Garmin InReach Training

REVISED: 3/7/19

This talk will be posted under the Help tab on our website.

Albuquerque Senior Centers' Hiking Groups (ASCHG)

Home | Log in | Site Map | Hike schedules | Hikes | Regions | Winter | Hikers | Responsibilities | About us | Help

Welcome

We invite you to come out and hike with us. Enjoy the natural beauty of the mountains and deserts of New Mexico with our volunteer hike leaders and van drivers to show you the way. We do day hikes four to six times a week, in the company of friendly fellow-hikers who are ready to share their enthusiasm and knowledge of the area. Everyone is welcome to use this website as a resource to learn about hikes and our program.

Volunteer

We always need hike leaders and van drivers, both regulars and occasional substitutes. There are many other ways for you to participate — publicity for our group, planning a picnic or event, computer and website assistance. As you hike with us, please get to know your hike leaders, drivers, and other active members of our groups. All these people will be happy to steer you in the right direction for volunteering, and will arrange to mentor you for leadership roles.

Please contact the administrator with your interests.

Want To Join?

Joining this ASCHG website allows you to log in. You may sign up for hike notices, view hike reports, post photos, learn about flowers, and more.

Before joining ASCHG, you must *first become a member* at any of Albuquerque's senior centers, fitness centers, or multi-generational centers. The cost is $20 per year, and your membership entitles you to hike with any and all the hiking groups.

Click here for a list of the centers, their addresses and phone numbers.

Your center membership number will be required when you join ASCHG.

Newcomer? Look at Our Welcome Page

Please click here to read our welcome and introduction to our hiking activities.

Hiking With Us (How To Sign Up For Hikes)

Browse the current season under the Hike Schedules tab, then click the Group Abbreviation link in left column to learn how to sign up. Rules vary at each Senior Center and at the

Log In

Log In

Join ASCHG

Join ASCHG

You *must* join a center first and have your membership number.

News

19 Jul 18 (UD 19 Jul 18) - **June-July 2018 Website Revisions.** See "What's New" under "About Us" for these revisions.

24 May 18 (UD 24 May 18) - **2018 2nd Half Schedule Being Added** We are adding the 2018 second half schedule. It will take two or three weeks to finish so the schedule will be incomplete until we do.

Click to view all the news.

Winter Activities

See the Winter tab at the top of the screen for winter activites with the fitness centers.

Disclaimer

This website is not an official City of Albuquerque website. No responsibility is accepted for the accuracy of information on this website. Use the information on this website at your own risk.

Contents

1. Introduction
2. Using the InReach on a trip (general)
3. Operating a Garmin InReach (specific)
4. Hands-on experience

Introduction

1. The device
2. Features we will use
3. Types of messages
4. Our message plan

The Garmin InReach

- Shows time and % charged on top
- SOS button under red cover on mid-right
- Green color for icon selected

We'll be talking about the buttons / icons in detail later.

Features we will use

1. Send SMS/text or email
   - To the center or other pre-entered numbers or email addresses
   - To a number or address that you enter
   - To another InReach device.

2. Send an SOS

(The units have other capabilities that aren't included in our message plan.)

