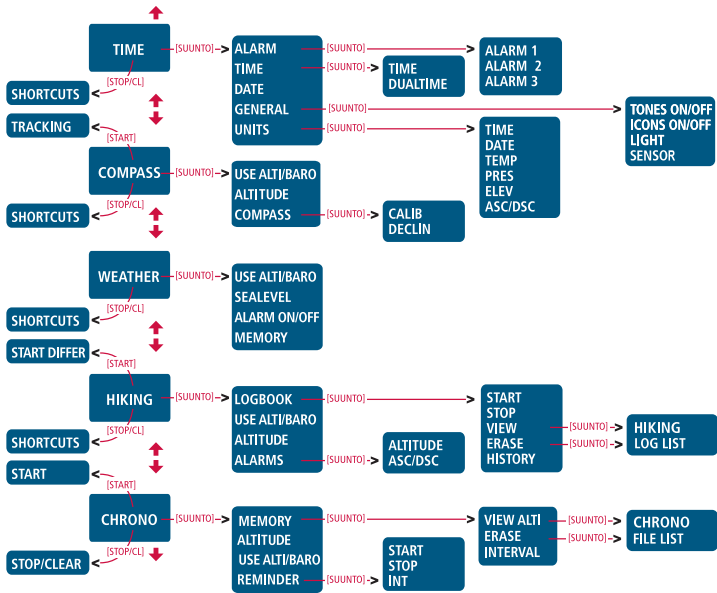


**SUUNTO SUUNTO**  
**X6 X6<sub>M</sub>**

USER'S GUIDE





**Suunto X6/X6M**

**USER'S GUIDE**

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# 1. GENERAL INFORMATION

The Suunto X6/X6M Wristop Computer is a reliable high-precision electronic instrument that is intended for recreational use. Outdoor enthusiasts who enjoy sports such as mountain climbing, hiking and biking can rely on the Suunto X6/X6M's accuracy.

**NOTE:** *The Suunto X6/X6M should not be substituted for obtaining measurements that require professional or industrial precision and should not be used to obtain measurements when skydiving, hang gliding, paragliding, gyrocopter riding and flying a small aircraft.*

## 1.1. CARE AND MAINTENANCE

Only perform the procedures described in this manual. Never attempt to disassemble or service your Suunto X6/X6M. Protect your Suunto X6/X6M from shocks, extreme heat and prolonged exposure to direct sunlight. If not in use, store your Suunto X6/X6M in a clean, dry environment at room temperature.

The Suunto X6/X6M can be wiped clean with a lightly moistened (warm water) cloth. If there are stubborn stains or marks, you can apply mild soap to the area. Do not expose the Suunto X6/X6M to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish. Keep the PC interface contacts clean with e.g. a toothbrush. Make sure the area around the sensors is kept free of dirt and sand. Never insert any objects into the sensor openings.

## 1.2. WATER RESISTANCE

Suunto X6/X6M is water-resistant. Its water resistance is tested to 100m/330ft according to ISO 2281 standard ([www.iso.ch](http://www.iso.ch)). This means that you can use your Suunto X6/X6M for swimming and other water sports activities but it must not be used for scuba diving or freediving.

To maintain water resistance and to ensure that the warranty remains valid, it is strongly recommended to have all service, except for battery change, done by authorized Suunto service personnel.

**NOTE:** *Never push the buttons while swimming or in contact with water. Deliberate or unintentional pressing of the buttons while the unit is submerged could cause the unit to malfunction.*

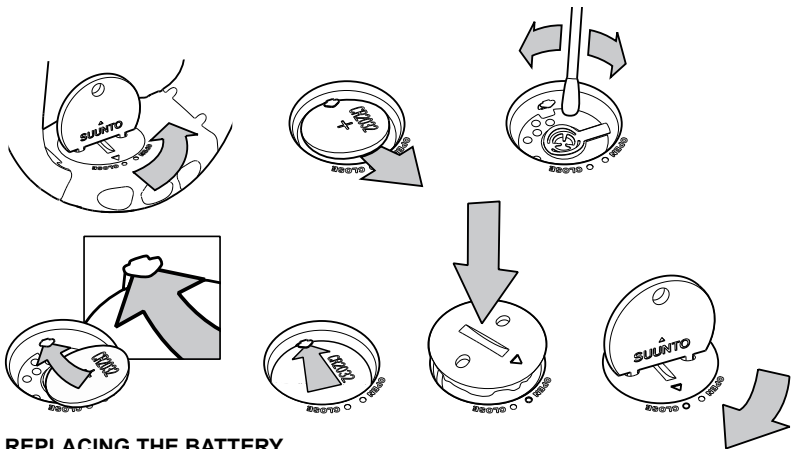
## 1.3. BATTERY REPLACEMENT

The Suunto X6/X6M operates on a 3-Volt lithium cell, type: CR 2032. The life expectancy is approximately 12 months in Time/Weather modes.

A low-battery warning indicator is activated on the display when approximately 5–15 percent of the battery capacity is still available. When this occurs, you should replace the battery. However, extremely cold weather may activate the low battery warning indicator, even though the battery is still fully operational. If the battery warning indicator is activated in temperatures above 10°C (50°F), replace the battery.

**NOTE:** *Heavy use of the backlight, altimeter and compass will significantly reduce battery life.*





## REPLACING THE BATTERY

Make sure that you have purchased an original Suunto battery kit (including battery and battery lid with installed O-ring) before you start replacing the battery.

1. Insert a coin into the slot or a Suunto battery-opening coin into the slot or holes located in the battery compartment cover on the backside of your device.
2. Turn the coin counterclockwise until it is aligned with the open position marker. Then, turn and lift the cover with the coin simultaneously, until the cover opens.
3. Remove the battery compartment cover and the old battery carefully. Avoid damaging the contact plate.

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- Carefully clean the inside sealing surface of the battery compartment before placing your new battery in the compartment.
- Place the new battery into the battery compartment with the positive side facing up. Gently slide the battery underneath the contact plate, ensuring that the contact plate does not break or bend out of place.
- Place the new battery compartment cover on top of the battery compartment, aligning the position marker on the cover with the open position marker on the backside of your device.
- Using the coin, gently press and turn the cover clockwise, until the position marker on the cover is aligned with the close position marker on the back.

**NOTE:** *When the battery has been replaced, ensure that the battery compartment is correctly closed. This helps your Suunto device remain water-resistant. Careless battery replacement may void the warranty.*

**NOTE:** *Heavy use of the backlight, especially in the Night Use setting, will significantly reduce battery life.*

#### **1.4. AFTER SALES SERVICE**

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto dealer who is responsible for having your product repaired. Include your name and address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto dealer determines a reasonable amount of time, provided all necessary parts are in stock. All repairs made, not covered under the terms of this warranty, will be made at the owner's expense. This warranty is non-transferable from the original owner.

If it is not possible to contact your Suunto dealer, contact your local Suunto distributor for further information. You can locate your local Suunto distributor from [www.suunto.com](http://www.suunto.com).

## 2. HOW TO USE YOUR SUUNTO X6/X6M

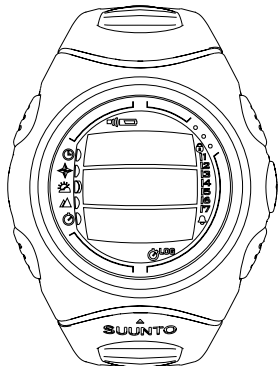
### 2.1. DISPLAY






When your Suunto X6/X6M leaves the factory, it is in sleep mode, with the display empty. Press any button to activate the Suunto X6/X6M. The text “DEFRAG OF MEMORY” is displayed and after a few seconds the Time mode is activated. Later on, you can select which mode is displayed. For information about setting the correct time, refer to chapter 3.2.3.

