

INSTINCT® E

RUGGED GPS SMARTWATCHES



PRODUCT OVERVIEW

Instinct E is the supertough smartwatch that comes in 40 mm and 45 mm sizes, gets up to 16 days of battery life, and is available in black and charcoal or the bright limited edition Tropical Pulse Collection. Instinct E includes essential features such as smart notifications¹ and Connect IQ™ Store compatibility. It also features 24/7 health and wellness tracking with wrist-based heart rate, advanced sleep monitoring, Pulse Ox² and more. With its high-strength case and scratch-resistant lens, Instinct E can take on your toughest adventures. It's engineered to MIL-STD-810 for thermal and shock resistance and is also 10 ATM water-rated. Plus, it includes a 3-axis compass, a barometric altimeter and multi-GNSS to keep you on track when you're off the grid.



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KEY FEATURES

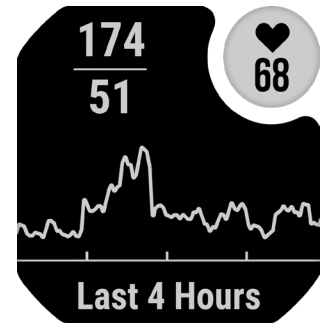
SMART NOTIFICATIONS

Receive emails, texts and alerts on your watch when paired with your compatible [Apple®](#) or [Android™](#) smartphone.



HEALTH AND WELLNESS TRACKING

Know your body better with health monitoring features, including heart rate, advanced sleep monitoring, Pulse Ox² and more.



NAVIGATION FEATURES

Navigate confidently with a 3-axis compass, a barometric altimeter and multi-GNSS support.



BUILT-IN ACTIVITIES

Track your activities, including walking, running, cycling, hiking, strength training and more.



RUGGED DESIGN	Stand out with a rugged design, including a high-strength case and scratch-resistant display.
GARMIN SHARE <small>NEW</small>	Use this feature to easily share saved locations, courses and workouts with friends' compatible Garmin devices.
WATER RATING	The Instinct E smartwatch is 10 ATM water-rated and engineered to MIL-STD-810 for thermal and shock resistance.
TRAIN TO PERFORM	Begin each day with a customizable morning report offering a summary of health and wellness information.
STAY CONNECTED <small>NEW</small>	Enjoy everyday wearability, and live connected with smart notifications ¹ , the Garmin Connect™ app, the Garmin Messenger™ app and more.
SAFETY AND TRACKING	If you feel unsafe or if your watch senses that an incident occurred, your watch will send a message with your live location ³ .
CONNECT IQ™ STORE	Add watch faces, data fields and apps to your paired watch.

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PRODUCT COMPARISON

INSTINCT® 3 SOLAR



INSTINCT E



INSTINCT® 2S, INSTINCT® 2



INSTINCT®



	INSTINCT® 3 SOLAR	INSTINCT E	INSTINCT® 2S, INSTINCT® 2	INSTINCT®
CASE SIZE	45 mm 50 mm	40 mm 45 mm	40 mm 45 mm	45 mm
DISPLAY SIZE	Custom, two-window design 1.1" x 1.1" (27 x 27 mm)	Custom, two-window design 40 mm: 0.86" x 0.86" (22 x 22 mm) 45 mm: 0.9" x 0.9" (23 x 23 mm)	Custom, two-window design 40 mm: 0.79" x 0.79" (20.12 x 20.12 mm) 45 mm: 0.9" x 0.9" (23 x 23 mm)	Custom, two-window design 0.9" x 0.9" (23 x 23 mm)
DISPLAY TYPE	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
BATTERY LIFE	45 mm: Smartwatch: up to 28 days/unlimited with solar ¹ GPS only: up to 40 hours/130 hours with solar ² 50 mm: Smartwatch: up to 40 days/unlimited with solar ¹ GPS only: up to 60 hours/260 hours with solar ²	40 mm: Smartwatch: up to 14 days GPS only: up to 21 hours 45 mm: Smartwatch: up to 16 days GPS only: up to 24 hours	40 mm: Smartwatch: up to 21 days GPS only: up to 22 hours 45 mm: Smartwatch: up to 28 days GPS only: up to 30 hours	Smartwatch: up to 14 days GPS only: up to 16 hours
WATER RATING	10 ATM	10 ATM	10 ATM	10 ATM
SMART NOTIFICATIONS ¹	•	•	•	•
HEALTH MONITORING	•	•	•	•
ABC SENSORS	•	•	•	•
MULTI-GNSS	•	•	•	•
INREACH® WIDGET	•	•	•	•
DOG TRACKING WIDGET	•	•	•	•
CONNECT IQ™ STORE	•	•	•	
VO2 MAX	•	•	•	
PULSE OX ²	•	•	•	
SLEEP SCORE	•	•	•	
GARMIN SHARE	•	•		
NAP DETECTION	•	•		
GARMIN MESSENGER™ APP ⁶	•	•		
MULTISPORT ACTIVITY SUPPORT	•		•	
BUILT-IN FLASHLIGHT	•			
GARMIN PAY™ ⁷ CONTACTLESS PAYMENTS	•			
MULTI-BAND GPS	•			