Types of messages

1. Preset (messages we send routinely on trips). First word is "Info".

2. Quick text (most common problem messages). First word is "Alert" or "Help".

3. Letter-by-letter messages (for unusual circumstances or additional information).

Preset messages

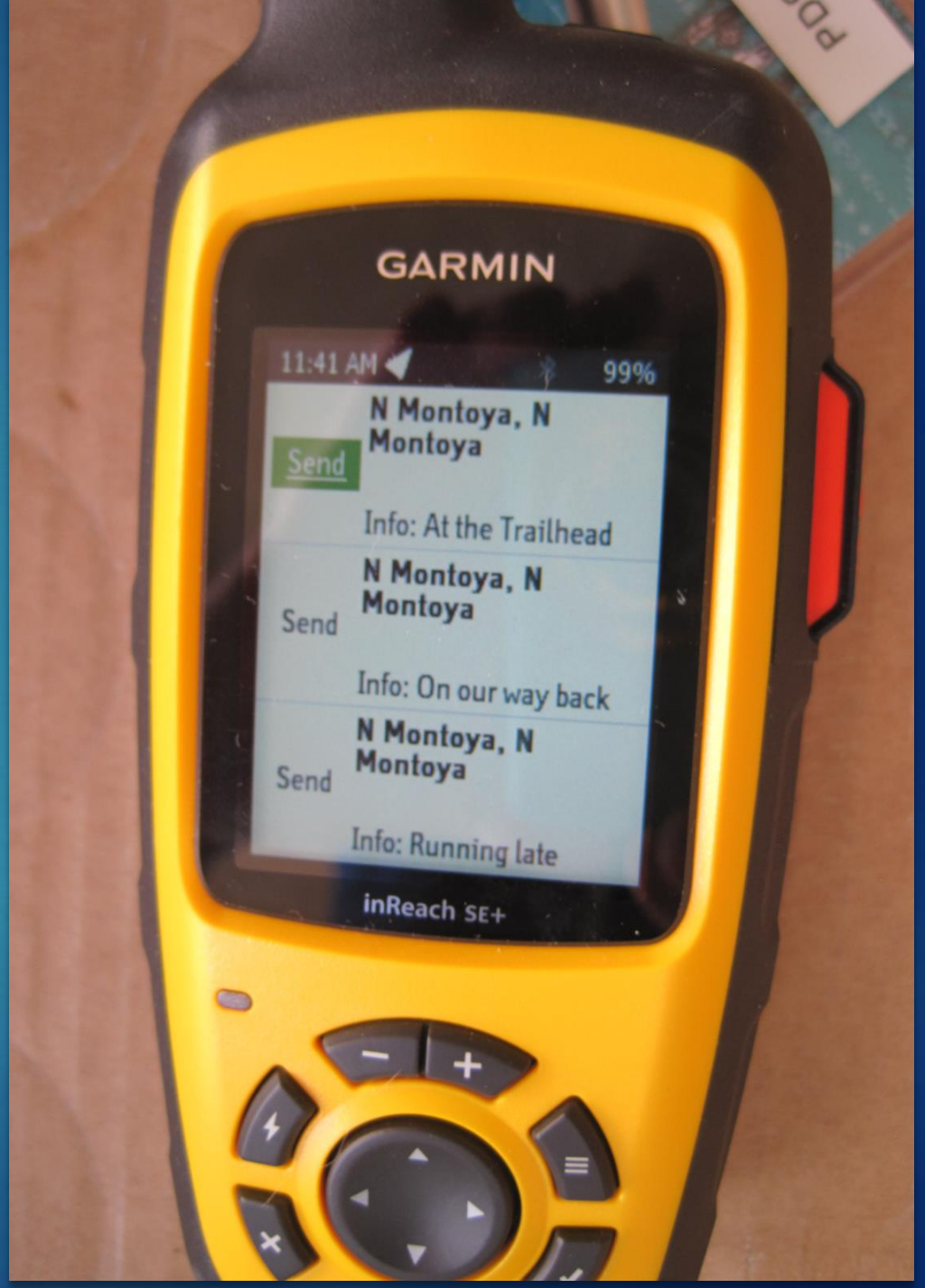
- Have predefined text and recipients.
- Our three Preset messages are addressed to the Center Manager and Program Coordinator.

Preset messages (cont'd)

These messages inform center personnel of our status.

The choices are:

1. Info: At the Trailhead
2. Info: On our way back
3. Info: Running late



Using the InReach on a trip

1. Typical trip
2. Van problem or other non-emergency problem
3. Emergency

Note: The device works best if you're outside, with a clear view of the sky and the antenna in that direction.

Typical trip

1. One or two days before
   - The center turns on the unit and charges it if less than 50% charged.

2. When the van driver picks up the van keys & InReach
   - The driver turns on the unit outside and waits until it stops flashing red, checks the % charged, then leaves it on.