In addition to mode-specific information, the Suunto X6/X6M display includes several symbols.

#### 2.1.1. Mode Symbols

The mode symbols on the left of the display indicate the active mode:



-  Time
-  Hiking
-  Compass
-  Hiking chrono
-  Weather

### 2.1.2. Function Symbols


The function symbols indicate that either a function has been activated (such as Alarm) or something needs to be done (battery symbol). The function symbols are:

 Alarm

Active, when at least one of the alarms is on.

 Weather/Altitude alarm

Active, when weather alarm, altitude alarm or asc/dsc alarm is on.

 Logbook

Active, when the logbook is recording data.


 Chrono

Active, when the chrono is on and recording data to a file.

 Use alti/baro

Indicates that the air pressure sensor is used as a barometer and the altitude reading is fixed.

Active when you select the air pressure to be displayed as weather information. In this case the altitude reading in Hiking, Chrono and Compass modes is fixed. For more information refer to chapter 3.3.2.

 Battery

Active, when 5–15 percent of the battery capacity is left and the battery should be replaced.

 Button Lock

Active, when the button lock has been activated.

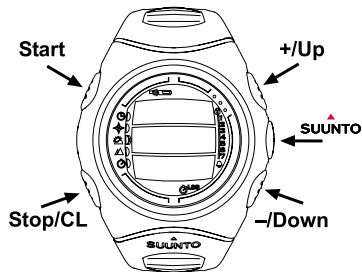
## 2.2. BUTTONS

### 2.2.1. Short and Long Press

The buttons may have different functions depending on how long you press them.

The ordinary *press* or *short press* means that the button is pressed quickly.

The *long press* means that the button is pressed for more than 2 seconds.



### 2.2.2. Start Button

#### Short press

- In Chrono mode, it starts timing and records and displays the intermediate times.
- In Hiking mode, it records the mark points (altitude and time).

#### Long press

- Activates the backlight when the backlight is not set to the off position. The backlight stays on as long as a selection is active and 5 seconds after the last selection. For more information about backlight settings, refer to chapter 3.2.5.

### 2.2.3. Stop/CL Button

#### Short press

- Returns to the previous menu level or to the previous selection *without accepting* the selection.

- In the Chrono mode, it stops timing.
- In the main displays, it acts as a shortcut button, that toggles the lowest field of the main display between three different alternatives. The selection stays active even if the mode or menu level is changed.

### **Long press**

- Returns to the main display of the current mode *without accepting* the last selection. In the Chrono mode, it resets the stopwatch.

## **2.2.4. Suunto Button**

### **Short press**

- Scrolls to a lower menu level.
- Accepts the selections made with arrows and moves to the next phase.
- After the last selection, it returns to the Set menu.
- With two possible selections (e.g. light On/Off), it activates the selection and accepts the selections made with arrows.

### **Long press**

- Returns to the main display of the current mode and accepts the selection.
- With two possible selections (e.g. light On/Off), it accepts the selection and returns directly to the main display of the current mode.

## **2.2.5. Arrow Buttons**

### **Short press**

- Scrolls from one mode to another.
- Scrolls the menus up and down, and logbook and memory forward and back.
- Changes the values. The *up* arrow increases the value and the *down* arrow decreases

the value.

- With two possible selections (e.g. light On/Off), both arrows change the value.

### **2.2.6. Button Lock**

The button lock prevents you from pushing the buttons. If the button lock is activated and you try to press a button, the message “UNLOCK PRESS SUUNTO” is displayed.

#### **Activating the button lock**

To activate the button lock:

1. Press *Suunto*. The Suunto X6/X6M switches to the Function menu.
2. Press *Start* within 2 seconds. The buttons are locked and the Suunto X6/X6M switches to the main display of the current mode.

#### **Deactivating the button lock**

To deactivate the button lock:

1. Press *Suunto*. The following text is displayed: “NOW PRESS START”.
2. Press *Start* within 2 seconds.

## **2.3. MENUS**

### **2.3.1. Basic Menu Structure**

The menus are organized hierarchically under the modes. When you select a mode, its main display appears. When you press *Suunto* in the mode's main display, the mode's *Function menu* is displayed. The Function menu includes several functions and all the functions include sub-functions or settings. This is called the hierarchical menu structure.

### 2.3.2. Navigating in Menus

You can scroll the menu items with the *up* and *down* arrow buttons on the right side of the Suunto X6/X6M. Three menu items are displayed at the same time. The menu item that is currently active and can thus be selected is displayed in **reversed color**. On the right side of the display is an indicator bar showing the total number of menu items. The number of the active menu item is displayed next to the indicator bar.

To move deeper into the hierarchy, select a menu item and press *Suunto*. To return one step up in the hierarchy, press *Stop/CL*. Remember that if you just press *Stop/CL* the changes are not saved—first you have accepted them with the *Suunto* button.

If you want to return directly to the main display of the active mode, press for more than 2 seconds either *Suunto* (saves the changes) or *Stop/CL* (discards the last change).

Suunto X6/X6M has been designed to guide you as much as possible when you navigate in the menus. When you perform a function, the Suunto X6/X6M often returns automatically to the menu that you are likely to use next. Also, for example, if you try to do something that is impossible, the Suunto X6/X6M first displays a message and then automatically recommends a function in reversed color to help you to use the functions.



## 3. MODES

### 3.1. GENERAL INFORMATION

Suunto X6/X6M has five modes: Time, Compass, Weather, Hiking and Hiking Chrono. The symbols for each mode are displayed on the left of the Suunto X6/X6M display. When you select a mode, the active mode indicator appears on the display next to the symbol of the selected mode. If the icons are set to *on*, they also display the active mode.

To select a mode, press either the *up* or *down* arrow while in the main display of any mode and scroll the modes. During scrolling, the icon of the selected mode and its name appear on the display. When you stop scrolling, the icon stays for a little while and then the main display of that mode opens automatically.

**NOTE:** *In addition to the active mode indicator, the Use indicator can also be displayed next to the Compass or Weather mode symbols. If the Use is set to Alti, the indicator is next to the Compass mode symbol and if the Use is set to Baro, the indicator is next to the Weather mode symbol. For more information about the Alti or Baro Use, refer to chapter 3.3.2.*

## 3.2. TIME MODE

### 3.2.1. Main Display

When you select the Time mode, the main display opens. The main display has three rows:

#### Date

The first row displays the date in the selected format. For more information about changing the date format, refer to chapter 3.2.6.

#### Time

The second row displays the time in the selected format. For more information about changing between 12- and 24-hour display, refer to chapter 3.2.6.

#### Shortcuts

The third row displays alternatively the weekday, seconds or dual time. To change the displayed information, press *Stop/CL*.

- **Weekday:** Displays the current weekday.
- **Seconds:** Displays seconds.
- **Dual time:** Displays the dual time.

### 3.2.2. Alarm

You can set altogether three independent alarms. In addition to the time, you can define a date when the alarm sounds. If you do not define the date, the alarm will sound daily, as long as it is set to *on*.

When the alarm is set, the alarm symbol  appears on the Suunto X6/X6M display.