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PRODUCT CONFIGURATIONS

SCHEDULE B: 8517620085
HTS: 8517.62.0090

INSTINCT E 40 MM



AVAILABLE	INCLUDES	COUNTRY OF ORIGIN		
Now	Instinct E series smartwatch, charging/data cable, documentation	Made in Taiwan. Cable made in Taiwan, China, Vietnam or Myanmar.		
DESCRIPTION		SKU	UPC	MRP
	Instinct E – 40 mm Black with charcoal silicone band	010-02932-00	753759339449	\$299.99 USD \$419.99 CAD
LIMITED EDITION	Instinct E – 40 mm Electric lime with twilight silicone band	010-02932-01	753759339456	\$299.99 USD \$419.99 CAD

INSTINCT E 45 MM



AVAILABLE	INCLUDES	COUNTRY OF ORIGIN		
Now	Instinct E series smartwatch, charging/data cable, documentation	Made in Taiwan. Cable made in Taiwan, China, Vietnam or Myanmar.		
DESCRIPTION		SKU	UPC	MRP
	Instinct E – 45 mm Black with charcoal silicone band	010-02933-00	753759339463	\$299.99 USD \$419.99 CAD
LIMITED EDITION	Instinct E – 45 mm Electric lime with electric lime silicone band	010-02933-01	753759339470	\$299.99 USD \$419.99 CAD

PHYSICAL SPECIFICATIONS

	Instinct E – 40 mm	Instinct E – 45 mm
Unit dimensions (WxHxD)	40 x 40 x 13.6 (mm)	45 x 45 x 14.2 (mm)
Lens material	Chemically strengthened glass	Chemically strengthened glass
Bezel material	Fiber-reinforced polymer	Fiber-reinforced polymer
Case material	Fiber-reinforced polymer	Fiber-reinforced polymer
Display	Custom, two-window design: 0.86" x 0.86" (22 x 22 mm) 166 x 166 pixels Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)	Custom, two-window design: 0.9" x 0.9" (23 x 23 mm) 176 x 176 pixels Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
Watch band	Includes silicone watch band Silicone adjustment band length: 109.4 mm Silicone buckle band length: 82.1 mm Total length of silicone adjustment and buckle bands: 191.5 mm	Includes silicone watch band Silicone adjustment band length: 132.4 mm Silicone buckle band length: 99.9 mm Total length of adjustment and buckle bands: 232.3 mm
Wrist circumference	107–179 mm	132–213 mm
Weight	41 g	48 g
Battery life	Smartwatch: up to 14 days Battery saver watch mode: up to 35 days GPS only: up to 21 hours All satellite systems: up to 14 hours Max battery GPS: up to 43 hours Expedition GPS: up to 17 days	Smartwatch: up to 16 days Battery saver watch mode: up to 40 days GPS only: up to 24 hours All satellite systems: up to 16 hours Max battery GPS: up to 50 hours Expedition GPS: up to 20 days
Battery type	Rechargeable internal lithium-ion	Rechargeable internal lithium-ion
Water rating	10 ATM Withstands pressures equivalent to a depth of 100 meters	10 ATM Withstands pressures equivalent to a depth of 100 meters
Memory	128 MB	128 MB
Wireless technologies	BLUETOOTH® and ANT+® technologies	BLUETOOTH and ANT+ technologies