Typical trip (cont'd)

3. After arriving at the trailhead
   - The driver sends a Preset "Info: At the Trailhead" message.
   - Listens for the "chirp" that it has been sent.

4. After starting the van at the end of the hike
   - The driver sends a Preset "Info: On our way back" message.
   - Listens for the "chirp" that it has been sent.

Typical trip (cont'd)

5. After returning to the center
   - The driver turns off the unit
   - Returns the device to the center with a note "Charge it" if the charge is less than 50%.

If there's a non-emergency problem

1. Try to reach the center using a cell phone.

2. If that doesn't work, there are some already entered Quick Text choices. Use the most applicable one.

If there's an emergency

1. Try to call 911 using a cell phone. Also try to call the center.
2. If that doesn't work, send an SOS message.
   - The unit will stay on.
   - Emergency personnel will text you back.
   - You will need to compose a response letter-by-letter.

Our message plan

- Our three Preset messages are always free.
- We get 20 SMS/text messages (Quick Text or entered) per month for each unit.
- If the device goes over the first twenty, the additional messages cost 50 cents each.
- We are charged for incoming as well as outgoing messages.

Operating a Garmin InReach

- Charging
- Buttons
- Icons
- How to turn on the device
- How to wake it up
- Sending and receiving messages
- How to turn off the device

Charging an InReach

- Open the flap on the bottom of the unit.

- Plug in the provided power cord and attach it to anything that has a USB port and access to charge (a wall plug, a portable power bank, or a computer that is powered on).

Charging an InReach (cont'd)

1. After being fully discharged, the device takes 5-7 hours to fully charge.

2. A typical hike will use about 10% of the charge.

The buttons we use are:

On/off on top.

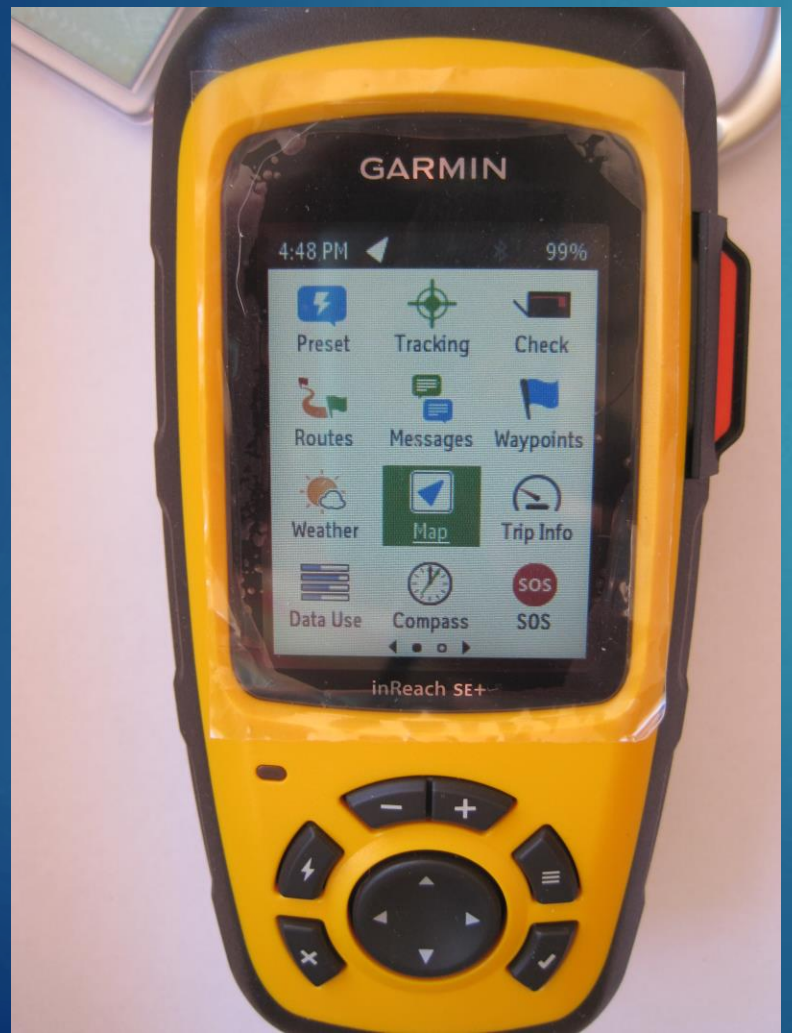
SOS under red cover on right side.