## Activating alarms

To activate an alarm:

1. In the Function menu, *Alarm* is already as the first menu item. Select it by pressing *Suunto*. The alarm menu displays the status of the alarms. When you open the menu for the first time the alarm indicators are set to *off* as default.
2. Scroll to the alarm you want to set and press *Suunto*. The alarm information is displayed and the On/Off indicator is activated. When you open the alarm information for the first time, the time is 00:00 or 12:00 am.
3. Press either the *up* or *down* arrow to change the alarm status to *on*.
4. Press *Suunto*. The alarm indicator changes to *on* and the hour selection is activated.
5. Set the correct *hour* with the arrow buttons and press *Suunto*. The minute selection is activated.
6. Set the correct *minutes* with the arrow buttons and press *Suunto*.
7. If you want the alarm to sound *every day*, accept the *dd.mm* format by pressing *Suunto*. (A long press takes you back to the main display. Two short presses first activate the *mm* field and then take you to the Function menu.) The alarm is set to sound every day and you return to the Function menu.
8. If you want to set the alarm for a specific date, set the day and month in the *dd* and *mm* fields with the arrow buttons and accept the date by pressing *Suunto*. The alarm is set to sound only once on the selected date and you return to the Function menu. To set the alarm back to daily function, activate the *mm* field and set its value back to *mm* with the arrow buttons and accept the setting with *Suunto*.

## Deactivating alarms

To deactivate the alarm:

1. In the Function menu, scroll to *Alarm* and press *Suunto*.
2. Scroll to the alarm you want to set off and press *Suunto*. The alarm information is displayed and the On/Off indicator is activated.
3. Press either the *up* or *down* button to change the alarm status to *off* and press *Suunto*. The alarm symbol disappears from the display.

## Acknowledging alarms

When you hear the alarm, you can acknowledge it by pressing any of the Suunto X6/X6M buttons. The alarm stops automatically after 30 seconds.

### 3.2.3. Time

The current time is visible on the second row of the Time mode's main display.

Dual time allows you to keep track of another time, for example, another time zone when you are traveling. The dual time is displayed on the third row of the Time mode main display as a shortcut. To scroll to the dual time shortcut, press *Stop/CL* in the main display.

### Setting the time and the dual time

To set the time and the dual time:

1. In the Function menu, scroll to *Time* and press *Suunto*. The menu with the options *Time* and *Dual time* is displayed.
2. Scroll to either *Time* or *Dual time* and press *Suunto*. The hour selection is activated.
3. Change the *hour* with the arrow buttons and press *Suunto*. The minute selection is activated.

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**NOTE:** If the time is displayed as a 12-hour clock, the symbol AM or PM is displayed on the last row. For more information about the 12/24-hour clock, refer to chapter 3.2.6.

4. Change the *minutes* with the arrow buttons and press *Suunto*. The second selection is activated.
5. When you press the arrow down button, the seconds are zeroed. If you want to set specific seconds, press the arrow up button and the seconds start to increase. When the seconds setting is correct, press *Suunto*. You automatically return to the Function menu.

**NOTE:** When you set the seconds for time, they are automatically updated in the dual time as well.

**NOTE:** When you are setting the dual time, you can only set hours and minutes, the seconds are retrieved from the Time option.

### 3.2.4. Date

The date has three different formats: dd.mm, mm.dd or day. For more information about changing the format, refer to chapter 3.2.6.

#### Changing the date

To change the date:

1. In the Function menu, scroll to *Date* and press *Suunto*.
2. Change the value of the first active field (either day or month, depending on the format) with the arrow buttons and press *Suunto*. The second field is activated.
3. Change the value of the second field with the arrow buttons and press *Suunto*. The year selection is activated.
4. Change the year with the arrow buttons and press *Suunto*. (All the years mean the 21st century.) You automatically return to the Function menu.

**NOTE:** The weekday is updated automatically on the last row according to the set date.

### 3.2.5. General

The General function includes the general settings for using your Suunto X6/X6M.

#### Setting the tones

Tones are the sounds that indicate that you have successfully pressed the buttons. The tones can be set on or off.

To set the tones:

1. In the Function menu, scroll to *General* and press *Suunto*. The General menu is displayed.
2. Scroll to *Tones* and press *Suunto*. The On/Off field is activated.
3. Change the value of the field to either *on* or *off* with the arrow buttons and press *Suunto*. The tones are now set.

#### Setting the icons

Icons are the symbols that appear for a moment when you change the mode. You can either show or hide them.

To set the icons:

1. In the Function menu, scroll to *General* and press *Suunto*. The General menu is displayed.
2. Scroll to *Icons* and press *Suunto*. The On/Off field is activated.
3. Change the value of the field to either on or off with the arrow buttons and press *Suunto*. The icons are now set.

## Setting the backlight

Light is the backlight of the Suunto X6/X6M display. Light has three possible settings:

- **Normal:** The light goes on when you press *Start* for more than 2 seconds in any other mode than the Chrono mode. The light is on for 5 seconds after the last press of any button.

**NOTE:** *If the backlight setting is normal and you press Start in Chrono mode, the Chrono is activated. If you want to use the light in the Chrono mode, you have to set the backlight to Night Use.*

- **Off:** The light does not go on from any button or during an alarm.
- **Night Use:** The light goes on when you press any of the buttons and stays on for 5 seconds after the last press of a button.

**NOTE:** *The backlight goes on when an alarm sounds in Normal and Night Use.*

To change the light setting:

1. In the Function menu, scroll to *General* and press *Suunto*. The General menu is displayed.
2. Scroll to *Light* and press *Suunto*. The current light setting is activated.
3. Select the light setting with the arrow buttons and press *Suunto*. The light setting is set and you return to the Function menu.

## Calibrating the air pressure sensor

The pressure sensor of the Suunto X6/X6M is accurately calibrated when the product leaves the factory. However, the calibration can slightly shift over time. You can adjust the calibration offset but you should only do it if you notice that the current air pressure shown on the bottom row in the Weather mode differs from a reference value of the barometric pressure measured with a certificated high-accuracy barometer. You can

set the value by 0,1 hPa or 0,01 inHg steps. The reference value should be measured with at least the same accuracy. If you are uncertain, contact the Suunto technical service before changing the calibration.

To change the pressure sensor calibration:

1. In the Function menu, scroll to *General* and press *Suunto*. The General menu is displayed.
2. Scroll to *Sensor* and press *Suunto*. The text **SENSOR CALIBRATION** appears and the current measured absolute air pressure is displayed as active.
3. With the arrow buttons, set the absolute air pressure value to match the measured reference value and press *Suunto*. You return to the Function menu.

**NOTE:** *You can return the original calibration by scrolling the sensor calibration value until text **DEFAULT** is displayed in the middle row.*

### **3.2.6. Units**

The units menu includes the units that are used with all the Suunto X6/X6M functions and settings. The unit settings affect the way information is displayed in all the Suunto X6/X6M modes.

#### **Setting the time format**

The time setting defines whether the 12- or 24-hour clock is used.

To change the 12/24-hour display:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Time* and press *Suunto*. The 12/24 h field is activated.
3. Select the correct setting with the arrow buttons and press *Suunto*. The time display is set.



## Setting the date format

The Date setting defines the format in which the date is displayed. The possible formats are:

- **DD.MM:** Day before the month, e.g. 27.11.
- **MM.DD:** Month before the day, e.g. 11.27.
- **Day:** Only the day is displayed, e.g. 27.

To change the date format:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Date* and press *Suunto*.
3. Select the correct date format with the arrow buttons and press *Suunto*. The format is set and you return to the Function menu.

## Setting the temperature unit

The Temp setting defines the unit in which the temperature is displayed. The options are Celsius (°C) and Fahrenheit (°F).

To change the temperature unit:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Temp* and press *Suunto*. The temperature unit field is activated.
3. Select the unit with the arrow buttons and press *Suunto*. The temperature unit is set.

## Setting the air pressure unit

The Pres setting defines the unit in which the air pressure is displayed. The options are *hPa* and *inHg*.

To change the air pressure unit:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Pres* and press *Suunto*. The air pressure unit field is activated.
3. Select the correct unit with the arrow buttons and press *Suunto*. The unit of the air pressure is set.

