

**From the main menu select Setup**  
**Those highlighted in yellow are the essential settings**

<b>Settings</b>		<b>Recommended</b>	
		<b>Etrex30</b>	
<b>System</b>	<b>GPS</b>	<b>GPS + GLONASS</b>	
	<b>WAAS/EGNOS</b>	<b>ON</b>	
	<b>Battery type</b>	<b>Alkaline/NiMh – choose whichever is appropriate</b>	
	Language	English	
	External power lost	Turn off	
	USB Mode	Garmin	
<b>Display</b>	Backlight Timeout	<i>Personal – but remember that longer light stays on this will affect battery level</i>	
	Colour Mode and Setup	<i>Personal</i>	
	Screen Capture	Off	
<b>Tones</b>	Tones	On	
	Message beep	<i>Personal</i>	
	Key beep	<i>Personal</i>	
	Turn warnings	<i>Personal</i>	
	Proximity Alarms	<i>Personal</i>	
<b>Map</b>	Orientation	Track up	
	Guidance Text	When Navigating	
	Data Fields	<i>Personal</i>	
	Advanced Map Setup	Auto Zoom - Off	
		Zoom Levels - Auto	
		Text Size - Small	
		Detail - Normal	
Standard Relief - Personal			
Map Information	Enable all required Maps		
<b>Tracks</b>	<b>Track log</b>	<b>Record, Show On Map</b>	
	Record Method	Auto	
	Recording Interval	Normal	
	Go to Line	Auto	
	Auto Archive	When Full	
	Colour	<i>Personal</i>	
<b>Page Sequence</b>		<i>Personal - leave as it is</i>	
<b>Units</b>	Distance and speed	<i>Personal :Metric</i>	
	Elevation [vert speed]	<i>Personal</i>	
	Depth	<i>Personal</i>	
	Temperature	<i>Personal</i>	
	Pressure	<i>Personal</i>	
<b>Time</b>	Time Format	<i>Personal</i>	
	<b>Time Zone</b>	<b>Automatic</b>	
<b>Position Format</b>	<b>Position Format</b>	<b>British Grid</b>	
	<b>Map datum</b>	<b>Ord survey GB</b>	
<b>Heading</b>	Display	Numeric Degrees	
	North Reference	Magnetic	
	Go To Line (Pointer)	<i>Personal: size of compass arrow, but choose large or small</i>	

<b>Heading</b>	Compass	Auto	
	Calibrate Compass	Press & follow instructions	
<b>Altimeter</b>	Auto Calibration	On	
	Barometer Mode	Select Variable or Fixed (usually variable)	
	Pressure Trending	<i>Personal</i>	
	Plot Type	<i>Personal</i>	
	Calibrate Altimeter	Press & follow instructions (you need to know correct elevation or pressure)	
<b>Geocaches</b>	Appearance	<i>Personal</i>	
	Found Caches	Log found caches	
	Filter Setup	Create filter	
	Geocache Start Page	Personal	
	Chirp Setup	Off – unless chip searching	
<b>Routing</b>	Guidance Method	Off road: if using for car navigation change to an On Road option	
	Calculate Routes for	Pedestrian	
	Lock on Road	No	
	Off road transitions	Auto	
	Avoidance set up	<i>Personal</i> – if you are to use topo mapping for in car navigation	
<b>Marine</b>	Marine Chart Mode	Off unless required	
	Appearance	<i>Personal</i>	
	Marine Alarm Setup	<i>Personal</i>	
<b>ANT Sensors</b>	Heart Rate Monitor	Off – unless in use	
	Bike Cadence Sensor	Off – unless in use	
	Tempe Sensor	Off – unless in use	
<b>Profiles</b>	Create Profile	Recreational – but can be changed to optimise your device based on how you are using it	
<b>About</b>		Displays the current software version and unit ID	
<b>Reset</b>	Reset Trip Data	Resets current trip data (timers, averages, distances etc.)	
	Delete All Waypoints	<b>Cautions: Deletes all stored waypoints</b>	
	Clear Current Track	Clears your current track that is being recorded	
	Clear Track and Trip Data	Clears both your current track and trip data	
	Reset all Settings	<b>Caution: This resets all of your units settings back to factory default</b>	