Additional buttons on the bottom (next slide).

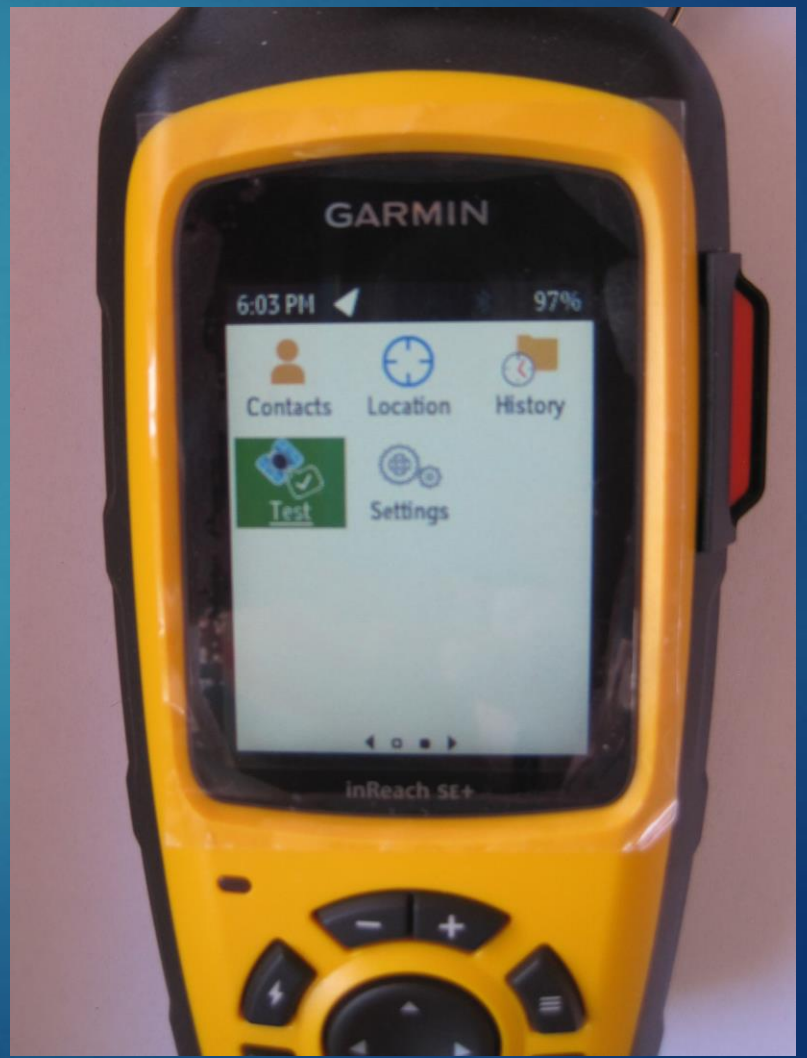
Backspace
Add a space
Status light
Shortcut menu
Back/Exit
Menu (Usually returns to Home page)
Enter (✔)
Arrow Rocker - Select/Highlight

There are two screens of icons

First screen



Second screen



Tips for making selections

- Anything selected will be highlighted in green.
- You'll use the arrow rocker and the Enter (✔) button **A LOT**.

How to turn on the device.

Step 1

Press the On/Off button on the top and the screen will light up.

How to turn on the device (cont'd).

Step 2

Using the arrow rocker, move highlighted (green) bar from “Cancel” to “Unlock” .

Press Enter (✔).

