

WHEN YOU CAN RELY ON INSTINCT, THE WORLD CAN RELY ON YOU!

You've never been one to follow the beaten path — that's where Instinct comes in. This rugged GPS watch was built to withstand the toughest environments.



Withstand the elements with military standard toughness.



Navigate your world with multi-GNSS satellite support and outdoor sensors.



Train smarter with built-in sports app right on your wrist.



Pair with your compatible smartphone for on-wrist messaging, alerts and notifications.



Map, track, sync and share your trek from anywhere with our exclusive app.



Don't be limited by battery life. Get up to 14 days in smartwatch mode.



DURABLE CASE AND DISPLAY

The fiber-reinforced polymer case adds durability, and the chemically strengthened, scratch-resistant display is high contrast and sunlight readable.

PURPOSE-BUILT BANDS

Fully vented silicone bands include 2 independent, removable keeper loops to ensure a secure fit and to keep you from getting caught on things.



Made to endure.



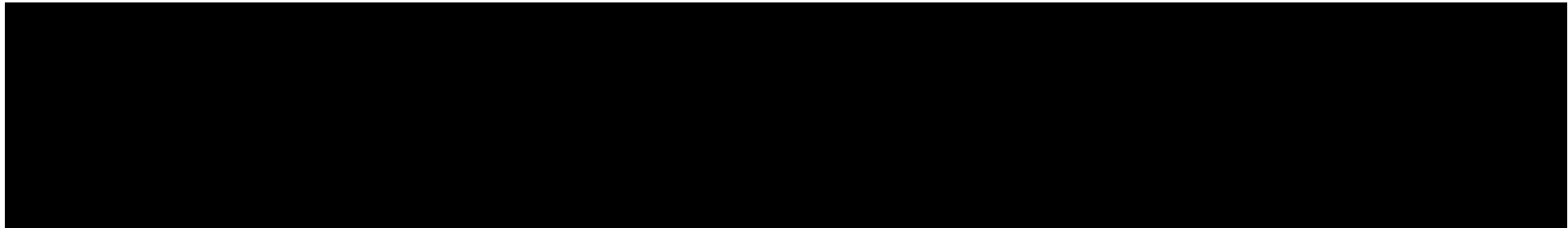
MILITARY STANDARD 810

Instinct is built to the U.S. military standard 810 for thermal, shock and water resistance (rated to 100 meters).



BATTERY LIFE

Internal, rechargeable lithium battery provides up to 14 days in smartwatch mode, up to 16 hours in GPS mode and up to 40 hours in UltraTrac™ battery saver mode.





Navigation you can count on.



MULTI-GNSS SUPPORT

Access multiple global navigation satellite systems (GPS, GLONASS and Galileo) to track in more challenging environments than GPS alone.



ABC SENSORS

Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and three-axis electronic compass.



TRACBACK® ROUTING

Take the guesswork out of your return journey by using this feature to navigate the same route back to your starting point.

Monitor your body and train smarter.



WRIST-BASED HEART RATE

Enhanced optical heart rate¹ technology gauges the intensity of your fitness activities.



STRESS TRACKING

Heart rate variability is used to calculate your stress level score, so you can see if you're having a calm, balanced or stressful day.



BUILT-IN SPORTS APPS

Use preloaded activity profiles for running, hiking, mountain biking, swimming and more.



Stay connected.



SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with a [compatible smartphone](#). You can even respond to texts if you have an Android™ phone.



