

# **SUUNTO KAILASH**


## **USER GUIDE**


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# 1 SAFETY

## Types of safety precautions

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

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

 **NOTE:** is used to emphasize important information.

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

## Safety precautions

 **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.

 **WARNING:** ONLY FOR RECREATIONAL USE.

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

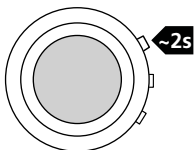
**⚠ CAUTION:** DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

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

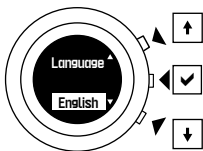
## 2 GETTING STARTED

Starting your Suunto Kailash for the first time is quick and simple. Time, date and location are automatically set if the watch acquires a GPS signal.

1. Wake up the watch by keeping the 7R button pressed until the display turns on.



2. Select language with 7R or lower button and confirm with middle button.



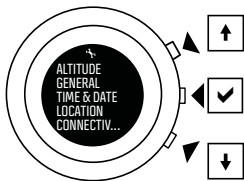
3. Continue with setting units and time formats.
4. Wait for watch to acquire satellites and update time, date and location. If the watch does not acquire a GPS signal, continue with setting date and time manually.
5. Optional: pair with your smartphone. See *3.15.1 Pairing with Suunto 7R App*

## 2.1 Adjust settings

You can adjust all watch settings from the options menu.

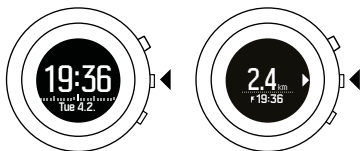
To adjust a setting:

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. Depending on the menu you may need to scroll through settings using 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.

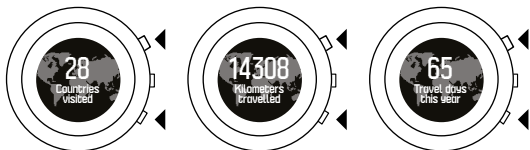


## 2.2 Displays and views

Suunto Kailash has three main displays: Adventure Timeline™, navigation, and the 7R logbook. Change between timeline and navigation by pressing the middle button.



Enter the 7R logbook by pressing the 7R button while in timeline display. Press the middle button to return to the timeline.



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



## 2.3 Home location

Suunto Kailash uses your home location for 7R statistics as well as for keeping your home time up to date.



We recommend setting your home location as soon as you start using your watch. If you do not set your home location, you do not get a complete set of statistics in your 7R logbook (see *2.1 Adjust settings*).

To set your home location:

1. Keep the middle button pressed to enter the options menu.
2. Press the lower button to scroll to **LOCATION** and select with the middle button.
3. Press lower button to scroll to **Set home location** and select with the middle button.



## 3 FEATURES

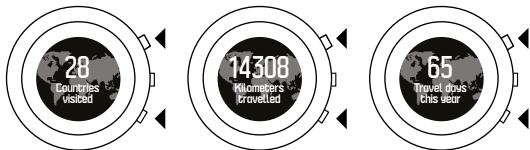
### 3.1 7R logbook


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

- Cities visited: 1,000 steps in the same city is required to consider the city visited
- Countries visited: 1,000 steps is required to consider the country visited
- Total time in current city
- Travel days for the year\*: only full days spent over 75 km (47 miles) away from your home location are counted
- Total distance traveled\*: total distance traveled, excluding trips within 75 km (47 miles) of your home location
- Furthest distance from home\*
- Average daily steps: 30-day average calculated using days with over 1000 steps

\* Requires home location to be defined. See *2.3 Home location*.

Browse through the statistics using the 7R or lower button.



 **NOTE:** Suunto Kailash makes use of the GeoNames geographical database under the Creative Commons Attribution 3.0 license. The database in Suunto Kailash contains over 6,000 populated places around the world. The selection criteria varies between countries and takes into consideration the geographical size and population of each country.

## 3.2 Alarm clock

You can set one daily alarm. When you set the alarm, 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.

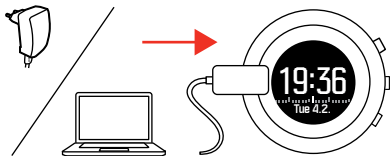
### 3.3 Battery

When the battery level reaches 20%, you get a pop-up notifying you of the low level.

When the battery level drops very low, you get a recharge notification.

At this point, the battery icon at the bottom of the timeline view starts blinking. 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.