INSTINCT® E

RUGGED GPS SMARTWATCHES

PACKAGING SPECIFICATIONS



	Instinct E – 40 mm	Instinct E – 45 mm
Gift box dimensions (WxHxD)	3.6" W x 4.4" H x 2.8" D (91 x 112 x 70.5 mm)	3.6" W x 4.4" H x 2.8" D (91 x 112 x 70.5 mm)
Gift box weight	5.7 oz (162 g)	6.0 oz (170 g)
Master carton dimensions (WxHxD)	15.1" W x 15.2" H x 15.9" D (384 x 378 x 403 mm)	15.1" W x 15.2" H x 15.9" D (384 x 378 x 403 mm)
Master carton weight	23.6 lbs (10.7 kg)	24.6 lbs (11.2 kg)
Master carton quantity	60	60

PRODUCT COPY

Product copy for Instinct E can be downloaded from the [Dealer Resource Center](#).

MERCHANDISING

DUMMY UNITS

	SKU	IMAGE
INSTINCT E – 40 MM BLACK WITH CHARCOAL SILICONE BAND	010-M2932-00 010-M2932-01	
INSTINCT E – 45 MM BLACK WITH CHARCOAL SILICONE BAND	010-M2933-00 010-M2933-01	

ACRYLIC PEDESTAL

This display is designed for small, narrow spaces and should be used inside a glass case. When featuring multiple products, pedestals may be merchandised side by side. Use with a dummy unit and a bracket and small product card, both ordered separately.



SKU: M00-10769-00
Size: 2.9" W x 2.9" D x 0.7" H

INSTINCT® E

RUGGED GPS SMARTWATCHES

MERCHANDISING CONTINUED

TRAY KIT SYSTEM



This display is great for small spaces and should be used inside a glass case. It displays up to 2 Garmin dummy units on each tray kit. For larger product assortments, tray kits may be merchandised side by side. Use with dummy units, small product cards, common features product cards, brackets, graphic back panels and trays, all ordered separately.



GRAPHIC FOR TRAY KIT
 SKU: **M00-00941-04**
 Size: **7" W x 9" H**



SMALL TRAY 7" W x 6" D
 SKU: **M00-00527-00**
 Size: **7" W x 6" D**

ACRYLIC NONPOWERED FREESTANDING DISPLAY WITH WHEELS



This display ships as one full piece with wheels; is nonpowered and great for small, narrow spaces; and includes a lock and key. These displays are fully customizable and fit a variety of Garmin products. It displays up to 12 Garmin dummy units. Use with dummy units, small product cards, common features product cards, brackets and pedestals, all ordered separately.

Contact your inside sales rep or order administration representative to place an order for the display if you meet the order requirements.

SKU: **M00-00982-00**
 Size: **16" W x 15" D x 68.5" H** (approximately)
 Delivered by FedEx Freight
 Weight on pallet: **150 lbs** (approximately)
 Dimensions on pallet: **48" W x 40" D x 80" H** (approximately)

BLUE WEDGE MAGNETIC GRAPHIC
 SKU: **M00-00909-00**
 Size: **14.35" W x 16" H**

INTERCHANGEABLE MERCHANDISING COMPONENTS THAT CAN BE USED ON THE PEDESTALS, TRAY KITS AND ACRYLIC NONPOWERED FREESTANDING DISPLAY

SMARTWATCH BRACKET

SKU: **M00-10751-00**
 Size: **1.5" W x 4.0"**



SMALL PRODUCT CARD

Size: **2" H x 2.5" W**
 INSTINCT E – 40 MM
 SKU: **M00-01001-00**



INSTINCT E – 45 MM
 SKU: **M00-01001-01**



TRAY KIT/ACRYLIC DISPLAY COMMON FEATURES PRODUCT CARD – SMARTWATCH

SKU: **M00-00977-00**
 Size: **6.75" L x 4.0" H**



Final artwork is subject to change from images shown in the merchandising section. For more information on merchandising, please visit the dealer resource center at [Garmin.com](https://www.garmin.com).

