridium satellite 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. You can use the Garmin _____ app to customize recipients.

- 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 a message.
- 5 Press **OK** to send the 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 recipients from your contacts list, or select **Type Contact** to enter each recipient's contact information.
- 4 Select **Select Quick Text**.
- 5 Press ◀ or ▶ to scroll through the pre-written messages.
NOTE: You can add and edit quick text messages in the Garmin  app.
- 6 Press **OK** to send the message.

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.
- 5 When you have finished your message, select ✓.
- 6 Press **OK** to send the message.

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 satellite 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**.

Adding a Contact from a Message

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Messages**, and select a conversation.
- 3 Select **Add Contact**.
TIP: You can edit the details of an existing contact or add a new contact record.

Viewing Message Details

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Messages**, and select a conversation.
- 3 Select a message.
- 4
- 5 Select **View Details**.

Navigating to a Message Location

When you receive a message from another device with _____ technology, the message may include location information. For these messages, you can navigate to the location from which the message was sent.

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Messages**, and select a conversation with location information.
- 3 Select a message.
- 4
- 5 Select **Navigate**.

Deleting Messages

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Messages**, and select a conversation.
- 3 Select **Delete**.

Contacts

You can add, delete, and edit contacts on the _____ device.

Adding a Contact

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Contacts** > **Add Contact**.
- 3 Select an item to edit.
- 4 Enter the new information.

Editing a Contact

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Contacts**.
- 3 Select a contact.
- 4
- 5 Select **Edit Details**.
- 6 Select an item to edit.
- 7 Enter the new information.

Deleting a Contact

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Contacts**.
- 3 Select a contact.
- 4
- 5 Select **Delete**.

Tracking

You can use the tracking feature on your _____ device to record track points and transmit them over the Iridium satellite network at the specified send interval. Track points appear on the Garmin Explore™ website and the MapShare™ tracking page.

Starting Tracking

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




Your track line and track points appear on your MapShare webpage for friends and family to follow your trip.

Stopping Tracking

- 1 From the home page, press ◀ or ▶ to scroll through the main menu options.
- 2 Select **Stop Tracking**.
- 3 Select an option:
 - To follow your track back to the starting point, select **Back to Start**.
 - To save the track as an activity, select **Save**.
 - To clear the track, select **Discard**.

Sharing Your MapShare Web Page

Before you can share a link to your MapShare web page with other people, you must enable MapShare on your explore.garmin.com account.

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Tracking**.
- 3
- 4 Select **Share With**.
- 5 Select recipients from your contacts list, or select **Type Contact** to enter each recipient's contact information.
- 6 Select **Next**.
- 7 Select an option:
 - To start with a pre-written message, press  or  to scroll through the quick text messages.
 - To write a custom message, select **Type Message**.
- 8 When you have finished your message, select .
- 9 Press **OK** to send the message.

The system automatically adds text, including link information, to the end of your message.

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 Select **Start**.

SOS


WARNING

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

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

NOTICE

Some jurisdictions regulate or prohibit the use of satellite 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® International Emergency Response Coordination Center (IERCC) to request help. Pressing the SOS button sends a message to the Garmin IERCC, and they notify the appropriate emergency responders of your situation. You can communicate with the Garmin IERCC 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.

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 **OK** to open the home page actions.
- 2 Select **SOS > Reply** to compose a custom SOS message.
- 3 Select an option:
 - To start with a pre-written message, press  or  to scroll through the quick text messages.
 - To write a custom message, select **Type Message**.
- 4 When you have finished your message, select .
- 5 Press **OK** to send the 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, premium, 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.

Adding a Waypoint as a Weather Location

You can add a saved waypoint as a weather location (,).

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Weather**.
- 3
- 4 Select **Change Location > New Location**.
- 5 Select a waypoint.

Setting the Weather Location

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Weather**.
- 3
- 4 Select **Change Location**.
- 5 Select your current location or a previously used waypoint.

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 **OK** to open the home page actions.
- 2 Select **Weather**.
- 3
- 4 Select **Update**.
- 5 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 **OK** to open the home page actions.
- 2 Select **Weather**.
- 3
- 4 Select **Update**.