### 3.4 Backlight

Suunto Kailash has two lights: a normal backlight and an extra bright backlight that you can use as a flashlight (see *3.10 Flashlight*).

To activate the backlight, keep the lower button pressed until the backlight turns on.

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

- **Night:** Any button press activates backlight for 8 seconds.
- **Normal** (default): Long button press activates backlight for 8 seconds.
- **Toggle:** Long button press activates backlight and stays on until lower button is pressed again.
- **Off.**

The backlight brightness level can also be adjusted in the options menu under **GENERAL » Display » Backlight brightness**.

Suunto Kailash also includes a tapping mechanism for turning on the backlight in any display. This feature is off by default. You can turn it on in the options menu under **GENERAL » Display » Tapping**.

When on, you can activate the backlight by firmly tapping the watch face.

## 3.5 Compass

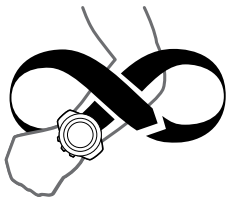
Suunto Kailash includes a digital compass you can use for orienteering on land or at sea. The compass is tilt-compensated, so the needle points to north even if you are not holding the watch level.

The compass view is off by default. You can turn on the compass view in the options menu under **LOCATION » Compass**.

When activated, you can access the compass from the navigation view by pressing the lower button once or twice, depending on how many POIs you have saved.



Calibrating the compass ensures its accuracy. You need to calibrate the compass when you first use the compass or after a software update. To calibrate the compass, move your arm in a figure-8 motion.



You can re-calibrate the compass at any time while in the navigation display by keeping the lower button pressed.

### 3.6 Countdown timer

You can start the countdown timer in the options menu under **TIME & DATE » Countdown**. Once you set the countdown time, the watch shows the set time and a countdown bar.



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.

You can reset the timer by keeping the 7R button pressed.

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

### 3.7 Display color

By default, the display has a dark background. You can invert the colors for a light background by inverting the display. You can do this in the options menu under **GENERAL » Display » Invert display**.

## 3.8 Display contrast

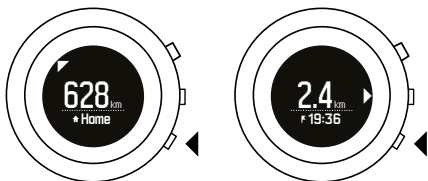
The display contrast is by default 50%. You can adjust the value between 0% and 100% under **GENERAL » Display » Display contrast**.

## 3.9 Find back

Pressing the middle button takes you to the navigation view with Find back. Find back gives you the direction and distance to a given Point of Interest or your home location.

Find back makes use of both GPS and the digital compass. If you have not used the compass before, you need to calibrate the compass before the navigation view appears.

You can navigate to your home (if home location is set, see *2.3 Home location*) or a Point of Interest you define based on your current location.



Press lower button in order to change the Point of Interest or to see the compass view.

**Point of Interest (POI)**



Suunto Kailash can store two Points of Interest (POIs). One is your home location, and the other is a POI that you can save at any time using your current location.

To save a POI, such as a hotel in a city you are visiting for the first time:

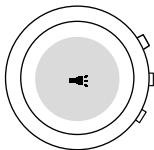
1. Press the middle button to switch to the navigation display.
2. When you are at the location you want to mark as your POI, press the 7R button.
3. Wait for the watch to acquire a GPS signal and confirm the location is saved.

The time you saved the POI is shown next to the POI icon in the navigation display.

### 3.10 Flashlight

In addition to the normal backlight, Suunto Kailash has an extra bright backlight that you can use as a flashlight.

To activate the flashlight, keep the lower button pressed a few seconds until the brightness increases and the flashlight icon appears.



The flashlight stays on for about 4 minutes. To turn it off, press the lower button again.

### 3.11 GPS

Suunto Kailash makes use of the GPS navigation satellite system.

GPS is on by default and is used for many key features of Suunto Kailash, such as time and location updates and the 7R logbook.

However, you can turn GPS off if needed in the options menu under **LOCATION » GPS**.

GPS signal reception can vary significantly depending on where you are in the world and your immediate surroundings.

The best signal can be received in an open area with a clear view of the sky.














Buildings, dense vegetation or cloudy weather, however, reduce the GPS signal reception quality. The signal from the orbiting satellites is weak, so it cannot penetrate any solid constructions or water.







Therefore, while you in your home, office or some other building, the GPS reception on your watch typically does not work.



