

Garmin Descent G1 and Descent G1 Solar Specifications

	Descent G1	Descent G1 Solar
General		
Lens Material	sapphire crystal	Power Sapphire
Bezel Material	fiber-reinforced polymer	fiber-reinforced polymer
Case material	fiber-reinforced polymer	fiber-reinforced polymer
QuickFit™ watch band compatible	yes (22 mm)	yes (22 mm)
Strap material	silicone	silicone
Physical size	45.5 x 45.5 x 15.2 mm	45.5 x 45.5 x 15.2 mm
	Silicone Band: 128-224 mm	Silicone Band: 128-224 mm
	Extra Long Silicone Band: 128-373 mm	Extra Long Silicone Band: 128-373 mm
Display Size	custom, two-window design: 0.9" x 0.9" (23 x 23 mm)	custom, two-window design: 0.9" x 0.9" (23 x 23 mm)
Display Resolution	176 x 176 pixels	176 x 176 pixels
Display Type	monochrome, sunlight-visible, transfective memory-in-pixel (MIP)	monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
Weight	61 g	66 g
Battery life	Dive Mode: Up to 25 hours	Dive Mode: Up to 25 hours
	Smartwatch: Up to 21 days	Smartwatch: Up to 21 days/4 months with solar *
	Battery Saver Watch Mode: Up to 48 days	Battery Saver Watch Mode: Up to 48 days/Unlimited with solar*
	GPS: Up to 26 hours	GPS: Up to 26 hours/39 hours with solar **
	Max Battery GPS Mode: Up to 56 hours	Max Battery GPS Mode: Up to 56 hours/Unlimited with solar**
	Expedition GPS Activity: Up to 27 days	Expedition GPS Activity: Up to 27 days/Unlimited 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	Dive (100 meters)	Dive (100 meters)
Memory/History	32 MB	32 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)	yes (high and low)
Respiration rate (24x7)	✓	✓

Pulse Ox Blood Oxygen Saturation	yes (spot-check, during sleep, all day)	yes (spot-check, during sleep, all day)
Fitness Age	✓	✓
Body Battery™ Energy Monitor	✓	✓
All-day Stress	✓	✓
Relaxation breathing timer	✓	✓
Sleep	✓	✓
Sleep score and insights	✓	✓
Hydration	yes (in Garmin Connect™)	yes (in Garmin Connect™)
Women's Health	yes (in Garmin Connect™)	yes (in Garmin Connect™)
Health snapshot	✓	✓

Sensors

GPS	✓	✓
GLONASS	✓	✓
Galileo	✓	✓
Garmin Elevate™ wrist heart rate monitor	✓	✓
Barometric altimeter	✓	✓
Compass	✓	✓
Gyroscope	✓	✓
Accelerometer	✓	✓
Thermometer	✓	✓
Depth sensor	✓	✓
Pulse Ox Blood Oxygen Saturation Monitor	✓	✓

Daily Smart Features

Connectivity	Bluetooth®, ANT+®	Bluetooth®, ANT+®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	✓	✓
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™	iPhone®, Android™
Pairs with Garmin Golf app	✓	✓
Pairs with Garmin Connect™ Mobile	✓	✓
Garmin Pay™	✓	✓

Safety and Tracking Features

LiveTrack	✓	✓
Incident Detection during select activities	✓	✓
Assistance	✓	✓

Tactical Features

Dual grid coordinates	✓	✓
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Diving Features

Dive activity maximum operating depth	100 meters	100 meters
Single-gas mode	✓	✓
Multi-gas mode	✓	✓
Gauge mode	✓	✓
APNEA mode	✓	✓
APNEA hunt mode	✓	✓
Decompression model	Bühlmann ZHL-16c with gradient factors	Bühlmann ZHL-16c with gradient factors
Nitrox support	✓	✓
Trimix support	✓	✓
Closed Circuit Rebreather (CCR)	✓	✓
Gas mixes	Air, Nitrox and Trimix up to 100% O ₂ ; 1 bottom gas and up to 11 deco and/or backup gasses.	Air, Nitrox and Trimix up to 100% O ₂ ; 1 bottom gas and up to 11 deco and/or backup gasses.
PO₂	Up to 2.0 with customizable deco PO ₂ setting	Up to 2.0 with customizable deco PO ₂ setting
Auto start/end dive	✓	✓
Custom end-dive timeout	yes (20s to 10 m)	yes (20s to 10 m)
Safety Stop	yes (customizable off/3min/5min)	yes (customizable off/3min/5min)
Deep Stops	yes (using custom gradient factors)	yes (using custom gradient factors)
Customizable conservatism	yes (low/medium/high or custom using gradient factors)	yes (low/medium/high or custom using gradient factors)
Dive ascent/descent rate indicator	✓	✓
Automatic altitude adjustment	✓	✓
No fly time	✓	✓
Dive planner	yes (basic ND _L + multi-gas deco planner)	yes (basic ND _L + multi-gas deco planner)
Tides	✓	✓
Backlight	yes (configurable time and intensity; auto-on at depth)	yes (configurable time and intensity; auto-on at depth)
Automatically saves dive entry and exit locations	✓	✓
Custom dive data screens	✓	✓
Sync dive log to Garmin Dive™ Mobile app	✓	✓
Alerts & alarms	Audible and vibration alarms for ascent rate, PO ₂ , CNS/OTU, ND _L , deco, gas switching. Customizable (up to 40) audible and/or vibration per dive mode, based on depth or time	Audible and vibration alarms for ascent rate, PO ₂ , CNS/OTU, ND _L , deco, gas switching. Customizable (up to 40) audible and/or vibration per dive mode, based on depth or time
3-axis dive compass	yes (with adjustable heading, quick change to 90R, 90L and reciprocal). Indicates degrees and direction back to set heading	yes (with adjustable heading, quick change to 90R, 90L and reciprocal). Indicates degrees and direction back to set heading
Missed Deco Lockout	yes (can be disabled prior to dive with user acknowledgement)	yes (can be disabled prior to dive with user acknowledgement)
Residual Tissue Loading Reset	yes (on the surface with user acknowledgement)	yes (on the surface with user acknowledgement)
Surface diver status widget	yes (surface interval, N ₂ /HE loading, CNS, OTU and tissue compartment status)	yes (surface interval, N ₂ /HE loading, CNS, OTU and tissue compartment status)

