

Garmin Descent Mk2S Specifications

General	
LENS MATERIAL	sapphire crystal
BEZEL MATERIAL	stainless steel
CASE MATERIAL	fiber-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	yes (20 mm)
STRAP MATERIAL	silicone
PHYSICAL SIZE	43 x 43 x 14.15 mm
COLOR DISPLAY	✓
DISPLAY SIZE	1.2" (30.4 mm) diameter
DISPLAY RESOLUTION	240 x 240 pixels
DISPLAY TYPE	sunlight-visible, transflective memory-in-pixel (MIP)
WEIGHT	silicone band: 60 g case only: 41 g
BATTERY LIFE	Smartwatch: Up to 7 days
	Battery Saver Watch Mode: Up to 21 days
	GPS: Up to 18 hours
	GPS + Music: Up to 6 hours
	Max Battery GPS Mode: Up to 32 hours
WATER RATING	Dive (100 meters)
	32 GB
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)
RESPIRATION RATE (24X7)	✓
PULSE OX BLOOD OXYGEN SATURATION	yes (spot-check, and optional all-day acclimation and in sleep)
FITNESS AGE	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION REMINDERS	✓

RELAXATION BREATHING TIMER	✓
SLEEP	yes (Advanced)
SLEEP SCORE AND INSIGHTS	✓
HYDRATION	yes (in Garmin Connect™)
WOMAN'S HEALTH	yes (in Garmin Connect™)
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
DEPTH SENSOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	yes (with Acclimation)
Daily Smart Features	
CONNECTIVITY	Bluetooth® Smart, ANT+®, Wi-Fi®
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	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	up to 2,000 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
GARMIN PAY™	✓
Safety and Tracking Features	
LIVETRACK	✓
GROUP LIVETRACK	
LIVE EVENT SHARING	
INCIDENT DETECTION DURING SELECT ACTIVITIES	
ASSISTANCE	

Tactical Features	
DUAL GRID COORDINATES	✓
Diving Features	
DIVE ACTIVITY MAXIMUM OPERATING DEPTH	100 meters
SINGLE-GAS MODE	✓
MULTI-GAS MODE	✓
GAUGE MODE	✓
APNEA MODE	✓
APNEA HUNT MODE	✓
DECOMPRESSION MODEL	Bühlmann ZHL-16c with gradient factors
NITROX SUPPORT	✓
TRIMIX SUPPORT	✓
CLOSED CIRCUIT REBREATHING (CCR)	✓
GAS MIXES	Air, Nitrox and Trimix, up to 100% O ₂ ; 1 bottom gas and up to 11 deco and/or backup gasses.
PO ₂	Up to 2.0 with customizable deco PO ₂ setting
AUTO START/END DIVE	✓
CUSTOM END-DIVE TIMEOUT	yes (20s to 10 m)
SAFETY STOP	yes (customizable off/3min/5min)
DEEP STOPS	yes (using custom gradient factors)
CUSTOMIZABLE CONSERVATISM	yes (low/medium/high or custom using gradient factors)
DIVE ASCENT/DESCENT RATE INDICATOR	✓
AUTOMATIC ALTITUDE ADJUSTMENT	✓
NO FLY TIME	yes (with 24hr countdown)
DIVE PLANNER	yes (basic NDL + multi-gas deco planner)
TIDES	✓
BACKLIGHT	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, NDL, 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
MISSED DECO LOCKOUT	yes (can be disabled prior to dive with user acknowledgement)
RESIDUAL TISSUE LOADING RESET	yes (on the surface with user acknowledgement)
SURFACE DIVER STATUS WIDGET	yes (surface interval, N ₂ /HE loading, CNS, OTU and tissue compartment status)
Boating Features	
AVAILABLE BOATING PROFILES	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)

Gym & Fitness Equipment

AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓
AUTOMATIC REP COUNTING	✓

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS)	yes (with compatible accessory)
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	yes (with compatible accessory)
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)	✓
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 LOAD FOCUS	✓
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	✓
GARMIN LIVE SEGMENTS	✓
STRAVA LIVE SEGMENTS	✓
ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)	✓
TRENDLINE™ POPULARITY ROUTING	yes (available as a wearable map theme)
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	✓
RUNNING DYNAMICS	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)

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)
STRIDE LENGTH (REAL TIME)	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)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
Golfing Features	
PRELOADED WITH 42,000 COURSES WORLDWIDE	✓
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)	Automatic
DIGITAL SCORECARD	✓
CUSTOM TARGETS	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
FULL VECTOR MAP	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
PLAYSLIKE DISTANCE	✓
HANDICAP SCORING	✓
TRUSWING™ COMPATIBLE	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
Outdoor Recreation	
AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Bouldering, Surfing, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓

BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
CLIMBPRO™ ASCENT PLANNER	✓
TRAIL RUN AUTO CLIMB	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED ROAD AND TRAIL MAPS	✓
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
COMPATIBLE WITH BASECAMP™	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
HUNT/FISH CALENDAR	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	yes (via Connect IQ™)
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	✓

Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
MTB GRIT & FLOW	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking, Triathlon
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
COMPATIBLE WITH VECTOR™ (POWER METER)	✓
POWER METER COMPATIBLE	✓
ADVANCED VECTOR SUPPORT	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓

SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓
Swimming Features	
AVAILABLE SWIM PROFILES	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	✓
PACING ALERTS (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
CRITICAL SWIM SPEED	✓
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)	yes (with HRM-Tri™ and HRM-Swim™)
Kid Activity Tracking Features	
TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ app)