## 3.12 Icons

Suunto Kailash uses the following icons:

Icon	Description
	Daily alarm
	Battery charge level
	Bluetooth activity
	Button lock
	Button press indicators
	Down/decrease
	Flashlight
	GPS signal strength
	Incoming call
	Message/notification
	Missed call
	Next/confirm
	Paused/stopped

Icon	Description
	Point of interest
	Settings
	Storm alarm
	Sunrise
	Sunset
	Up/increase


### 3.13 Step counter

The step counter is available as a view in the main time display, showing you how many steps you have taken so far today.

You can turn the step counter view on/off in the options menu under **GENERAL » Views » Steps**.

In addition, Suunto Kailash calculates your average daily steps over the last 30 days and displays the average in your 7R logbook (see *3.1 7R logbook*).

The calculation includes only days when you have taken more than 1,000 steps.

 **NOTE:** Step counting is based on your movement as measured by sensors in the watch. The values provided are estimations and not intended for medical treatment of any kind. They are there to support you in leading an active and healthy life.

### 3.14 Stopwatch

You can activate the stopwatch in the options menu under **TIME & DATE » STOPWATCH**. After you activate the stopwatch, the timer appears.



Start and stop the timer by pressing the 7R button.

You can reset the timer by keeping the 7R button pressed.

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

### 3.15 Suunto 7R App

Pair your Suunto Kailash with the Suunto 7R App to get notifications on your watch, customize watch settings, as well as share your adventures.

### 3.15.1 Pairing with Suunto 7R App

If you have not paired your watch with the Suunto 7R App, the watch prompts you are to pair the first time you enter the **CONNECTIVITY** settings.

To pair the watch and app:

1. Download and install the Suunto 7R App on your compatible Apple device from the iTunes App Store.
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**.

### 3.15.2 Bluetooth

Bluetooth is on by default in Suunto Kailash. It activates automatically 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 do not want to have Bluetooth on, you can turn it off. Note that the Bluetooth setting is visible only if your phone and watch are already paired.

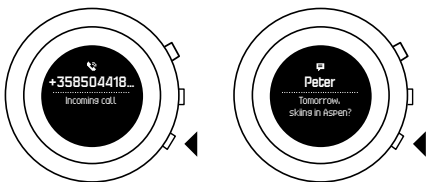
To turn Bluetooth on/off:

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. Turn on/off with the 7R or lower button and confirm with the middle button.
5. Keep the middle button pressed to exit.

### 3.15.3 Notifications

If you have paired your Suunto Kailash with the Suunto 7R App, you can get call, message and push notifications on the watch.



Notifications automatically disappear once you have viewed them on your smartphone.

To turn notifications 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 **Notifications** 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.

## 3.16 GPS syncing

At any time, you can manually sync your Suunto Kailash with GPS. This updates your time and altitude based on your current location. To start the sync process, keep the 7R button pressed.

## 3.17 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. See *3.17.1 Local time*.

Home time is the time at your primary residence, which you can define with the home location setting. See *3.17.2 Home time*.

World time is the time at a location of your choice, such as a second office or your favorite vacation spot. See *3.17.3 World time*.

### 3.17.1 Local time

Local or main time is the time at your present location. It is automatically set and continually updated as long as GPS time and DST are on. If you set local time manually, it is still updated automatically unless you turn GPS time off (see *3.17.7 GPS time*).

You can adjust local time manually in the options menu under **TIME & DATE » Time & date**.



### 3.17.2 Home time

Home time is a second, optional time that you can keep track of once you have set your home location (see *2.3 Home location*).

Home time is kept up to date based on GPS time and DST.

Home time is shown in the timeline display when your home time differs from your main time, for example, when you are traveling.

Press the lower button to change views and see your home time.



### 3.17.3 World time

World time is an optional time setting you can use, for example, to keep track of the time at a second international office. It can be any major city in the world.

To set world time:

1. Long press the middle button to enter the options menu.
2. Press lower button to scroll to **TIME & DATE** and select with middle button.
3. Press lower button to scroll to **World time** and select with middle button.
4. Set **World time** to **On** with the 7R button.

5. Scroll with the lower button through the continent list and Select a **Continent** with the middle button.
6. Repeat with **Country** then **City**.



### 3.17.4 Time views

Additional information is shown in the views at the bottom of the main time display. Cycle through the views by pressing the lower button. The default views are battery, altitude, sunrise/sunset, step counter, seconds and date.



Most of these views are optional and can be turned off if desired in the options menu under **GENERAL » Views**.

