

Device Overview



①	USB port (under weather cap)
②	Buttons
③	SOS button (under protective cap)
④	Power button

Garmin Messenger Quick Overview

Buttons

◀	Press to scroll through menus, options, and settings. Press and hold to return to the home page.
▶	Press to scroll through menus, options, and settings.
OK	Press to choose an option or to acknowledge a message. From the home page, press to open home page actions.
⏻	Press to turn the device on. Press to open the power menu. Press and hold to turn the device off.

Status Icons

↕	Transmitting data
📍	Tracking enabled
💬	Unread messages
🔊x	Sounds muted

Initiating an SOS Rescue

You can initiate an SOS rescue with the device turned on or off if the device has battery power.

1. Lift the protective cap ① from the **SOS** button ②.



2. Press and hold the **SOS** button.

3. Wait for the SOS countdown.

The device sends a default message to the emergency response service with details about your location.

4. Reply to the confirmation message from the emergency response service.

Your reply lets the emergency response service know that you are capable of interacting with them during the rescue. If you do not reply, the emergency response service will still initiate a rescue.

For the first 10 minutes of your rescue, an updated location is sent to the emergency response service every minute. To conserve battery power after the first 10 minutes, an updated location is sent every 10 minutes.

Canceling an SOS Request

If you no longer need assistance, you can cancel an SOS request after it is sent to the emergency response service.

1. Lift the protective cap, and hold the **SOS** button.

2. Select **Cancel SOS**.

3. When prompted to confirm your cancellation request, select **Cancel SOS**.

Your device transmits the cancellation request. When you receive a confirmation message from the emergency response service, the device returns to normal operation.