
SUUNTO KAILASH

User Guide

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1 SAFETY



WARNING: is used in connection with a procedure or situation that may result in serious injury or death

AVERTISSEMENT: - s'utilise en lien avec une procédure ou une situation pouvant entraîner des accidents graves voire mortels.



CAUTION: is used in connection with a procedure or situation that will result in damage to the device

ATTENTION: - s'utilise en lien avec une procédure ou une situation pouvant entraîner des dégâts sur le produit.



NOTE: is used to emphasize important information

REMARQUE: - met l'accent sur des informations importantes.



TIP: is used for extra tips on how to utilize the features and functions of the device.

CONSEIL: - signale des conseils supplémentaires sur l'utilisation des fonctionnalités et caractéristiques de l'appareil.

Safety precautions

Précautions d'utilisation



WARNING: ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCT IS IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR..

AVERTISSEMENT: DES RÉACTIONS ALLERGIQUES OU DES IRRITATIONS CUTANÉES PEUVENT SURVENIR LORSQUE LE PRODUIT EST EN CONTACT AVEC LA PEAU, MALGRÉ LA CONFORMITÉ DE NOS PRODUITS AUX NORMES INDUSTRIELLES. EN CAS D'ÉVÉNEMENT DE CE TYPE, CESSEZ IMMÉDIATEMENT TOUTE UTILISATION ET CONSULTEZ UN MÉDECIN.

 **WARNING:** ONLY FOR RECREATIONAL USE.

AVERTISSEMENT: RÉSERVÉ À UNE UTILISATION DE LOISIR.

 **WARNING:** DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP MATERIAL TO ENSURE YOUR SAFETY.

AVERTISSEMENT: NE VOUS FIEZ PAS TOTALEMENT AU GPS OU À L'AUTONOMIE DE LA BATTERIE. POUR VOTRE SÉCURITÉ, UTILISEZ TOUJOURS DES CARTES ET AUTRES MATÉRIELS DE SECOURS.

 **CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

ATTENTION: N'APPLIQUEZ AUCUN SOLVANT DE QUELQUE TYPE QUE CE SOIT SUR LE PRODUIT, AU RISQUE D'EN ENDOMMAGER LA SURFACE.

 **CAUTION:** DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

ATTENTION: N'APPLIQUEZ AUCUN PRODUIT INSECTICIDE QUEL QU'IL SOIT SUR LE PRODUIT, AU RISQUE D'EN ENDOMMAGER LA SURFACE.

 **CAUTION:** DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.

ATTENTION: NE JETEZ PAS LE PRODUIT AUX ORDURES MÉNAGÈRES. TRAITEZ-LE COMME UN DÉCHET ÉLECTRONIQUE AFIN DE PROTÉGER L'ENVIRONNEMENT.

 **CAUTION:** DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.

ATTENTION: NE HEURTEZ PAS OU NE FAITES PAS TOMBER LE PRODUIT, AU RISQUE DE L'ENDOMMAGER.

2 GETTING STARTED

Starting your Suunto Kailash for the first time is quick and simple. Time, date and location are automatically set if you have good satellite reception.

To start the watch:

1. Wake up the watch by keeping the 7R button pressed until the display turns on.
2. Select language and confirm.
3. Set units format and confirm.
4. Set time format and confirm
5. Wait for satellite reception to update time, date and location.

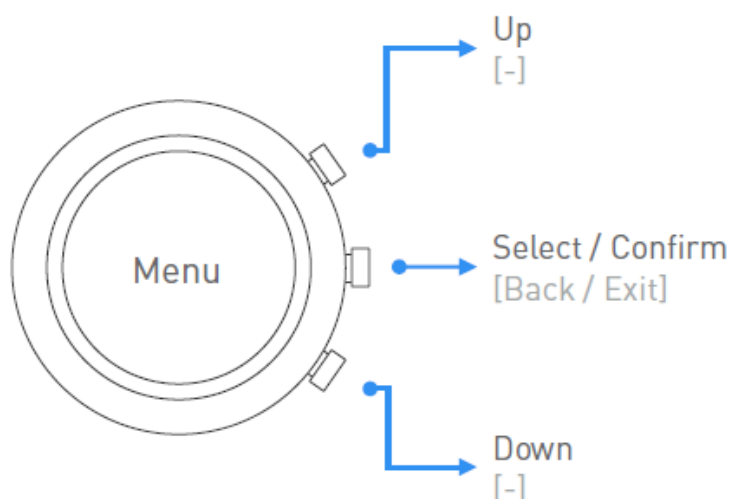
After start up, charge your watch until the battery indicator shows 100%.