Boating Features

Available Boating Profiles	Boating	Boating
Built-in barometer and tide tables	✓	✓

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™	✓	✓
Garmin Connect™ Challenges app	yes (optional Connect IQ app)	yes (optional Connect IQ app)

Gym & Fitness Equipment

Available gym activity profiles	Strength, Cardio and Elliptical Training, HIIT, Stair Stepping, Floor Climbing, Indoor Rowing, and Yoga	Strength, Cardio and Elliptical Training, HIIT, Stair Stepping, Floor Climbing, Indoor Rowing, and Yoga
Cardio workouts	✓	✓
Strength workouts	✓	✓
HIIT workouts	✓	✓
Automatic rep counting	✓	✓

Training, Planning and Analysis Features

HR zones	✓	✓
HR alerts	✓	✓
HR calories	✓	✓
% HR max	✓	✓
% HRR	✓	✓
Recovery time	✓	✓
Auto max HR	✓	✓
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	yes (using ANT+)	yes (using ANT+)
Respiration rate (during exercise)	✓	✓
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	✓	✓
Heat and altitude acclimation	✓	✓
VO2 Max (Run)	✓	✓
VO2 Max (Trail Run)	✓	✓

Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	✓	✓
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	✓	✓
Training Effect	✓	✓
Training Effect (anaerobic)	✓	✓
Primary benefit (Training Effect labels)	✓	✓
Improved recovery time	✓	✓
Daily suggested workouts	✓	✓
Custom alerts	✓	✓
Audio prompts	✓	✓
Finish time	✓	✓
Virtual Partner	✓	✓
Race an Activity	✓	✓
Auto multisport activities	✓	✓
Manual multisport activities	✓	✓
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	Running, Treadmill Running, Indoor Track Running, Trail Running
GPS-based distance, time and pace	✓	✓
Running dynamics	yes (with compatible accessory)	yes (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (with compatible accessory)	yes (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)	yes (with compatible accessory)	yes (with compatible accessory)
Stride length (real time)	yes (with compatible accessory)	yes (with compatible accessory)
Cadence (provides real-time number of steps per minute)	✓	✓
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	✓	✓
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	yes (with compatible accessory)	yes (with compatible accessory)
Run workouts	✓	✓
Race predictor	✓	✓
Foot pod capable	✓	✓

Golfing Features

Yardage to F/M/B (distance to front, middle and back of green)	✓	✓
Yardage to layups/doglegs	✓	✓

Measures shot distance (calculates exact yardage for shots from anywhere on course)	manual	manual
Digital scorecard	✓	✓
Stat tracking (strokes, putts per round, greens and fairways hit)	✓	✓
Auto CourseView updates	✓	✓
Green View with manual pin position	✓	✓
Hazards and course targets	✓	✓
PinPointer	✓	✓
Round timer/odometer	✓	✓
Automatic club tracking compatible (requires accessory)	✓	✓
Tournament legal	✓	✓

Outdoor Recreation

Available outdoor recreation profiles	Surfing, Windsurfing, Kiteboarding, Hiking, Climbing, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Skate Skiing, XC Classic Skiing, Backcountry Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Tactical, Fishing, Hunting	Surfing, Windsurfing, Kiteboarding, Hiking, Climbing, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Skate Skiing, XC Classic Skiing, Backcountry Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Tactical, Fishing, Hunting
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	✓	✓
Tides	✓	✓

Cycling Features

Available cycling profiles	Biking, Road Biking, Mountain Biking, Gravel Biking, Cyclocross, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking	Biking, Road Biking, Mountain Biking, Gravel Biking, Cyclocross, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking
Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	✓	✓
Courses	✓	✓

MTB Grit & Flow	✓	✓
Bike lap and lap maximum power (with power sensor)	✓	✓
Race an activity	✓	✓
FTP (Functional Threshold Power)	✓	✓
Compatible with Vector™ and Rally™ (power meters)	✓	✓
Power meter compatible	✓	✓
Speed and cadence sensor support (w/sensor)	✓	✓

Swimming Features

Available swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming, Open Water Swimming, Swimming/Running
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)	✓	✓
Auto rest (pool swim only)	✓	✓
Time and distance alerts	✓	✓
Countdown start (pool swim only)	✓	✓
Pool swim workouts	✓	✓
Underwater wrist-based heart rate	✓	✓
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	✓	✓

Kid Activity Tracking Features

Toe-to-Toe™ Challenges app	yes (optional Connect IQ Toe-to-Toe™ Challenges app)	yes (optional Connect IQ Toe-to-Toe™ Challenges app)
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Connectivity

Smart trainer control	✓	✓
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