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.

Deleting a Weather Location

You must set the weather location before you can delete it ([Setting the Weather Location, page 9](#)).

You can delete an expired forecast or a forecast for a location that you no longer need.

- 1 From the home page, press **OK** to open the home page actions.
- 2 Select **Weather**.
- 3
- 4 Select **Remove**.

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 > Plan Details**.

Viewing Data Use

You can view the number of messages, preset 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 > Data Use**.

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 satellite network.

NOTE: The Send Interval frequency affects battery life (*Battery Information, page 16*).

Activity Recording: Sets the level of detail used in your activity recording. The High Detail option logs your location and updates the track line more frequently in the device memory than the Standard option.

NOTE: Higher detail recordings decrease battery life (*Battery Information, page 16*).

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.

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.

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.

Map Settings

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

Waypoints: Shows or hides waypoints on the map.

Waypoint Labels: Shows or hides waypoint labels on the map.

Track Points: Shows or hides track points on the map.

Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

Phone Settings

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

Status: Enables Bluetooth® wireless technology.

Connected Device: Displays the name of the currently connected device from the list of paired devices. This option is available only after a device is paired.

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 Explore app.

Remote Settings

You can use some [redacted] features using another compatible device with ANT+® wireless technology, such as the fēnix® watch. You can use the [redacted] Remote option to view incoming messages, send preset 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** > [redacted] **Remote**.

Status: Turns the [redacted] Remote feature on or off and allows you to access some [redacted] 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**.

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

Compass Cal.: Allows you to calibrate the compass (,).

Time: Sets the time format and time zone (*Time Settings, page 12*).

Units: Sets the position format and units of measure for the device (*Units Settings, page 13*).

GPS: Allows you to 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.

Language: Sets the text language on the device.

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

Keyboard Language: Sets the keyboard language on the device.

Owner Info: Allows you to add owner information, such as your name. The information appears on the home page.

USB Mode: Sets the device to use mass storage mode or Garmin mode when connected to a computer.

Screenshots: Allows you to take a picture of the device screen.

Export to GPX: Allows you to export saved waypoints, activities, and courses as GPX files.

Reset Device: Allows you to reset 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.

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).

Pressure: Sets the unit of measure for pressure.

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.

Device Information

Product Updates

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

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Explore
- 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, 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.

After cleaning, allow the device to dry completely.

Troubleshooting



Maximizing Battery Life

- Reduce the backlight timeout ([System Settings, page 12](#)).
- Reduce the frequency of the tracking **Send Interval** setting ([Tracking Settings, page 11](#)).
- Use the **Standard** level of detail for activity recordings ([Tracking Settings, page 11](#)).
- Turn off Bluetooth wireless technology ([Phone Settings, page 11](#)).
- Turn off ANT+ wireless technology ([Remote Settings, page 12](#)).

Resetting All Default Settings

Before you reset your device, you should sync your device with the Garmin Explore app to upload your activity data.

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 Device**.
- 3 Select an option:
 - To reset all of the device settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
 - To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

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 **OK**.
- 2 Scroll down to the last item in the list, and select it.
- 3 Scroll down to the last item in the list, and select it.
- 4 Select the first item in the list.
- 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 small end of 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.
- 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 -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency/protocol	2.4 GHz @ 5.4 dBm maximum 1.6 GHz @ 35.9 dBm maximum
EU SAR (limb)	0.30 W/kg simultaneous
EU SAR (body)	0.30 W/kg simultaneous

Battery Information

The actual battery life depends on your device settings and if you are recording a high detail activity or tracking at a high interval. For optimal battery life, ensure you have a clear view of the sky.

Mode	Battery Life
10-minute tracking send interval and high detail activity recording	Full sky view: Up to 5 days Moderate tree cover: Up to 2 days
Default mode with 10-minute tracking send interval and standard activity recording	Full sky view: Up to 14 days Moderate tree cover: Up to 4 days
30-minute tracking send interval with standard activity recording	Full sky view: Up to 30 days Moderate tree cover: Up to 10 days
Turned off	One 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.