### **Setting the elevation unit**

The Elev setting defines the unit in which the elevation is displayed. The options are meters (m) and feet (ft).

To change the elevation unit:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Elev* and press *Suunto*. The elevation unit field is activated.
3. Select the correct unit with the arrow buttons and press *Suunto*. The unit of the elevation is set.

### **Setting the ascent/descent rate unit**

The Asc/Dsc setting defines the way the ascent or descent rate is displayed. The possible formats are:

- m/s
- m/min
- m/h
- ft/s
- ft/min
- ft/h

To change the Asc/Dsc format:

1. In the Function menu, scroll to *Units* and press *Suunto*. The Units menu is displayed.
2. Scroll to *Asc/Dsc* and press *Suunto*.
3. Select the correct format with the arrow buttons and press *Suunto*. The format is set and you return to the Units menu.

### 3.3. COMPASS MODE

#### 3.3.1. Main Display

When you select the Compass mode, the main display opens. The main display has three rows.

##### **Bearing**

First row displays the bearing pointed with the sighting marks of Suunto X6/X6M. The bearing is displayed in bold when the compass is level.

##### **Compass**

The second row displays the heading of the Suunto X6/X6M as a graphical presentation of a compass rose. The rose displays the cardinal and half-cardinal points.

The magnetic sensor of the compass functions for 40 seconds at a time. After this period the compass moves into power-saving mode and the message "START COMPASS" is displayed. Press *Start*, to activate the compass again.

## Shortcuts

The third row contains shortcuts to three functions. To change the function, press *Stop/CL*.

- **Altitude:** In *Alti* use, it displays the current altitude, and in *Baro* use, it displays the reference altitude. For more information about the *Alti* and *Baro* uses, see section 3.3.2.
- **Bearing tracking:** Bearing tracking helps you to follow a certain bearing in terrain. When you scroll to bearing tracking for the first time, it is 0°. To activate the search for bearing, move your Suunto X6/X6M horizontally until the chosen bearing is displayed on the first row and press *Start*. The selected bearing is displayed on the third row until you select a new bearing with the *Start* button. When you have selected the bearing tracking, the compass rose in the middle row displays a dotted vertical line indicating the bearing tracking set.

**NOTE:** *The tracking always remembers the last direction selected, when you next scroll to it.*

- **Time:** Displays the current time.

**NOTE:** *The shortcuts will also function normally in the power-saving mode. When you select the bearing shortcut, the compass will automatically be activated.*

### 3.3.2. Use

With the Use function you can define whether the air pressure measurement is used to measure the altitude or to represent the weather conditions.

If you select *Alti* (altimeter), the measured air pressure is displayed as altitude and all changes of atmospheric pressure are interpreted as changes in altitude.

When the *Alti* use is selected, the altitude reading of Compass, Hiking and Hiking Chrono modes changes, but the atmospheric pressure (sea level) in the second row of the Weather mode remains constant. The absolute pressure changes if it is selected as a shortcut on the third row of the Weather mode.

If you select *Baro* (barometer), the measured air pressure is displayed as weather information and all changes in atmospheric pressure are interpreted as being due to a change in the weather.

When the *Baro* is selected, the altitude reading in the Compass, Hiking and Hiking Chrono modes remains constant. The atmospheric pressure (sea level and absolute) in the Weather mode changes.

Select the correct use according to what you want to measure. For example, on a hiking trip, you can select *Alti* for the day to see how high you have climbed. When you camp for the night, you can change the use to *Baro* to make sure that the weather changes do not catch you by surprise.

To select either Altimeter or Barometer use:

1. In the Function menu, scroll to *Use* with the arrow buttons and press *Suunto*. The *Alti/Baro* field is activated.
2. Change the content of the field with the arrow buttons and press *Suunto*. You then return to the Function menu.

### **3.3.3. Altitude/Sealevel**

In order for the altimeter to function correctly you need to set the reference altitude. This means that you set an altitude reading that is equal to the real altitude. Set the reference altitude in a place where you know the altitude, for example, with the help of a topographical map. The Suunto X6/X6M has a factory set reference altitude that

corresponds to the standard barometric pressure (1013hPa/29.90inHg) at sea level. If you do not know your current altitude or the correct sea level pressure, you can have an estimate of your altitude by setting the sea level pressure to 1013 hPa/29.90 inHg.

In the Weather mode, Altitude is replaced with *Sealevel*, this functions and is set in the same way as Altitude.

To set the reference altitude:

1. In the Function menu, scroll to *Altitude* with the arrow buttons and press *Suunto*.
2. With the arrow buttons, set the reference altitude in the field to match the altitude of you current location and press *Suunto*. You return to the Function menu.

If you do not know your altitude, you can use the air pressure to help determine the altitude. To do this, select the Weather mode and set the current sea level air pressure. You can find out the sea level air pressure, for example, from the airport, weather station or Internet weather pages.

#### **3.3.4. Compass**

The compass menu includes functions for either calibrating the compass or setting its declination.

##### **Calibrating the compass**

You should calibrate the compass if it does not seem to work well, for example, when it displays the wrong compass heading or the heading changes too slowly. You should also calibrate the compass after replacing the battery.

Strong electromagnetic fields, such as electric lines, loudspeakers and magnets, can affect the compass calibration. Therefore calibrate the compass if your Suunto X6/X6M has been exposed to these fields.

You should also calibrate the compass before a long trip.

**NOTE:** *Calibrate the compass before using it for the first time.*

**NOTE:** *Remember to hold the Suunto X6/X6M level during the calibration.*

To calibrate the compass:

1. In the Function menu, scroll to *Compass* with the arrow buttons and press *Suunto*.
2. In the compass menu, move to *Calib* with the arrow buttons and press *Suunto*.
3. The screen displays the text “ROTATE 360°” and a countdown from 5 to 0. When the countdown reaches 0, the calibration starts. Hold the Suunto X6/X6M level and slowly rotate the device in a full clockwise or counterclockwise circle.
  - The level symbol indicates the ongoing calibration. The animation represents the progress of the calibration.
  - If the calibration succeeds, the message “COMPLETE” is displayed and the Suunto X6/X6M returns to the Function menu.
  - If the calibration fails, the message “TRY AGAIN” is displayed and the process starts again from the countdown.
  - If the calibration fails five times, the message “FAILED, REFER MANUAL” is displayed and the Suunto X6/X6M returns to the compass menu.

If the calibration fails five times in a row, it may be possible that you are in an area that has sources of magnetism, such as large metal object, power lines, loudspeakers and electric motors. Move to another location and try to calibrate the compass again.

You can also remove the battery and then insert it again. Also make sure, that the compass remains level during the calibration—calibration may fail if the level is unstable.

If the calibration continues to fail, contact the authorized Suunto service.

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## Setting the compass declination

You can compensate for the difference between true north and magnetic north by adjusting the compass declination. The declination can be found, for example, from the topographic maps of your local area.

To set the compass declination:

1. In the Function menu, scroll to *Compass* with the arrow buttons and press *Suunto*.
2. In the compass menu, move to *Declin* with the arrow buttons and press *Suunto*. The first row of the next window is activated.
3. Select the correct option (Off/East/West) with the arrow buttons and press *Suunto*. The degrees field is activated.
4. Set the degree with the arrow buttons. The initial value is either 0.0° or the value accepted when last setting the declination.
5. Press *Suunto*. You return to the compass menu.

## 3.4. WEATHER MODE

### 3.4.1. Main Display

When you select the Weather mode, the main display opens. The main display has three rows.

#### Temperature

The first row displays the temperature in the selected unit. For more information about defining the temperature unit, refer to chapter 3.2.6.