2.1 Adjust settings

All watch settings can be adjusted under the options menu.

To adjust a setting:

1. Keep the middle button pressed to enter the options menu.
2. Scroll up and down through menus with the 7R button and lower button.
3. Enter a setting by pressing the middle button.
4. Adjust the setting value with the 7R button and lower button.
5. Confirm the new setting value by pressing the middle button.
6. Exit by keeping the middle button pressed.



2.2 Displays and views

Suunto Kailash has three main displays: time, navigation, and the 7R logbook.

Change between time and navigation by pressing the middle button.

The time display has several different views in the bottom row which you can scroll through with the lower button.

Enter the 7R logbook by pressing the 7R button. Exit by pressing the middle button.

2.3 Icons

Suunto Kailash uses the following icons:

Icon	Description
	Daily alarm
	Battery charge level
	Bluetooth activity
	Button lock
	Button press indicators
	Down/decreas
	GPS/GLONASS signal strength
	Incoming call
	Message/notification
	Missed call
	Next/confirm
	Pairing
	Paused/stop
	Point of interest

	Settings
	Strom alarm
	Sunrise
	Sunset
	Up/increase

3 FEATURES

3.1 7R logbook

Press the 7R button to see your latest adventure stats. This summary statistics include:

- Cities visited
- Countries visited
- Total time in current city
- Travel days for the year
- Total distance travelled
- Flights for the year
- Furthest distance from home
- Average daily steps
- Average speed over last 30 days

7R notifications

In addition to the summary statistics, your Suunto Kailash notifies you of significant events such as arriving at a new city for the first time or reaching a new highest altitude (flying excluded).

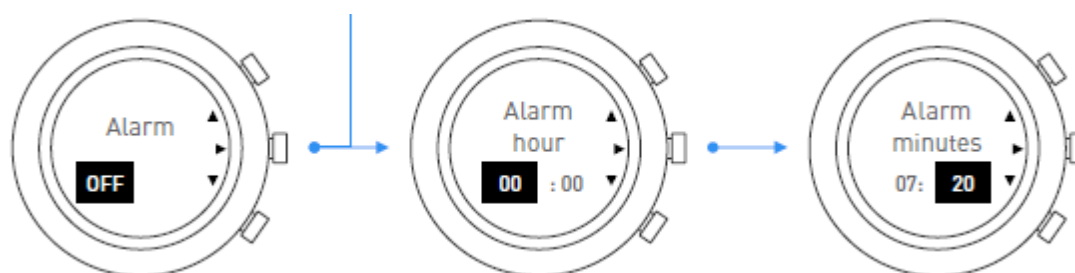
3.2 Alarm clock

You can set one daily alarm. When an alarm time is defined, the alarm appears on the timeline.



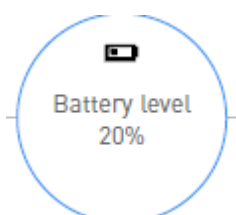
To set the alarm:

1. Keep the middle button pressed to enter the options menu.
2. Press the middle button to enter **Time & Date**.
3. Press the middle button to enter the alarm setting.
4. Turn the alarm on and confirm.
5. Set the hour and minutes and confirm.
6. Exit by keeping the middle button pressed.

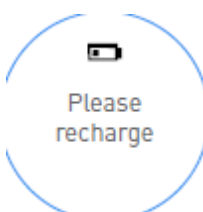


3.3 Battery

When the battery level reaches 20%, you get a popup notifying you of the low level.



When the battery level gets very low, you can a recharge notification.



At this point, a blinking battery icon is shown in the bottom row of the time view. Navigation and connectivity features are automatically turned off until the watch is recharged.

Recharge the watch by attaching the supplied cable to the watch and plugging the USB end into a computer or wall charger.

<picture here>

3.4 Backlight

The Suunto Kailash has two lights: and normal backlight and an extra bright backlight which can be used as a flashlight.

To activate the backlight, keep the 7R button pressed until the backlight turns on. To activate the flashlight, continue to keep the button pressed a few seconds until the brighter backlight comes on.

You can also activate the backlight by firmly tapping twice in the center of the display.

The backlight has three different modes which can be changed in the options menu under **GENERAL >> Backlight >> Backlight mode**.

