

Garmin Instinct Solar Surf Specifications

General	
LENS MATERIAL	Power 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
DISPLAY SIZE	Fits wrists with a circumference of 132-224 mm
DISPLAY RESOLUTION	custom, two-window design; 0.9" x 0.9" (23 x 23 mm)
DISPLAY TYPE	monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	53 g
BATTERY LIFE	Smartwatch: Up to 24 days/54 days with solar*
	Battery Saver Watch Mode: Up to 56 days/Unlimited with solar*
	GPS: Up to 30 hours/38 hours with solar**
	Max Battery GPS Mode: Up to 70 hours/145 hours with solar**
	Expedition GPS Activity: Up to 28 days/68 days with solar*
	*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions
	**Solar charging, assuming use in 50,000 lux conditions
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	✓
Health Monitoring	
WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
ABNORMAL HEART RATE ALERTS	yes (high and low)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION BREATHING TIMER	✓
SLEEP	✓
HYDRATION	yes (in Garmin Connect™)

MENSTRUAL CYCLE	yes (in Garmin Connect™)
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
ACCELEROMETER	✓
THERMOMETER	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
Daily Smart Features	
CONNECTIVITY	Bluetooth®, ANT+®
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
BATTERY SAVER - CUSTOMIZABLE LOW POWER WATCH	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	
Safety and Tracking Features	
LIVETRACK	✓
Tactical Features	
DUAL GRID COORDINATES	✓
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)	✓
CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓

INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
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	
HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
AUTO MAX HR	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY	✓
BATTERY SETTINGS	
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	✓
Running Features	
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	
AVAILABLE OUTDOOR RECREATION PROFILES	Surfing, Stand Up Paddleboarding, Rowing, Kayaking, Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Fishing, Hunting, Tactical
POINT-TO-POINT NAVIGATION	✓
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	✓
SIGHT 'N GO	✓
AREA CALCULATION	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
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)	✓
TIME AND DISTANCE ALERTS	✓
POOL SWIM WORKOUTS	✓
UNDERWATER WRIST-BASED HEART RATE	✓