**NOTE:** *Because the sensor is close to your wrist, you have to keep the Suunto X6/X6M away from the body's temperature at least for 15 minutes to measure the correct air temperature.*



## Air pressure

The second row displays the air pressure at sea level. For more information about defining the air pressure unit, refer to chapter 3.2.6.

## Shortcuts

The third row contains shortcuts to three functions. To change the function, press *Stop/CL*.

- **Trend:** A graphical presentation of the air pressure development (sea level) during the last 6 hours in 15-minute intervals. One step on the vertical axis represents one hPa and one step on the horizontal axis represents 15 minutes.
- **Absolute air pressure:** The absolute air pressure is the actual pressure in the current location.
- **Time:** Displays the current time.

### 3.4.2. Use

With the Use function you can define whether the air pressure measurement is used to define the altitude or to represent the weather conditions. For more information, refer to chapter 3.3.2.

**NOTE:** For most Weather mode functions the correct Use setting is *Baro*.

### 3.4.3. Sealevel

With this function you can set the sea level barometric pressure. This is the barometric pressure at your current location reduced to sea level. For more information about sea level pressure, refer to chapter 3.3.3.

To set the sea level pressure:

1. In the Function menu, scroll to *Sealevel* with the arrow buttons and press *Suunto*.

2. With the arrow buttons, set the sea level pressure in the field to match the current sea level barometric pressure of your current location and press *Suunto*. You return to the Function menu.


#### 3.4.4. Alarm

When active, the weather alarm informs you if the air pressure drops more than 4 hPa/0,118 inHg in 3 hours.

**NOTE:** *The weather alarm activates only when the Use function is set to Baro.*

To activate or deactivate the weather alarm:

1. In the Function menu, scroll to *Alarm* with the Arrow buttons. The current status of the alarm can be seen from the Function menu.
2. Press *Suunto*. The On/Off field is activated.
3. Change the field to either on or off with the arrow buttons and press *Suunto*.

When the weather alarm goes on, the alarm symbol  flashes and the backlight goes on. To acknowledge the weather alarm, press any button.

#### 3.4.5. Memory

The memory stores weather-related information from the last 48 hours. When you scroll through the stored information, it is presented in the following order:

- Maximum sea level air pressure during the period measured, date and time.
- Minimum sea level air pressure during the period measured, date and time.
- Maximum temperature during the period measured, date and time.
- Minimum temperature during the period measured, date and time.
- Sea level air pressure and temperature in relation to the time and date starting from the current moment. The first 6 hours are displayed in 1-hour intervals, the next 42 hours in 3-hour intervals.

**NOTE:** If the Use function has been set to *Alti* (altimeter), the barometric value stored in memory is always the same.

To view the weather information stored in the memory:

1. In the Function menu, scroll to *Memory* with the arrow buttons and press *Suunto*. The first information page is displayed.
2. Scroll the information with the arrow buttons—the *up* arrow scrolls forward and the *down* arrow backward.
3. To stop viewing the memory content, press either *Suunto* or *Stop/CL* at any time.

## **3.5. HIKING MODE**

### **3.5.1. Main Display**

When you select the Hiking mode, the main display opens. The main display has three rows.

#### **Ascent/descent rate**

First row displays the ascent/descent rate in the selected unit. For more information about defining the ascent/descent rate unit, refer to chapter 3.2.6.

#### **Altitude**

The second row displays the altitude. For more information about defining the altitude unit, refer to chapter 3.2.6.

#### **Shortcuts**

The third row contains shortcuts to three functions. To change the function, press *Stop/CL*.

- **Asc:** The cumulative ascent since the logbook was started. If the logbook is not running, the display shows text “ASC 0”.
- **Differ:** When you select the Differ function, it displays the difference in altitude and time since the last reset of the function. To reset and start a new measurement, press *Start*. Differ is always in the measuring mode, i.e. it measures the time and altitude difference constantly but displays them only when you select the function. During the first 10 hours both hours and minutes are displayed. After that, during the next 89 hours, only hours are displayed and, finally, the display shows only a dash and letter ‘h’.
- **Time:** Displays the current time.

### 3.5.2. Logbook

The logbook allows you to save information regarding, for example, a hiking trip. When you start the logbook, it starts gathering information about the cumulative ascents and descents, average ascent and descent rates, highest and lowest points and specific marks you can set during the trip. When you stop the logbook, the information gathered thus far is recorded as a logbook file that can be viewed later. The maximum duration of one logbook is 168 hours (one week). After this the logbook stops automatically. The Suunto X6/X6M can store 20 logbook files at one time. More logbooks can be saved on your PC with the help of the PC Interface. For more information, refer to chapter 4.1.

**NOTE:** *To record a complete graph of the activity, use the stopwatch in the Chrono mode.*

### Starting the logbook

To start the logbook:

1. Press *Suunto* in the main display.

2. In the Function menu, scroll to *Logbook* with the arrow buttons and press *Suunto*.
3. Scroll to *Start* and press *Suunto*.

If the logbook is not running and there is enough memory left, recording begins. The message “LOGBOOK STARTED” is displayed and you return to the Function menu.

If the logbook is already activated, the message “LOGBOOK ALREADY RUNNING” is displayed and you return to the Function menu, where the Stop field is displayed in reversed color.

If there is not enough memory left, the message “MEMORY FULL” is displayed and the Suunto X6/X6M moves to a display that asks you to erase a logbook file.

Select the logbook file to be deleted with the arrow buttons and press *Suunto*. The file is deleted from the memory and you return to the logbook menu.

### **Stopping the logbook**

To stop the logbook:

1. In the Function menu, scroll to *Logbook* with the arrow buttons and press *Suunto*.
2. Scroll to *Stop* and press *Suunto*. The recording stops and the message “LOGBOOK STOPPED” is displayed. You automatically return to the Function menu.

If the logbook was not running when you tried to stop it, you return to the Function menu.

### **Viewing logbook files**

The logbook list includes the logs recorded in the Suunto X6/X6M memory. With the list function you can either view the logs or erase them from the memory. You can scroll the list forward from the first item and either forward or backward from all the other items.

To view the log files:

1. In the Function menu, scroll to *Logbook* with the arrow buttons and press *Suunto*.
2. Scroll to *View* and press *Suunto*. A list of all the saved logbook files is displayed.
3. Scroll the list with the arrow buttons until the logbook file you want to view is active and press *Suunto*. The first display of the logbook file is shown.
4. Press the *up* arrow to move to the next display. The displays are shown in the following content:
  - Starting date and time, total time of the file and the number of runs. An ascent and consecutive descent of at least 50 meters is considered a run.
  - Total ascent and the average ascent rate
  - Total descent and the average descent rate
  - The highest point, date and time
  - The lowest point, date and time
  - The marks the user has added to the logbook file include the altitude, date and time of the mark. The maximum number of marks is 10.

Total ascent and total descent are updated in 10 s intervals. To return to the main display, press *Suunto* for more than 2 seconds.

**NOTE:** *If you try to view the list but there are no recorded logbook files, the message "NO LOGBOOK FILES" is displayed and you return to the logbook menu.*

## Erasing logbook files

To erase the log files:

1. In the Function menu, scroll to *Logbook* with the arrow buttons and press *Suunto*.
2. Scroll to *Erase* and press *Suunto*. A list of all the recorded logbook files is displayed.

3. Scroll the list with the arrow buttons until the logbook file you want to erase is active and press *Suunto*. The Suunto X6/X6M displays the file and the text “ERASE?”.
4. If you want to accept the deletion, press *Suunto*. You return to the list of logbook files.
5. If you want to cancel the deletion, press *Stop/CL*. You return to the previous menu.

### **Viewing logbook history**

The logbook history contains the cumulative values of ascents and descents and the highest point of all logbooks (Hiking and Chrono Modes) recorded during the Suunto X6/X6M lifetime.

