

Garmin V GPS Basics
(with suggestions for setup when preparing for a training)
Last Updated: October 2004

Turn Unit *On*

1. Press and Hold lightbulb

Is There an “Escape Key”? AND How do I move around

1. Yes, the “Quit” button functions like an Escape key
2. It also brings you “up” one level at a time through menu screens
3. “Page” brings you all the way to the top menu level and moves you between the Map Page, the Satellites Page and the Information Page (looks like a compass at the top).
4. “Menu” provides the menu for the Page you are on, and if you hit it twice, it brings you to the Main Menu (no matter where you are).

Brighten the *Backlight*

1. Press (but do not Hold) lightbulb once
2. Press (but do not Hold) lightbulb again (or use rocker to adjust)
3. Press Enter when it is set the way you want it
4. Remember – this uses more battery, so only do this when you need to
5. Keep GPS screen out of direct sunlight when you are not reading screen – heat makes it much harder to read

Settings Recommended for Training

1. Press Menu
2. Press Menu again (to reach the Main Menu)
3. Rocker to Setup icon
4. Tabs:
 - a. System
 - i. Backlight: 1 minute
 - ii. Display: Landscape
 - iii. Beeper: Off
 - iv. WAAS: Enabled
 - b. Time
 - i. Only need to adjust Time Zone and Daylight Savings
 - ii. Time Format: 12 Hour
 - c. Guidance: ignore
 - d. Routing
 - i. Route Preference: Off Road
 - e. Units (very much depends on the group)
 - i. Distance & Speed: either Statute or Metric
 - ii. Heading: True

- iii. Heading Display: Cardinal Letters
 - iv. Elevation: Feet (if using USGS topo maps)
 - f. Timers: all OFF
 - g. Location (MOST IMPORTANT SETTING!!!)
 - i. ALWAYS write down what you choose here
 - ii. Location Format: UTM/UPS
 - iii. Map Datum: WGS 84
 - h. Interface
 - i. When connecting to iPAQ, use *NMEA Baud 4800*
(sometimes this is listed as NMEA In/Out – same thing)
 - ii. When connecting to a lap top, use *Garmin*
(note: this is NOT “Garmin DGPS”)

Clearing Out All *Old* Waypoints

1. Press Menu
2. Press Menu again (to reach the Main Menu)
3. Rocker to Find icon
4. Rocker to Waypoints and press Enter
5. Rocker to By Name and press Enter
6. IF you find an alphabet key pad showing, press Quit to escape from the key pad
7. Press Menu (only once – you want the menu associated with Waypoints by Name)
8. Rocker to Delete All and press Enter
9. Do you really want to delete all waypoints? Rocker to Yes and press Enter
10. When you are done, hit Page to go back up to the top menu page

Clear Old Tracks and Disable “Breadcrumbs” Feature

1. “Breadcrumbs” are the little dots left on your screen as you walk around with the GPS on – they depict your “Track”
2. It is usually better for introductory training programs to clear out old tracks and disable this feature until you are actually teaching about tracks (tracking to a coordinate or along a path previously walked)
3. Press Menu
4. Press Menu again (for Main Menu)
5. Rocker to Tracks icon
6. To disable Tracks, rocker to the Off button on the Tracks page and press Enter
7. (If you have this right, Off will look like a button pushed in)
8. Rocker to Clear and press Enter (to clear your most recent track log) and choose Yes to clear log (Track Use should drop to 0%)
9. Rocker to any entries under Saved Tracks and press Enter (by default this are saved in date format)
10. Rocker to Delete and press Enter (and choose Yes to delete old track records)
11. When you are done, hit Page to go back up to the top menu page