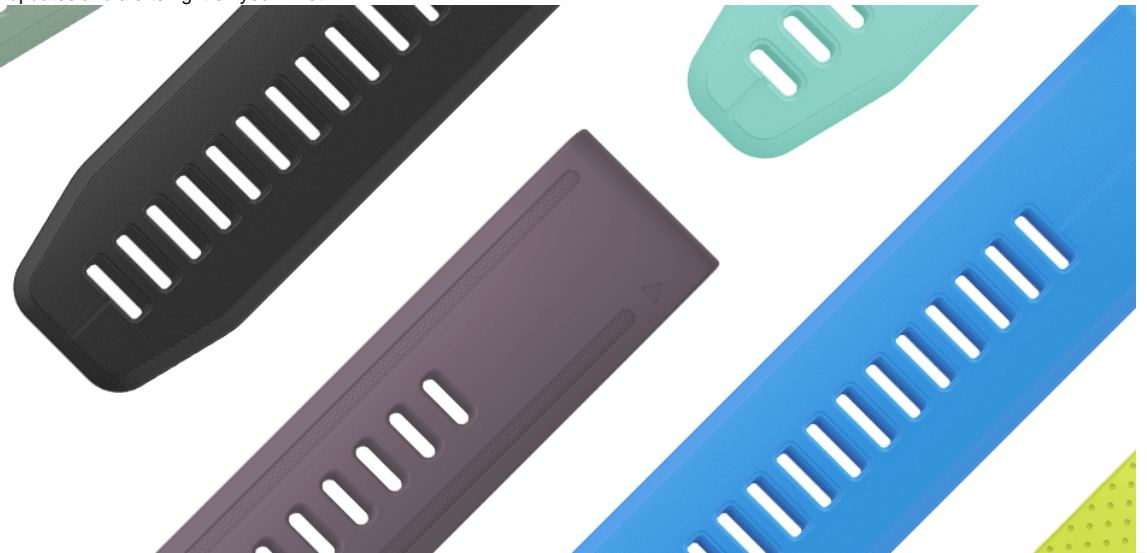
PAIR FOR SATELLITE COMMUNICATION

Pair Instinct with an [inReach device](#) (sold separately; active [satellite subscription](#) required) to view and send messages, get weather alerts on your wrist and trigger an SOS to the GEOS 24/7 emergency response team.



PAIR WITH DOG TRACKING DEVICES

Connect with [Astro®](#) or [Alpha®](#) dog devices to receive dog status updates and alerts right on your wrist.



QuickFit® accessory bands let you match your style with no tools required



See your stats, and track your goals in the Garmin Connect™ app

[LEARN MORE](#)










Map, track, sync and share from anywhere using the Garmin Explore™ app

General

LENS MATERIAL	chemically strengthened glass
BEZEL MATERIAL	fiber-reinforced polymer
CASE MATERIAL	fiber-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	silicone
PHYSICAL SIZE	45 x 45 x 15.3 mm Fits wrists with a circumference of 132-224 mm
DISPLAY SIZE	custom, two-window design; 0.9" x 0.9" (23 x 23 mm)
DISPLAY RESOLUTION	128 x 128 pixels
DISPLAY TYPE	monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	52 g
BATTERY LIFE	Smartwatch mode: Up to 14 days GPS mode: Up to 16 hours UltraTrac™ mode: Up to 40 hours
WATER RATING	10 ATM
MEMORY/HISTORY	16 MB

Clock Features

TIME/DATE	
GPS TIME SYNC	
AUTOMATIC DAYLIGHT SAVING TIME	
ALARM CLOCK	
TIMER	
STOPWATCH	
SUNRISE/SUNSET TIMES	

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
ACCELEROMETER	✓
THERMOMETER	✓

Daily Smart Features

SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CONNECTIVITY	Bluetooth®, ANT+®
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™

Outdoor Applications

COMPATIBLE WITH BASECAMP™	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓

Safety and Tracking Features

LIVETRACK	✓
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Tactical Features

DUAL GRID COORDINATES	✓
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Activity Tracking Features

STEP COUNTER	✓
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓
SLEEP MONITORING (MONITORS TOTAL SLEEP AND PERIODS OF MOVEMENT OR RESTFUL SLEEP)	✓
CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
ALL-DAY STRESS TRACKING	✓

Gym & Fitness Equipment

AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
AUTOMATIC REP COUNTING	✓

Training, Planning and Analysis Features

GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
	✓

AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
COURSE GUIDANCE	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓

Heart Rate Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
AUTO MAX HR	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓

Running Features

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AVAILABLE RUN PROFILES	Running, Treadmill Running, Indoor Track Running, Trail Running
GPS-BASED DISTANCE, TIME AND PACE	✓
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUN WORKOUTS	✓
FOOT POD CAPABLE	✓

Outdoor Recreation Features








AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Tactical
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
TRAIL RUN AUTO CLIMB	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
COMPATIBLE WITH BASECAMP™	✓
GPS COORDINATES	✓
PROJECTED WAYPOINT	✓
SIGHT 'N GO	✓
AREA CALCULATION	✓
POINT-TO-POINT NAVIGATION	✓
SUN AND MOON INFORMATION	✓

XERO™ LOCATIONS	
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Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	
COURSES	
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking
RACE AN ACTIVITY	
SPEED AND CADENCE SENSOR SUPPORT (WITH SENSOR)	yes (ANT+® and Bluetooth® Smart sensors)

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming
OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	
DRILL LOGGING (POOL SWIM ONLY)	
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	
POOL SWIM WORKOUTS	

inReach® Features

WEATHER	
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