- **Buttons:** Any button press activates backlight for 8 seconds
- **Normal** (default): Long 7R button press activates backlight for 8 seconds
- **Toggle:** Long 7R button press activates backlight and stays on until 7R button is pressed again

The backlight brightness level can also be adjusted in the options menu under **GENERAL >> Backlight >> Brightness**

3.5 Countdown timer

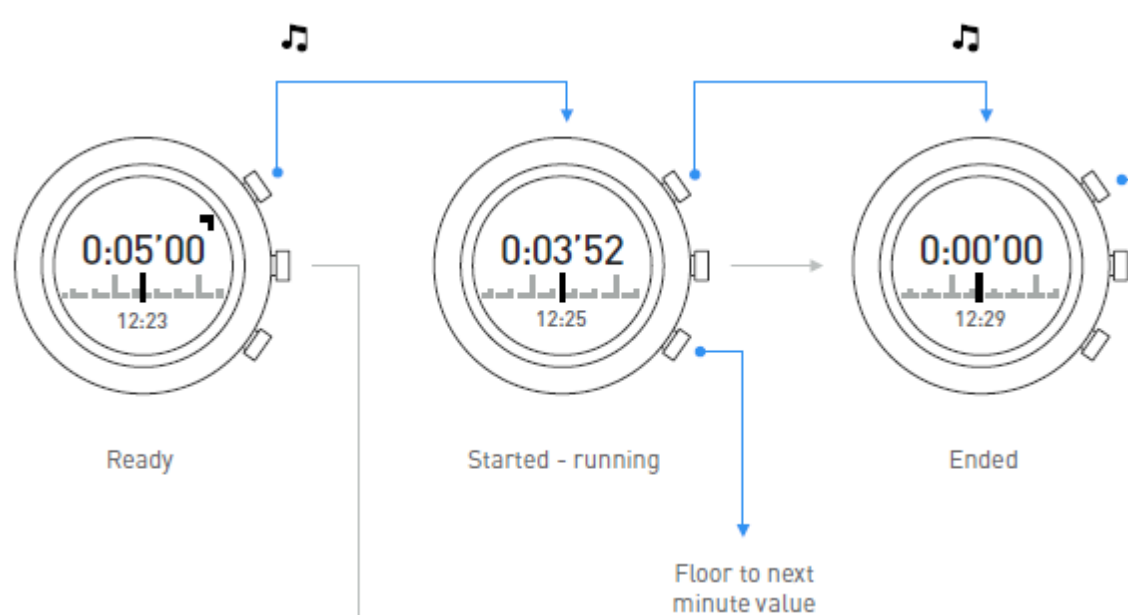
The countdown timer can be activated from the options menu.

To activate the countdown timer:

1. Keep the middle button pressed to enter the options menu.
2. Press the middle button to enter **Time & Date**.
3. Scroll to Countdown and press the middle button.
4. Set hours and minutes and confirm.
5. Exit by keeping the middle button pressed.



Start and stop the timer by pressing the 7R button. While the timer is running, you can skip to the next minute (zero the seconds) by pressing the lower button.



When the timer is expired, you can return to the main time display by pressing the 7R button.

3.6 Time

You can use Suunto Kailash to keep track of three different times: local time, home time, and world time.

Local time is time at your current location.

Home time is the time at your primary residence which you can define with home location setting. See 3.8.1 Home location.

3.6.1 Local time

3.6.2 Home time

3.6.3 World time

3.6.4 Time syncing

3.6.5 Time views

How to turn display items on/off

3.6.6 Sunrise/sunset

3.6.7 Date

3.6.8 GPS time

3.6.9 DST

3.7 Mobile app

Pair your Suunto Kailash with your smartphone to get notifications on your watch, customize watch settings, as well as upload and share your adventures.

3.7.1 Pairing

If you have not paired your watch with the app, you are asked to pair the first time you enter the **Connectivity** menu.

To pair the watch and app:

1. Download and install Suunto 7R App on your compatible Apple device from the iTunes App Store.
The app description includes the latest compatibility information.
2. Start the app and turn on Bluetooth if it is not on already. Leave the app running in the foreground on your mobile device.
3. On your watch, keep the middle button pressed to enter the options menu.
4. Scroll to **CONNECTIVITY** with the lower button and select with the middle button.
5. Select "Yes" to the "Pair MobileApp" question.
6. Enter the passkey shown on your watch display into the pairing request field on your mobile device and tap PAIR.