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MERCHANDISING CONTINUED

GARMIN BRANDED FREESTANDING/ COUNTERTOP LIGHT BOX DISPLAYS

Showcase a range of Garmin products with these displays featuring a bright light box graphic. They can be customized by ordering dummy units, brackets, product cards, common features product cards and light box graphics. You can feature up to 7 dummy units on the freestanding display and up to 3 dummy units on the countertop display.

Contact your inside sales rep or order administration representative to place an order for the display if you meet the order requirements.

Freestanding Light Box Display:
24" W x 62.98" H x 23.166" D

Countertop Light Box Display:
12" W x 18.08" H x 14" D



GARMIN BRANDED GRAY FREESTANDING/ COUNTERTOP VIDEO DISPLAYS

Order these components to update your freestanding or countertop display: dummy units, brackets, SD™ card, product card and graphics. Contact your inside sales rep or order administration representative to place an order for the update components.



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COMPATIBLE APPS

GARMIN CONNECT™ APP



On mobile or web, Garmin Connect is the tool for tracking, analyzing, and sharing health and fitness activities recorded by your paired Garmin device.

CONNECT IQ™ STORE APP



The Connect IQ Store is your all-in-one source for personalizing compatible Garmin devices with downloads of apps, widgets, watch faces, data fields, music streaming services and more.

GARMIN EXPLORE™ APP



This all-in-one app is made for off-grid adventurers and outdoor enthusiasts alike. Download to your compatible smartphone so you can plan, navigate and review your next great adventure.

GARMIN MESSENGER™ APP



Download the Garmin Messenger app to your compatible smartphone, then pair with your compatible inReach® device for fast, easy messaging⁶ that's not limited to cellphone coverage areas⁸, or pair to your Instinct E smartwatch for two-way messaging right from the watch.

COMPATIBLE PRODUCT OVERVIEW

INREACH® MINI 2 AND INREACH® MESSENGER PLUS COMMUNICATORS



GPSMAP® 67 SERIES HANDHELDS



MONTANA® 700 SERIES HANDHELDS



INDEX™ S2 SMART SCALES



VARIA™ RCT715 RADAR CAMERA TAIL LIGHT



XERO® A1i PRO BOW SIGHT



ALPHA® 200 AND ALPHA® 300 SERIES HANDHELDS



See [Garmin.com](https://www.garmin.com) for details and available devices.

INSTINCT® E

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COMPATIBLE ACCESSORY OVERVIEW

CHARGING/DATA CABLES



0.5 M SKU: **010-13278-01**
 0.5 M UPC: **753759340599**

1.0 M SKU: **010-13278-00**
 1.0 M UPC: **753759306014**

Connect this cable to your USB-C® AC adapter (sold separately) to recharge your compatible device.

MSRP: **\$24.99**

HRM-PRO™ PLUS PREMIUM HEART RATE MONITOR



SKU: **010-13118-05**
 UPC: **753759346898**

Whether you're training indoors or out, the HRM-Pro Plus heart rate monitor provides the accurate data you need to push limits and reach goals.

MRP: **\$129.99**

BICYCLE MOUNT KIT



SKU: **010-11029-00**
 UPC: **753759075583**

Attach your compatible device to your bike to collect workout data while cycling. Great for multisport workouts, your device quickly attaches to the mount for a clean transition from running to biking.

