

## Recommended Setting for Oregon 7\*\* Series

To edit settings – When you turn your unit on in the bottom left of each Activity Profile screen press the  icon this will take you to the setup menu for the Activity Profile you have selected

Those highlighted in yellow are essential settings the rest are personal choices

Settings		Recommended
<b>System</b>	Satellite System	GPS + GLONASS
	WAAS/EGNOS	On
	Text Language	English (Personal Choice)
	Interface	Garmin Serial
	Configure Keys	You can change the functions of the power and user key – we recommend left as the default settings
	Mode	Recommend Activity – or you can change the GPS to work in classic mode as per older Oregon series
	Battery type	Alkaline, Lithium, NiMH or Pre-charged NiMH - choose whichever is appropriate to the type of batteries you are using
	Classic Mode	Off – Turning this On reverts the unit back to a more basic screen without the quick activity shortcuts
<b>Display</b>	Backlight Timeout	Personal Choice– but remember that longer light stays on this will affect battery level
	Orientation lock	Sets screen orientation (Personal Choice)
	Screen Capture	Off
	Battery Save	Personal Choice - Turning This On saves battery power by turning off the screen when backlight times out
<b>Appearance</b>	Mode	Auto
	Day Colour	Personal
	Night Colour	Personal
<b>Bluetooth</b>	Landscape Controls	Personal
	Status	On to pair up with compatible mobile phone for live data, connect app functions etc. on your GPS
	Notifications	Turn on or off live notifications, text messages etc. from your connected phone to your GPS
	Forget Phone	Un-pair a connected phone
<b>Wi-Fi</b>	Add Network	Turn Wi-Fi function on and add Wi-Fi network to your phone
<b>Map - General</b>	Configure Maps	Lists maps in the device > select any map to Enable/Disable - To View some maps saved to internal memory you may have to disable any maps that you have installed on an SD card
	Orientation	Our recommendation for following a route is to have Track up—but North up is useful especially when navigating using the 'tap & go' method. Use Automotive mode if using in car
	Dashboard	Personal – Adds dashboards to top of map page – i.e. Geocaching Activity we recommend Dashboard set as Geocache option – Tour Cycle Activity we recommend Dashboard set as Bike
	Guidance Text	When Navigating
	Map Speed	Fast – (Normal will use less battery)
	Advanced Map Setup	See Below

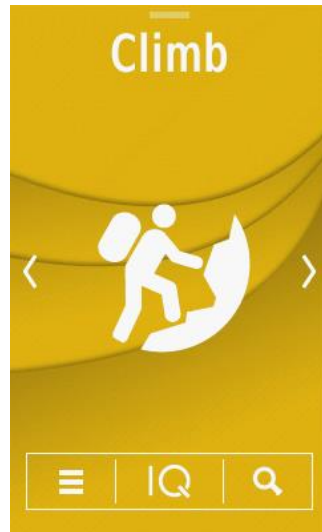
<b>Map - Advanced Setup</b>	Detail	When using OS Maps leave as Normal – for Topo Active Maps a higher level will show more information
	Shaded Relief	Auto
	Vehicle	Your position marker on the map – Default Small Recommended
	Zoom Controls	Auto Zoom Off
	Zoom Levels	Personal – We leave as Default Settings
	Text Size	Personal – We leave as Default Settings
<b>Recording</b>	Record Method	Auto
	Interval	Normal
	Auto Pause	Off
	Auto Start	Off – When you select an Activity you are prompted to Start recording – Turning this On when you have a Satellite Signal and your track will automatically start recording
<b>Recording Advanced Setup</b>	Output Format	Tracks (GPX/FIT)
	Auto Archive	When Full
	Trip Recording	During Activity
	Recorded Data Reset	Activity and Trip
<b>Routing</b>	Activity	Direct – <b>Please see separate sheet - Changing Routing Activity to suit each of the Activity Options</b>
	Route Transitions	Auto
	Lock on Road	No
<b>Tones</b>	Tones	On or Off Personal
	Message Beep	Personal
	Turn Warnings	Personal
	Proximity Alarms	Personal
<b>Heading</b>	Display	Numeric Degrees
	North Reference	Magnetic
	GoTo Line/Pointer	Personal – choose size of compass arrow but choose one of the bearing options Large or Small
	Compass	Auto
	Calibrate Compass	Press & follow instructions
<b>Altimeter</b>	Auto Calibration	Auto - Once
	Barometer Mode	Select Variable or Fixed (Normally Variable)
	Pressure Trending	Select Save When Power On or Save Always when you are watching for pressure fronts
	Plot Type	Personal – Select from 4 choices
	Calibrate Altimeter	Press and follow instructions – You need to know correct elevation or pressure
<b>Geocaching</b>	Geocaching Live	Settings and Information about your linked Geocache Membership for live GC Data
	Geocache Style	Choose show names or GC codes
	Chirp Searching	Off – unless chirp searching
	Program Chirp	Allows you to programme your chirp
	Filter Setup	Create your own filter
	Found Geocaches	Manually enter number of found Geocaches
<b>ANT Sensor</b>	Used with optional fitness accessories	Turn all Off unless in use