To view the history:

1. In the Function menu, press *Suunto* to enter *Logbook*.
2. Scroll to *History* and press *Suunto*.
3. Press the *up* arrow to scroll the history information. The information is displayed in the following order:
  - Cumulative ascent.
  - Cumulative descent.
  - Highest point, date and time.

### **Resetting the logbook history**

To reset the logbook history:

1. Connect your Suunto X6/X6M to Suunto Activity Manager.
2. Click *Wristop* → *History* → *Reset History*. This will transfer the current history data to SAM database and set the history values in the Wristop computer memory to zero.

## Logbook marks

You can add marks to the logbook file and record the information about the altitude of a specific point and time. This can only be done in Hiking mode. The maximum number of marks in each file is 10.

To add a mark, short press *Start* when the logbook is running. A long press activates the backlight and no logbook mark is made. The marks are added in the logbook file and they can be viewed through the file list (refer to chapter 3.5.2.). When you have added the marks, the message “MARK POINT SAVED” is displayed.

When you have saved the marks, the PC can create a profile that connects them with a line. With this feature you can, for example, create a simplified altitude profile of your trip. You can also use marks to compare the difference in time and altitude between two points of the trip. (Compare with the Differ function on chapter 3.5.1.)

### 3.5.3. Use

With the Use function you can define whether the air pressure measurement is used to set the altitude or to represent the weather conditions. For more information, refer to chapter 3.3.2.

### 3.5.4. Altitude

With this function you can set the reference altitude. For more information about the reference altitude, refer to chapter 3.3.3.

### 3.5.5. Alarms

The altitude alarm is intended to warn you if you pass the preset altitude limit. The ascent/descent alarm, in its turn, warns you if your ascent/descent rate is faster than the preset rate. When the alarm sounds, you can acknowledge it by pressing any button.



**NOTE:** *The alarms are functional only when the Use function is set to Alti.*

### **Setting altitude alarm**

To set the altitude alarm:

1. In the Function menu, scroll to *Alarms* with the arrow buttons and press *Suunto*. The alarm menu is displayed.
2. Scroll to *Altitude* and press *Suunto*. The On/Off field is activated.
3. Change the status of the alarm to either on or off with the arrow buttons and press *Suunto*. The altitude field is activated.
4. Change the altitude with the arrow buttons and press *Suunto*. You return to the Function menu.

### **Setting the ascent/descent alarm**

To set the ascent/descent alarm:

1. In the Function menu, scroll to *Alarms* with the arrow buttons and press *Suunto*. The alarm menu is displayed.
2. Scroll to *Asc/Dsc* and press *Suunto*. The On/Off field of the next display is activated.
3. Change the status of the alarm to either on or off with the arrow buttons and press *Suunto*. The rate field is activated.
4. Change the asc/dsc rate with the arrow buttons and press *Suunto*. You return to the main display.

**NOTE:** *The ascent is indicated by positive values, the descent by negative values.*

## 3.6. HIKING CHRONO

### 3.6.1. Main Display

When you select the Hiking Chrono mode, the main display opens. The main display has three rows.

#### Altitude

The first row displays the altitude in the selected unit. For more information about defining the altitude unit, refer to chapter 3.2.6.

#### Stopwatch

The second row displays the total time or the split time. The *split time* is the time from the start of the timing to this moment. When you navigate to the main display, the time on the second row is either *0.00,0*, the time of the previous timing, or, if the stopwatch has already started, a running time. The time starts running when you press *Start*.

If you want to *view* a split and lap time (on the third row), press *Start* again. The time on the middle row stops for 3 seconds to display the split time and then starts running again.

When you want to *stop* the timing, press *Stop/CL* while in the Chrono mode. The stop time is then displayed on the second row. You can zero the display by long pressing *Stop/CL*.

**NOTE:** *If you want to continue the same timing after viewing the lap and split times, press Start instead of zeroing the display.*

**NOTE:** *You must have free space in the memory to be able to start the timing. If the memory is full, the message "MEMORY FULL" is displayed and the Suunto X6/X6M suggests the oldest memory file to be erased. Erase the suggested file by pressing Suunto or select and erase another file. After the deletion, you can start the chrono. For more*

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information about erasing memory files, refer to chapter 3.6.2.

## Lap time

The *lap time* means the time from the last press of *Start*, i.e. from the last intermediate time to the current time. The lap time runs on the third row.

When you press *Start*, the lap time stops for 3 seconds to display the lap time and starts running from zero again (for the next lap).

When you stop the timing by pressing *Stop/CL*, the last lap time is displayed on the third row.

## 3.6.2. Memory

The memory records data continuously when the chrono is active, that is, when the timing is running.

### Viewing memory files

The memory file can be viewed in relation to the time and altitude data.

To view a memory file:

1. In the Function menu, scroll to *Memory* with the arrow buttons and press *Suunto*. The memory menu is displayed.
  2. Scroll to *View alti* and press *Suunto*. The list of memory files is displayed. In the file list the files are organized so that the latest file is the first.
  3. Scroll to the file you want to view with the arrow buttons and press *Suunto*. The first information screen is displayed.
  4. Scroll the information with the arrow buttons. The information is displayed in the following order:
    - Total ascent and the average ascent rate.
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- Total descent and the average descent rate.
- Highest point, time and date.
- Lowest point, time and date.
- Total duration of the file and the amount of laps in the file.
- More specific information about that file including altitude and ascent and descent rates on individual points according to recording interval, and graphical presentations about the altitude. These are displayed in the following way:

First row:

- Total elapsed time

Second row:

- The left side displays a graphical presentation about the altitude in relation to time. The scale of the graphical presentation depends on the set recording interval and the recorded altitude differences.
- The right side displays ascent and descent rates in the point of time displayed in the first row. For saved lap times, the right side displays lap and split numbers.

Third row:

- Altitude displayed with the set recording interval (10 or 60 seconds).

**NOTE:** *If you try to view a file when the file list is empty, the message "NO FILES IN MEMORY" is displayed and you return to the Function menu.*

**NOTE:** *When you start the Chrono, it starts recording the altitude profile. If the memory becomes full while the recording is on, Suunto X6/X6M stops recording the profile. However, the stopwatch remains running and the summary values are updated.*

## Erasing memory files

If the memory is full, you cannot start the timing until you have erased at least one memory file.

To erase a memory file:

1. In the Function menu, scroll to *Memory* with the arrow buttons and press *Suunto*. The memory menu is displayed.
2. Scroll to *Erase* and press *Suunto*. The list of memory files is displayed. In the file list the files are organized so that the latest file is the first.
3. Scroll to the file you want to erase with the arrow buttons and press *Suunto*.
4. Accept the erase by pressing *Suunto* in the field, that displays the text "ERASE?" and the time and date of the file. If you want to cancel the deletion, press *Stop/CL*. In both cases you return to the file list.

**NOTE:** *If you try to erase a file when the file list is empty, the message "NO FILES IN MEMORY" is displayed and you return to the Function menu.*

## Setting the recording interval

The recording interval defines how often the information is saved to the memory when the timing is running. The recording interval can be either 10 or 60 seconds. If you change the interval while the stopwatch is running, the change does not affect the current recording. The change applies to the next stopwatch recording.

To set the interval:

1. In the Function menu, scroll to *Memory* with the arrow buttons and press *Suunto*. The memory menu is displayed.
2. Scroll to *Interval* and press *Suunto*.
3. Select the interval with the arrow buttons and press *Suunto*.

The memory capacity is 33 h with 10 s recording interval and 200 h with 60 s interval. Free memory capacity in % is displayed in the Interval menu below the intervals with the text “FREE...%”.