### 3.17.5 Sunrise/sunset

Sunrise and sunset times are based on your current location. These are available as a view in the timeline display and can be turned on/off in the options menu under **GENERAL » Views**.

### 3.17.6 Date

The date in the timeline display is based on your current location. You can turn this view on/off under **GENERAL » Views**.

The date is updated automatically if GPS time is on. You can manually change the date in the options menu under **TIME & DATE » Time & date**.

### 3.17.7 GPS time

GPS time can be used to keep your time(s) up to date. When you travel to a new time zone, the watch automatically checks and updates your time(s) accordingly.

GPS time is on by default. You can turn it off in the options menu under **TIME & DATE » Time & date**.

### 3.17.8 Daylight Saving Time (DST)

If you are using GPS time (see *3.17.7 GPS time*), you can also automatically adjust your time for Daylight Saving Time (DST). The DST setting has three options:

- **Automatic** – automatic DST adjustment based on GPS location
- **Winter time** – always winter time (no DST)
- **Summer time** – always use summer time

You can adjust the DST setting under **TIME & DATE » Time & date**. Note that the setting is only visible if GPS time is on.

## 3.18 Tones and vibration

Tones and vibration alerts are used for notifications, alarms and other key events. Both can be adjusted separately in the options menu under **GENERAL » Tones & Vibra**.

For each alert type, you can select from the following options:

- **All on:** all events trigger tones/vibration
- **All off:** no events trigger tones/vibration
- **Buttons off:** all events other than pushing buttons trigger tones/vibration

## 3.19 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**.

## 3.20 Weather indicators

Suunto Kailash has two weather indicators: weather trend and storm alarm.

The weather trend indicator is displayed as a view in the time display, providing you a quick way to check weather changes.



The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. A change in barometric pressure greater than 2 hPa (0.59 inHg) over three hours triggers a change the direction of the arrow. For example:



pressure dropping heavily over the last six hours



pressure was steady, but rising heavily over the last three hours



pressure was rising heavily, but dropping heavily over the last three hours

## Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Kailash sounds an alarm and flashes a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm repeats once after five minutes. The

storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

## 4 CARE AND SUPPORT

### 4.1 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.

### 4.2 Water resistance

Suunto Kailash is water resistant to 100 meters (330 feet). The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test. This means you can use the watch for swimming and snorkeling, but it should not be used for any form of diving.

 **NOTE:** *Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/water tightness withstanding showering, bathing, swimming, poolside diving and snorkeling.*

To maintain water resistance, it is recommended to:

- never use the device for other than intended use.
- contact an authorized Suunto service, distributor or retailer for any repairs.
- keep the device clean from dirt and sand.

- never attempt to open the case yourself.
- avoid subjecting the device to rapid air and water temperature changes.
- always clean your device with fresh water if subjected to salt water.
- never knock or drop the device.

### 4.3 Getting support

To get additional support, visit [www.suunto.com/support](http://www.suunto.com/support). There you will find a comprehensive range of support materials, including Questions and Answers and instruction videos. You can also post questions directly to Suunto or email/call Suunto support professionals.

There are also many how-to videos on the Suunto YouTube channel at [www.youtube.com/user/MovesCountbySuunto](http://www.youtube.com/user/MovesCountbySuunto).

We recommend registering your product to get the best personalized support from Suunto.

To get support from Suunto:

1. Register at [www.suunto.com/support/MySuunto](http://www.suunto.com/support/MySuunto), or if you have already, login and add Suunto Kailash to **My Products**.
2. Visit [Suunto.com](http://Suunto.com) ([www.suunto.com/support](http://www.suunto.com/support)) to see if your question has been asked/answered already.
3. Go to **CONTACT SUUNTO** to submit a question or call us at any of the listed support numbers.

Alternatively, send us an email to [support@suunto.com](mailto:support@suunto.com). Please include the product name, serial number and a detailed description of the issue.



Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

## 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: 71 g
- water resistance: 100 m (328 ft) according to EN13319
- glass: Sapphire crystal
- bezel: Titanium Gr5 (space grade)
- power: rechargeable lithium-ion battery
- Battery life: ~ 4-10 days, depending on conditions

#### Radio Receiver

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

#### 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: SiRF star V

- 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.

### **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.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to

radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### **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.

### **5.2.4 NOM-121-SCT1-2009**

The operation of this equipment is subject to the following two 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**

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## 5.4 Patent notice

This product is protected by pending patent applications and their corresponding national rights: FI 20155573, US 7,271,774, US 13/794,468, US 14/195,670.

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;

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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.

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2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
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