MSRP: **\$14.99**

	SKU	UPC	MSRP	IMAGE
NEW 20 MM WATCH BAND, CHARCOAL SILICONE	010-13397-00	753759339562	\$39.99	
NEW 20 MM WATCH BAND, BLACK SILICONE	010-13397-01	753759339579	\$39.99	
NEW 20 MM WATCH BAND, TWILIGHT SILICONE LIMITED EDITION	010-13397-02	753759339586	\$39.99	LIMITED EDITION
NEW 20 MM WATCH BAND, EMBER ORANGE SILICONE	010-13397-03	753759339593	\$39.99	

The 20 mm watch bands are only compatible with the Instinct E – 40 mm smartwatch. See Garmin.com for a complete list of compatible accessories.

	SKU	UPC	MSRP	IMAGE
NEW 22 MM WATCH BAND, CHARCOAL SILICONE	010-13398-00	753759339609	\$39.99	
NEW 22 MM WATCH BAND, BLACK SILICONE	010-13398-01	753759339616	\$39.99	
NEW 22 MM WATCH BAND, ELECTRIC LIME SILICONE LIMITED EDITION	010-13398-02	753759339623	\$39.99	LIMITED EDITION
NEW 22 MM WATCH BAND, EMBER ORANGE SILICONE	010-13398-03	753759343743	\$39.99	

The 22 mm watch bands are only compatible with the Instinct E – 45 mm smartwatch. See Garmin.com for a complete list of compatible accessories.

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COMPATIBLE ACCESSORY OVERVIEW CONTINUED

	SKU	UPC	MSRP/MRP	DESCRIPTION	IMAGE
USB-C® AC ADAPTER	010-13304-00	753759312152	\$49.99	Use this portable USB-C power adapter to charge compatible devices from any standard wall outlet.	
QUICKFIT® BUNGEE MOUNTS	20 MM: 010-13249-00 22 MM: 010-13249-01	20 MM: 753759300777 22 MM: 753759300784	\$24.99	Like to wear your watch on the back of your hand or farther up your forearm? Just attach the mount, and the redundant shock cord system easily keeps your device in place. Secure the mount over heavy jackets, and rest assured your device will stay with you wherever you go.	
HRM 200 HEART RATE MONITOR	M–XL: 010-13388-00 XS–S: 010-13388-01	M–XL: 753759349547 XS–S: 753759349554	\$79.99	Never miss a beat with the HRM 200 heart rate monitor. This comfortable monitor provides accurate heart rate and HRV data. Push for the long haul with up to 1 year of battery life.	
HRM-FIT™ HEART RATE MONITOR	010-13314-00	753759326524	\$149.99	Purpose-built for women, HRM-Fit is the heart rate monitor you need to capture the important metrics — all with a comfortable clip-on design.	
SPEED SENSOR 2	010-12843-00	753759222536	\$39.99	Monitor your speed as you ride with this easy-to-install wireless sensor. With no magnets or other exposed parts to line up, this sensor is easy to install, maintain and move between bikes.	
CADENCE SENSOR 2	010-12844-00	753759222543	\$39.99	Monitor your pedaling cadence as you ride with this easy-to-install wireless sensor. With no magnets or other exposed parts to line up, this sensor is easy to install, maintain and move between bikes.	
SPEED SENSOR 2 AND CADENCE SENSOR 2	010-12845-00	753759222550	\$69.99	Monitor your speed and cadence as you ride with these easy-to-install wireless sensors. With no magnets or other exposed parts to line up, these sensors are easy to install, maintain and move between bikes.	

¹When paired with your compatible smartphone

²This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](https://www.garmin.com/ataccuracy). Pulse Ox not available in all countries.

³When paired with your [compatible smartphone](#). For safety and tracking feature requirements and limitations, see [Garmin.com/safety](https://www.garmin.com/safety).

⁴Assumes all-day wear with 3 hours per day outside in 50,000 lux conditions

⁵Assumes continuous use for entire period in 50,000 lux conditions

⁶Requires both the sender and receiver of messages to have the Garmin Messenger™ app installed on their paired smartphones

⁷See [Garmin.com/GarminPay/Banks](https://www.garmin.com/GarminPay/Banks)

⁸Active satellite subscription required. Some jurisdictions regulate or prohibit the use of satellite communication devices. It is the responsibility of the user to know and follow all applicable laws in the jurisdictions where the device is intended to be used.

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