

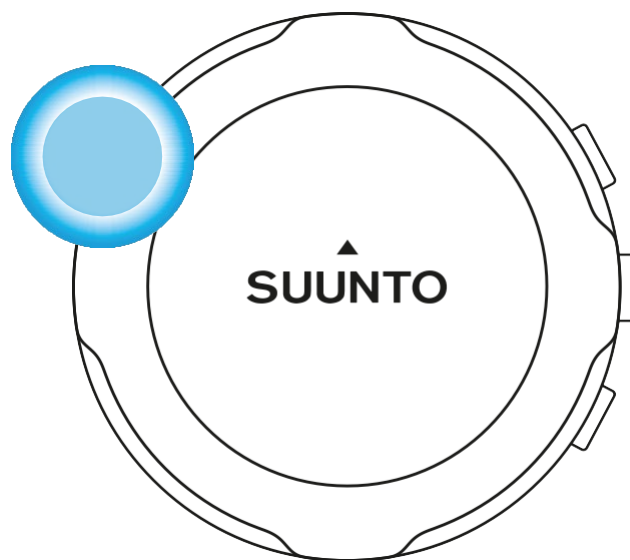


# SUUNTO 7

**OW185**

USER MANUAL

# GET STARTED



1. Press the power button to turn on your watch.
2. Tap the screen to begin, select language and follow onscreen instructions.

# SET UP AND PAIR



1. Download and open the Wear OS app on your phone.
2. Tap **Start set up**.
3. Tap the name of your watch on your phone.
4. You will see a code on your phone and watch.
5. If the codes are the same, tap **Pair** on your phone. Pairing can take a few minutes.
6. To finish setup, follow the onscreen steps.

To set up and pair your Suunto 7, download the latest version of the Wear OS by Google app from **the Google Play Store or the App Store**. Before pairing, make sure you have Bluetooth enabled on your mobile phone.

Trouble pairing and setting up? Visit <https://support.google.com/wearos> to get more help.

# WEAR OS BASICS

With the power of Wear OS by Google you can stay connected and have all your favorite Google Play apps available for you on your watch. Send messages, listen to music, pay with Google Pay and more.

Learn how to get more out of your watch with Wear OS: <https://support.google.com/wearos>

# CARE AND SUPPORT

## HANDLING GUIDELINES

Handle the unit with care – do not knock or drop it.

Under normal circumstances, the watch does not require servicing. On a regular basis, rinse it with fresh water, mild soap, and carefully clean the housing with a moist, soft cloth or chamois.

Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

## BATTERY

The duration on a single charge depends on how you use your watch and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.

NOTE: In case of abnormal capacity decrease due to defective battery, Suunto covers battery replacement for one year or maximum 300 charging times, whichever comes first.

## CHARGING YOUR WATCH

Use the provided cradle to charge your watch.

1. Plug the provided charging cable into a USB port.
2. Place the magnetic end of the cable on the magnets on the back of the watch, so that the cable snaps and aligns properly.
3. Once the watch is charging, you will see a charging icon on the screen.

Note: For charging, use a USB port of 5Vdc, 0.5A as a power source.

## DISPOSAL

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.

# TECHNICAL SPECIFICATIONS

## GENERAL

- Display: AMOLED 1,39" / 35,3 mm, resolution 454×454 pixel
- Materials: Bezel - Stainless steel, Watch case - Reinforced polyamide, Strap - Silicone
- Operating temperature: -20 °C to +50 °C / -4 °F to +122 °F
- Storage temperature: -30 °C to +60 °C / -22 °F to +140 °F
- Water resistance: 50 m / 164 ft

## SYSTEM

- Operating system: Wear OS by Google
- Phone support: Android and iOS - Apple
- Processor: Qualcomm Snapdragon wear 3100, Quad-core CPU + DSP + ultra-low power co-processor
- Memory: 1GB of RAM and 8GB of Flash (~4,5 GB free space for user)
- Connectivity: Wi-Fi, Bluetooth 4.2 (BR/EDR+BLE), NFC, USB
- Audio: Speaker - through BT headsets (no integrated speaker), Microphone - yes

## BATTERY

- Battery type: rechargeable lithium-polymer battery 450 mAh
- Battery charging: USB cable, ~2 h to 100%
- Battery charging temperature: 0 °C to 45 °C / +32 °F to +113 °F

## RADIO TRANSCEIVER

- Wireless local area network (WLAN) compliant with the IEEE 802.11 b/g/n specification
- Maximum transmission power: 15 dBm (b), 10 dBm (g/n)
- Communication frequency: 2402–2480 MHz
- Bluetooth (BT) compliant with the BT specification version 4.2 (BR/EDR+BLE)
- Maximum transmission power: 10 dBm (BR/EDR)

- Maximum transmission power: 1 dBm (BLE)
- Communication frequency: 2402–2480 MHz
- Range: ~10 m/32 ft (WLAN), ~8 m/26 ft
- Bluetooth™ Smart compatible
- Near Field Communication (NFC)
- 13.56 MHz (Used for Google Pay)

## **ALTIMETER**

- Display range: -500m to 9000m / -1640ft to 29527ft
- Display resolution: 1 m / 3 ft

## **COMPASS**

- Display resolution: 1 degree / 18 mils

## **POSITIONING**

- Navigation systems: GPS, Glonass, Beidou 2
- Technology: Qualcomm
- Display resolution: 1 m / 3 ft

## **MANUFACTURER**

Suunto Oy  
Tammiston kauppatie 7 A  
FI-01510 Vantaa  
FINLAND