<b>Fitness</b>	Auto Lap	Sets the device to automatically mark the lap at a specific distance
	Activity Type	Sets the fitness activity
	User	Enter personal data about yourself linked to the fitness recordings
	HR Zones	Enter current range of your heart rate – used when connecting heart rate monitor
<b>Marine</b>	Marine Chart Mode	Personal
	Appearance	Personal
	Marine Alarm Setup	Personal
<b>Shortcuts</b>	Create Shortcut	Allows you to create your own shortcuts for GPS functions
<b>Data Screens</b>		Allows you to add or remove Map - Compass – Trip Computer – Satellite – VIRB Remote - shortcut pages You can view these pages when on an activity by swiping the screen
<b>Position Format for use with GB Maps</b>	Position Format	British Grid
	Map Datum	Ord Srvy GB (set by default when British grid is selected)
	Map Spheroid	Airy (set by default when British grid is selected)
<b>Position Format generally used when Geocaching</b>	Position Format	hddd mm.mmm (Lat/Long decimal format)
	Map Datum	WGS 84 (set by default when British grid is selected)
	Map Spheroid	WGS 84 (set by default when British grid is selected)
<b>Units</b>	Speed/Distance	Personal Recommended Metric
	Vertical Speed	Personal Recommended Metric
	Elevation	Personal Recommended Metric
	Temperature	Personal – When using additional Tempe Sensor
	Pressure	Personal
<b>Time</b>	Time Format	Personal: 24 Hour/12 Hour
	Time zone	Automatic
<b>Accessibility</b>	Touch sensitivity	Normal or if wearing Gloves change to Glove
	Review Text size	Personal select from Normal or Big
	Scroll Controls	Personal – On adds up down arrows on bottom of setup screen
<b>Activities</b>	See separate sheet – Changing Routing Activity to Suit Activity Profiles	Choose from list of Activity Profiles or Add your own, these optimise your device based on how you are using it – when you are using a profile and change the settings they are saved as part of the profile
<b>Reset</b>	Reset Trip Data	Clears all trip data (timers, averages, distances)
	Delete All Waypoints	Deletes all waypoints
	Clear Current Track	Clears current track without saving
	Reset Activity Settings	Restores the activity that you are on only back to its default settings
	Reset All Settings	Resets all settings and Activity Profiles back to factory default settings
<b>About</b>		Displays the current Software version and the Unit ID

## Oregon 700 Series Changing Route Activity in each of the Activity Options

To get the best out of your device you should change the settings in each of the Activity Options to best suit the activity that you are doing.

The main one to change is the Routing Activity as follows: -



1. Swipe left to right on your screen until the Activity Profile you require is displayed
2. In the bottom left of the Activity Profile press the  icon this will take you to the setup menu for the Activity Profile you have selected
3. Select – Routing
4. Select – Activity
5. Select the Activity type that matches your Activity Profile i.e. Hiking, Mountaineering, Cycling etc.  
 \*If you are planning off-road activities using Ordnance Survey Mapping or require your route to go off the marked trails you will need to set your Activity Profile as 'Direct' N.B. Currently the OS Maps do not contain off-road routable data.
6. Make sure Lock on Road is set to – No
7. Select Avoidance Setup – Make sure you select or un-select items that you want to avoid i.e. Unpaved Roads etc.

You can also make any other changes in the setup menu for the Activity Profile that you have selected as point (2) above.