### 3.6.3. Altitude

With this function you can set the reference altitude. For more information about the reference altitude, refer to chapter 3.3.3.

### 3.6.4. Use Alti/Baro

With the Use function you can define whether the air pressure measurement is used to represent the altitude or the weather conditions. For more information, refer to chapter 3.3.2.

### 3.6.5. Reminder

You can activate a reminder to sound a signal after set periods. This feature is helpful, for example, when you are hiking and want to remember to drink at regular intervals. It can also be used for interval training.

**NOTE:** *You do not have to acknowledge the reminder in any way when you hear it.*

#### Starting the reminder

To activate the reminder:

1. In the Function menu, scroll to *Reminder* with the arrow buttons and press *Suunto*. The Reminder menu is displayed.
2. Scroll to *Start* and press *Suunto*. If the interval is set, the message “REMINDER STARTED” is displayed and you return to the Function menu.

## Stopping the reminder

To stop the reminder:

1. In the Function menu, scroll to *Reminder* with the arrow buttons and press *Suunto*. The Reminder menu is displayed, and if the reminder is active, the Stop field is displayed in reversed color.
2. Scroll to *Stop* and press *Suunto*. The message “REMINDER STOPPED” is displayed and you return to the Function menu.

**NOTE:** *If the reminder is not active and you try to stop it, you return to the Function menu without any message.*

## Reminder interval

When you navigate to the Reminder menu for the first time, the interval is 1.00. After this, the interval displayed in the Reminder menu is the interval that was set the last time the reminder was used.

To change the interval:

1. In the Function menu, scroll to *Reminder* with the arrow buttons and press *Suunto*. The Reminder menu is displayed.
2. Scroll to *Int* and press *Suunto*. The minutes field is activated.
3. Set the minutes with the arrow buttons and press *Suunto*. The seconds field is activated.
4. Set the seconds with the arrow buttons and press *Suunto*. You return to the Reminder menu and the Start field is activated.

**NOTE:** *The reminder interval can not be shorter than 5 seconds.*

### **3.6.6. Effect of air temperature on altitude measurement**

The atmospheric pressure means the weight of air mass above the observer: at a higher altitude there is less air than at a lower altitude. The principle of an altimeter is to measure the different air pressure between different altitudes.



**Table 1. Normal temperatures corresponding to different altitudes**

<b>Altitude (m) above sea level</b>	<b>Altitude (ft) above sea level</b>	<b>Temperature (°C)</b>	<b>Temperature (°F)</b>
0	0	15.0	59.0
200	656	13.7	56.7
400	1312	12.4	54.3
600	1969	11.1	52.0
800	2625	9.8	49.6
1000	3281	8.5	47.3
1200	3937	7.2	45.0
1400	4593	5.9	42.6
1600	5250	4.6	40.3
1800	5906	3.3	37.9
2000	6562	2.0	35.6
2400	7874	-0.6	30.9
2800	9187	-3.2	26.2
3000	9843	-4.5	23.9
3400	11155	-7.1	19.2
3800	12468	-9.7	14.5
4000	13124	-11.0	12.2
4500	14765	-14.3	6.4
5000	16405	-17.5	0.5
5500	18046	-20.8	-5.4
6000	19686	-24.0	-11.2

The outside temperature affects the air weight. Consequently the air pressure difference between two altitudes is also dependant on temperature.

The altitude calculation of Suunto X6/X6M is based on the air pressure at certain normal temperatures. Each altitude has a definitive normal temperature. The normal temperatures at each altitude are presented in Table 1.

The altitude measurement error caused by an abnormal temperature gradient can be approximated as follows. **If the sum of the temperature offsets from the normal temperatures determined at two different altitudes is 1 °C, the altitude difference calculated by the Suunto X6/X6M is 0.2% off the real altitude difference** (When using imperial units the offset factor is 0.11% / 1 °F). This is because the real temperatures are not always the same as the normal temperatures. A higher than normal temperature causes the calculated altitude difference to be smaller than the real altitude difference (your mountain ascent was actually higher). Consequently, a lower than normal temperature causes the calculated altitude difference to be larger than the real altitude difference (you did not ascend quite as high as displayed).

Table 2 shows an example in which the temperature offsets are positive. In this example, the reference altitude is set at 1000 m. At 3000 m the altitude difference is 2000 m and the Suunto X6/X6M shows 80 m too little ( $20\text{ °C} * 2000\text{ m} * 0.002/\text{°C} = 80\text{ m}$ ). Your actual altitude is thus 3080 m.

All Suunto products with an altimeter are temperature-calibrated. This means that at constant pressure, the pressure sensor reading is always the same independent of the unit's own temperature. However, the air temperature can still affect the altitude readings as described above.

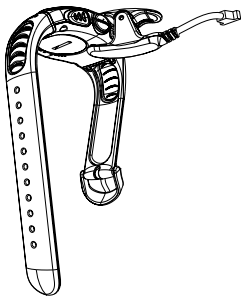
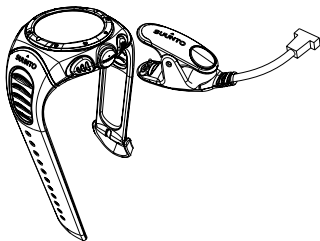
**Table 2. Example using meters and Celsius**

	<b>Lower point</b>	<b>Higher point</b>
Set reference altitude (real altitude)	1000 m	
Displayed altitude		3000 m
Real outside temperature	+17.5 °C	+6.5 °C
Normal (table) temperature	+8.5 °C	-4.5 °C
Temperature offset (= real - normal)	+9 °C	+11 °C
Sum of temperature offsets	+9 °C + +11 °C = 20 °C	

Table 3 shows an example in which the temperature offsets are negative. This time imperial units are used. The reference altitude is set at 3280 feet. At 9840 feet the altitude difference is 6560 feet and the Suunto X6/X6M shows 100 feet too much (-14 °F \* 6560 ft \* 0.0011/°F = -100 ft). Your actual altitude is thus 9740 ft.

**Table 3. Example using feet and Fahrenheit.**

	<b>Lower point</b>	<b>Higher point</b>
Set reference altitude (real altitude)	3280 ft	
Displayed altitude		9840 ft
Real outside temperature	+36.3 °F	+18.9 °F
Normal (table) temperature	+47.3 °F	+23.9 °F
Temperature difference (= real - normal)	-9 °F	-5 °F
Sum of temperature offsets	-9 °F + -5 °F = -14 °F	



## 4. ADDITIONAL FEATURES

### 4.1. PC INTERFACE

With the PC Interface you can transfer and store the logs you have gathered with your Suunto X6/X6M to your PC. The logs can be either hiking logs stored in the Suunto X6/X6M logbook files, weather logs stored in the weather memory or chrono logs stored in the chrono memory. When the data has been transferred, you can organize, view and add related information to it easily with the Suunto Activity Manager software.

The PC Interface cable and Suunto Activity Manager are delivered in the same package with your Suunto X6/X6M. The installation instructions for the software can be found on the cover of the Suunto Activity Manager CD-ROM.

#### 4.1.1. Transferring data

Make sure your computer has a free serial port and is not used by other processes. Start transferring the data by attaching the cable to the computer serial port and plugging the other end to your Suunto X6/X6M. You can also use USB port with serial/USB adapter.

The wristop goes automatically to the data transfer mode.

When the cable is connected, open the Suunto Activity Manager (SAM). Click on the “Wristop” icon in the upper left corner of the SAM to open the data transfer window. Press the “Connect” button in the lower part of the window to transfer the list of the log files from the wristop computer to the SAM window. When you drag and drop the logs into appropriate folders, they are saved to the hard disk of your PC. The folders are located on the left side of the SAM data transfer window. If the Suunto Activity Manager is already open before you have connected the cable, click on the “Connect” button to display the log list. When you have uploaded the logs, you can delete them from the Suunto X6/X6M memory by dragging them to the Recycle bin in the lower left corner of the Suunto Activity Manager to create more space for new logs.