3.7.2 Bluetooth

Bluetooth is on by default in Suunto Kailash. It is used to send and receive information with your mobile device when you have paired your watch with the Suunto 7R app.

However, if you are not using the app, or otherwise do not want to have Bluetooth on all the time, you can turn it off under the **CONNECTIVITY** menu.

To turn Bluetooth on/off:

1. Keep the middle button pressed to enter the options menu.
2. Scroll to **CONNECTIVITY** with the lower button and select with the middle button.

3. Scroll to **Bluetooth** with the lower button and select with the middle button.
4. Toggle on or off with the 7R or lower button and confirm with the middle button.
5. Keep the middle button pressed to exit.

3.7.3 Notifications

3.8 Navigation

3.8.1 Home location

3.8.2 Compass

What it is

When/how to use it

How to calibrate it

How to turn it on/off

3.8.3 Navigating

3.8.4 Points of interest

Save current location

3.8.5 GPS/GLONASS

What it's all about

Turning it on/off

3.9 Software update

3.10 Step counter

3.11 Stopwatch

3.12 Tones/vibration

3.13 Units

Units are displayed in the metric or Imperial system.

The unit system can be changed in the options menu under GENERAL >> Formats >> Unit system.

3.14 Weather

Storm alarm

4 CARE AND SUPPORT

4.1 Handling guidelines

4.2 Strap replacement

4.3 Service menu

5 REFERENCE

5.1 Technical specifications

General

- operating temperature: -20° C to +60° C/-5° F to +140° F
- battery charging temperature: 0° C to +35° C/+32° F to +95° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- weight: TBD
- water resistance: 100 m/328 ft/10 bar
- lens: sapphire crystal
- power: rechargeable lithium-ion battery
- Battery life: ~ 4-10 days, depending on conditions

Memory

- Points of Interest (POIs): max. 250

Radio receiver

- Bluetooth® Smart compatible
- communication frequency: 2.4 GHz
- range: ~3 m/9.8 ft

Barometer

- display range: 950 to 1060 hPa/28.05 to 31.30 inHg
- resolution: 1 hPa/0.03 inHg

Altimeter

- display range: -500 m to 9999 m/-1640 ft to 32805 ft
- resolution: 1 m/3 ft

Compass

- resolution: 1 degree/18 mils

GPS

- technology: TBD

- resolution: 1 m/3 ft

5.2 Compliance

5.2.1 CE

Suunto Oy hereby declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Suunto Oy déclare par la présente que ce produit est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.

5.2.2 FCC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

Cet appareil est conforme à la Partie 15 des règles de la FCC. Son utilisation est soumise aux deux conditions suivantes :

- (1) cet appareil ne doit pas causer d'interférences dangereuses,
- (2) cet appareil doit accepter toute interférence reçue, y compris les interférences pouvant entraîner un fonctionnement non désiré. La conformité de ce produit aux normes de la FCC a été testée et ce produit est destiné à être utilisé à la maison ou au bureau.

Les changements ou modifications non expressément approuvés par Suunto peuvent annuler votre droit d'utiliser cet appareil dans le cadre de la réglementation de la FCC.

5.2.3 IC

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux normes RSS hors licence d'Industrie Canada. Son utilisation est soumise aux deux conditions suivantes :

(1) cet appareil ne doit pas causer d'interférences,

(2) cet appareil doit accepter toute interférence, y compris les interférences pouvant entraîner un fonctionnement non désiré de l'appareil.

5.2.4 NOM-121-SCT1-2009

The operation of this equipment is subject to the following tw conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

5.3 Trademark

Suunto Traverse, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

Suunto Traverse, ses logos et les autres marques et noms de commerce de la marque Suunto sont des marques de commerce déposées ou non déposées de Suunto Oy. Tous droits réservés.

5.4 Patent notice

This product is protected by pending patent applications and their corresponding national rights: LIST TO BE VERIFIED

Additional patent applications have been filed.

5.5 Warranty

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

Warranty Period

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for Products unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to wireless sensors and transmitters, chargers, cables, rechargeable batteries, straps, bracelets and hoses.

Exclusions and Limitations

This Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This Limited Warranty is not enforceable if the Product or accessory:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

Access to Suunto warranty service

You must provide proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit www.suunto.com/warranty, contact your local authorized Suunto retailer, or call Suunto Contact Center.

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

5.6 Copyright

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