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1 INTRODUCTION

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2.3.4 Language

In **LANGUAGE** you choose the language of your Suunto Core user interface (English, German, French or Spanish).

To choose a language:

1. In **GENERAL**, select **LANGUAGE**.
2. Select a language from the list with [+] and [- Light].

2.3.5 Activating button lock

You can activate and deactivate the button lock by keeping [-Light] pressed down. When the button lock is activated, it is indicated with a lock symbol .

NOTE: You can change views and use the backlight when the button lock is activated.

2. Scroll down to **TIME-DATE** using [- Light].
3. Enter with [Mode].

3.1.1 Setting time

In **TIME** you set the time.
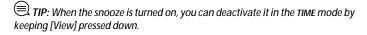To set the time:
1. In **TIME-DATE**, select **TIME**

Possible real life situation: Knowing the time at home

You are traveling abroad and you set the dual time to be the time at home. The main time is the time at your current location. Now you always know the local time and you can quickly check what time it is at home.

3.1.4 Setting sunrise and sunset times

In **SUNRISE**

TIP: When the snooze is turned on, you can deactivate it in the TIME mode by keeping [View] pressed down.

Possible real life situation: Waking up in the morning
You want to wake up early tomorrow morning. You set your Suunto Core alarm

4 USING ALTI & BARO MODE

In the **ALTI & BARO** mode you can view the current altitude, barometric pressure or snorkeling depth. It offers four profiles: **AUTOMATIC**, **ALTIMETER**, **BAROMETER** and **DEPTH METER**. You can access different views depending on which profile is activated when you are in the **ALTI & BARO** mode.

4.1 How Alti & Baro works

To get the right readings from **ALTI & BARO**, it is important to understand how Suunto Core calculates altitude and sea level air pressure.
Suunto Core constantly measures absolute air pressure. Based on this measurement and reference values, it calculates altitude or sea level air pressure.

4.1.1 Getting correct readings

If you are engaged in an outdoor activity that requires you to know the air pressure, you need to enter the altitude reference value for your location. This

2. Select **PROFILE**.
3. Choose a suitable profile.

to check upcoming weather conditions. The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. The right line represents the last 3 hours. The left line represents the 3 hours prior to the last 3 hours. So the line can indicate 9 different patterns in the barometric trend.

Situation 3-6 hours ago	Situation last 3 hours	
Dropped heavy (>2 hPa/3hours)	Dropping in heavily (>2 hPa/3hours)	
Remained stable	Rising heavily (>2 hPa/3hours)	_
Rose heavy (>2 hPa/3hours)	Dropping heavily (>2 hPa/3hours)	╱

TIP: If the weather trend indicator shows that the air pressure is constantly rising, there is a higher possibility of better weather upcoming. Again, if the air pressure is constantly falling, there is a higher possibility of bad weather.

start to get tired. You check your altitude, and see that there's still a lot of climbing ahead. Maybe you need to rethink your next check point.

4.5.2 Recording logs

Altitude points are recorded according to the recording interval you have chosen.
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A 7-day log of changes in sea level air pressure can be viewed in **ALTI-BARO** memory in **MENU** (see *6.1 Alti-baro memory on page 36*.)

Possible real life situation: Using the BAROMETER profile
You're still hiking and you're getting tired. You decide to take a nap and you set up your tent. Since your altitude will stay the same for a while, you activate the BAROMETER profile. When you wake up, you will be able to check changes in sea level air pressure with an eye on the weather.

4.6.1 Recording logs

When you are recording logs in the **ALTIMETER** profile, you can switch to tofile

4.8.1 Recording logs in depth meter profile

The log recorder in the **DEPTH METER** profile works similarly to the log recorder in the **ALTIMETER** profile, but instead of recording altitude it records the depth of your snorkeling dives.
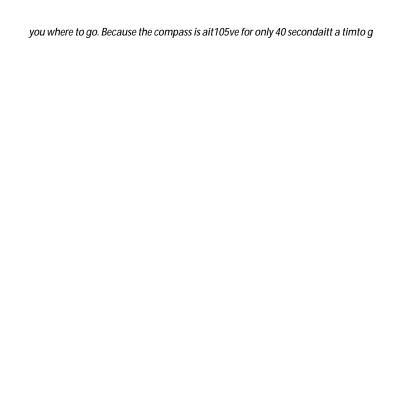
To record logs in the **DEPTH METER** profile:

1. In the **ALTI & BARO** mode, select the log recorder view.
2. Start, stop and restart it with [Start Stop]

TIP:

5 USING COMPASS MODE

You can use the compass in two ways: you can use the bezel or the bearing tracking.

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you where to go. Because the compass is ait105ve for only 40 secondaitt a timto g

3. Choose a log from the list.
4. Lock the log by choosing **YES** (press [- Light])
    OR
    Cancel by choosing **NO** (press [View]).

6.3 Choosing recording interval

You can choose the recording interval in **REC INTERVAL** in **MENU**.

You can choose between five recording intervals:

    1 second
    5 seconds
    10 seconds
    30 seconds
    60 seconds

When browsing through the intervals, the available recording time is shown in the lower part of the display.

To choose a recording interval:

1. In **MEMORY**, select **REC INTERVAL**.
2. Choose a recording interval using [+] and [- Light].

7 REPLACING BATTERY

Your Suunto Core operates on a 3-volt lithium cell, type: CR 2032.

NOTE: The markings on the cover may be unaligned once the cover has been tightened. This doesn't matter. If the cover is undamaged, it does not need to be replaced.

NOTE: If the threads of the battery compartment cover are damaged, send

8 SPECIFICATIONS

8.1 Technical data

General

Operating temperature -20 °C to +60 °C / -4°F to +140°F
Storage temperature -30 °C to +60 °C / -22°F to +140°F
Water-resistant 30 m / 100 ft (according to ISO 2281)
Mineral glass

Compass

Resolution 1°

8.2 Trademark

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