For further information, see the Suunto Activity Manager Help. To access the help, click the help icon on the upper right corner of the display. You can also refer to the Suunto Activity Manager Tutorial for step-by-step instructions. To access the tutorial, click on the Tutorial link in the Help Contents window in the SAM Help.

### **4.1.2. Suunto Activity Manager Features**

#### **Users**

You can create a user profile and add information about yourself and your Suunto X6/X6M. Creating user information is useful if you have several wristop computers you want to use with the same computer, or when many people use the same wristop computer—with the user information you can always find the correct data, such as logs.

#### **Logs**

When you have uploaded the logs from the Suunto X6/X6M, you can organize them with the Suunto Activity Manager. You can, for example, create folders where you can

store the logs—the hiking logs can be arranged in a different folder than the skiing logs. You can also sort the logs, move them between folders and delete them or search the log information. It is even possible to upload them to the SuuntoSports.com site.

## **Charts and Data**

You can examine the log information by creating charts from it. The charts show the development of altitude or temperature. Open the folders and select the logs you want to see. Click on the “Open Logs” button to view the file as a chart. If you have opened several logs, they are listed in the window below the chart. There you can select which profiles you want to view simultaneously. You can also add bookmarks to a chart. The bookmark can either be a text or an image—for example a photograph of the highest peak of your trek.

You can also view the log information as a data list where the altitude, and temperature values are listed in chronological order. To view a data list, click on the “Data” button on the upper part of the chart window. Both charts and the list can be printed.

## **Analyzing Data**

You can analyze the data in the logs according to your activities and possible time periods. Select the files you want from the folder and click on “Open Logs”. Then press “Analyze”. The analysis can display information about altitude zones and durations. The analysis results are displayed as 3-D bar diagrams that you can rotate on the screen.

## Changing Suunto X6/X6M Settings

You can change some Suunto X6/X6M settings with the Wristop Computer section of the Suunto Activity Manager. You can change the following settings:

- Asc/Dsc—select the used ascent/descent unit (m/s, m/min, m/h, ft/s, ft/min, ft/h).
- Altitude—change the used altitude unit (m or ft).
- Pressure —select the used pressure unit (hPa or inHg).
- Temperature—select the used temperature unit (°F or °C).
- Time—select between 12- or 24-hour display.
- Date—select the date format (day/month, month/day, day).
- Light—select the light setting (Normal, NightUse, Off).
- Tones—set the button tones on or off.
- Icons—set the icons on or off.

For more detailed information and step-by-step instructions for the above features, refer to the Suunto Activity Manager Help or Tutorial.

### 4.2. SUUNTOSPORTS.COM

SuuntoSports.com is an international free web community where you can refine and share the data that you have measured with your personal Suunto instrument and analyzed with the sport-specific PC interface. SuuntoSports.com offers you a number of features that help you get the most out of your sport and your Suunto X6/X6M.

If you already own a personal Suunto sports instrument you can access all sport-specific functions through registration. If you do not yet have an instrument you may either log on as a guest or register yourself. As a guest you can view and read, but registration gives you the right to use other functions and participate in discussions.

### **4.2.1. System Requirements**

SuuntoSports.com has the following system requirements:

- Internet Connection
- Modem: recommended 56k or faster
- Browser: IE 4.0 or better, Netscape 4.7x or newer
- Resolution: minimum 800 x 600, best viewed with 1024 x 768

### **4.2.2. SuuntoSports.com Sections**

SuuntoSports.com includes three sections all of which have several functions. The following paragraphs describe only the basic functions of SuuntoSports.com. You can find detailed descriptions of all the site functions and activities and step-by-step instructions for using them in the site Help. The Help is available on each page and its icon is located on the right side of the bar that divides the screen. The Help is frequently updated as the site develops.

SuuntoSports.com offers several possibilities for searching the information on site. In addition to the free search, you can search, for example, for groups, users, resorts, logs and sports.

The information published on the SuuntoSports.com contains internal links so that you do not always have to search for the information from the very beginning. For example, if you view a description of a resort, you can follow the links and view the resort information sender's personal information, logs related to the resort and charts created from the logs if the sender has made this information public.



## **My Suunto**

This section is meant for your personal information. You can store information about yourself, your wristop computer, your sporting and training activities, etc. When you upload your personal logs to SuuntoSports.com with the Suunto Activity Manager, they are displayed in your personal information. Here you can also manage them and decide whether they can be presented to all community users or just to limited groups.

When you have uploaded logs to SuuntoSports.com, you can create charts from the altitude data in the logs and attach them to your training locations and activities. You can also publish your logs and compare them with other users' logs. You can also publish travel reports, which can include text, images and log files.

The My Suunto section also contains a personal calendar that you can use to mark personal events or practice information. The training diary can be filled with facts about your training and development, training locations and other useful information.

## **Communities**

In the Communities section, SuuntoSports.com users can form or search groups and manage their own groups. For example, you can create a group for all your hiker friends, and share information about each other's results, give advice and discuss, where and when you could go for a hiking trip together. Groups can be either open or closed—closed groups mean that you have to apply for a membership and be accepted, before you can participate in group activities.

All groups have a home page that displays information about group events and includes news, noticeboard and other information. Group members can also use group-specific bulletin boards, chat rooms and group calendars, and add links and create group activities.

## Sport Forums

SuuntoSports.com has its own Sports Forum with pages for each Suunto sport. The basic features and functions are the same for all sports pages—sport-specific news, bulletin boards and chat rooms. Users can also suggest links to sports-related sites and tips regarding the sport and equipment to be published on the site, or publish their own travel reports.

Sport forums include presentations of sports-related locations. Users can rank the locations and comment on them, and the results are published next to the resort information. You can also create ranking lists for other things—for example, what group has most members, who has uploaded most logs or has collected the biggest verticals, visited the highest places, and so on.

### 4.2.3. Getting Started

To join the SuuntoSports.com community, connect to the Internet, open your web browser and go to [www.suuntosports.com](http://www.suuntosports.com). When the opening page appears, click the *Register* icon and register yourself and your Suunto sports instrument. You can change and update your personal and equipment profiles in My Suunto section afterwards.

After the registration you will automatically enter the *SuuntoSports.com home page* that introduces the site structure and functional principles.

**NOTE:** *SuuntoSports.com is continuously developed further and its content is subject to change.*

## 5. TECHNICAL DATA

### General

- Operating temperature -15 °C to +50 °C/+5°F to +120°F.
- Storage temperature -30 °C to +60 °C/-22°F to +140°F.
- Weight 54 g
- Water-resistant 100 m/330 ft (according to ISO 2281)
- Mineral crystal glass
- User-replaceable battery CR2032
- PC interface with serial connector
- Extension strap (accessory)

### Altimeter

- Display range -500 m to 9000 m / -1600 ft to 29500 ft
- Resolution 1 m / 3 ft

### Barometer

- Display range 300 to 1100 hPa / 8.90 to 32.40 inHg
- Resolution 1 hPa / 0.05 inHg

### Thermometer

- Display range -20°C to 60°C / -5°F to 140°F
- Resolution 1°C / 1°F

### Compass

- Resolution 1°

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## **CUSTOMER SERVICE CONTACTS**

Global Help Desk +358 2 284 11 60  
Suunto USA Phone +1 (800) 543-9124  
Canada Phone +1 (800) 776-7770  
Suunto website [www.suunto.com](http://www.suunto.com)

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