How to wake up the device

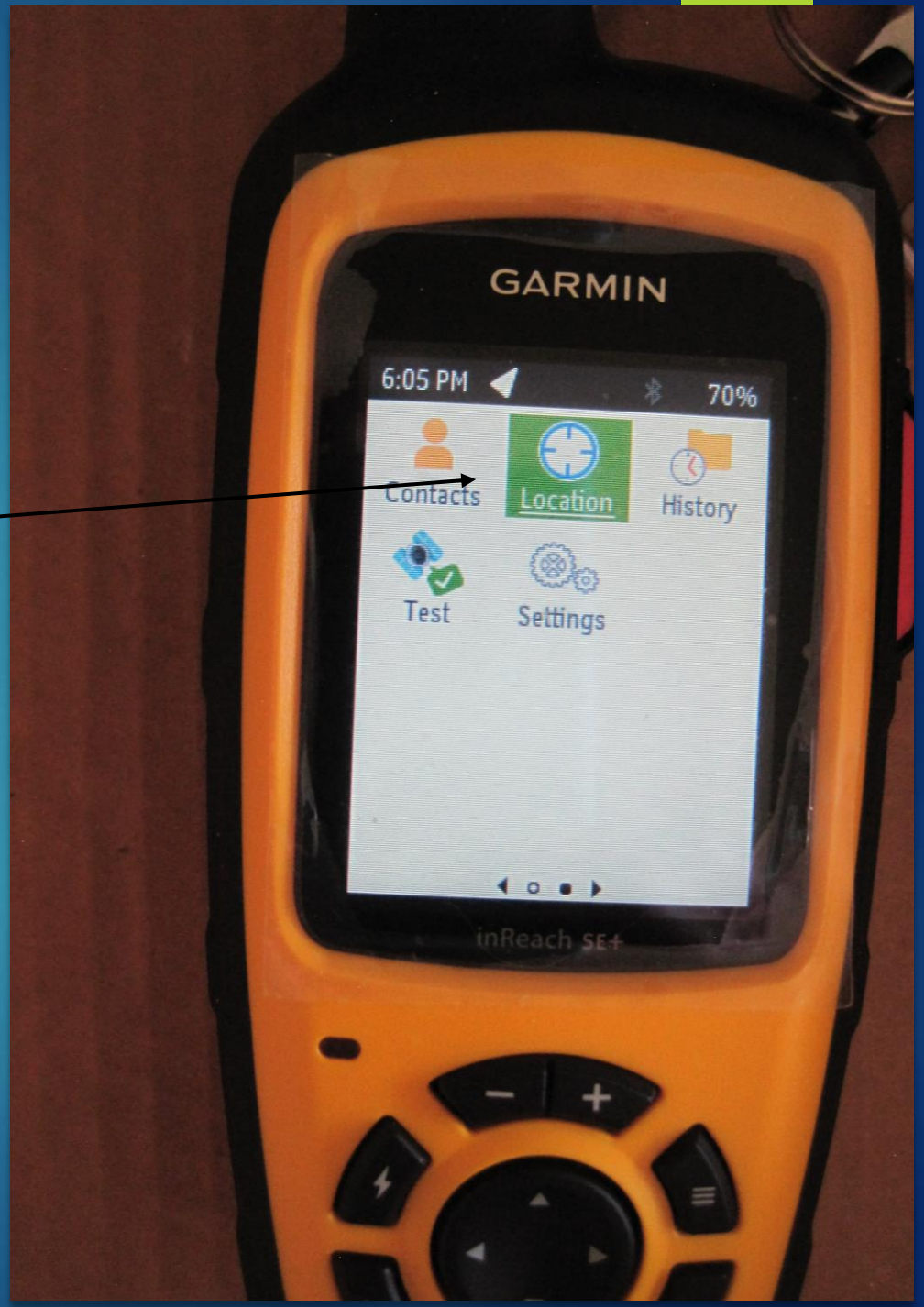
The device will go to stand-by (dark screen) after 2 min.

Wake it up by pressing Enter (✔).

How to check location accuracy

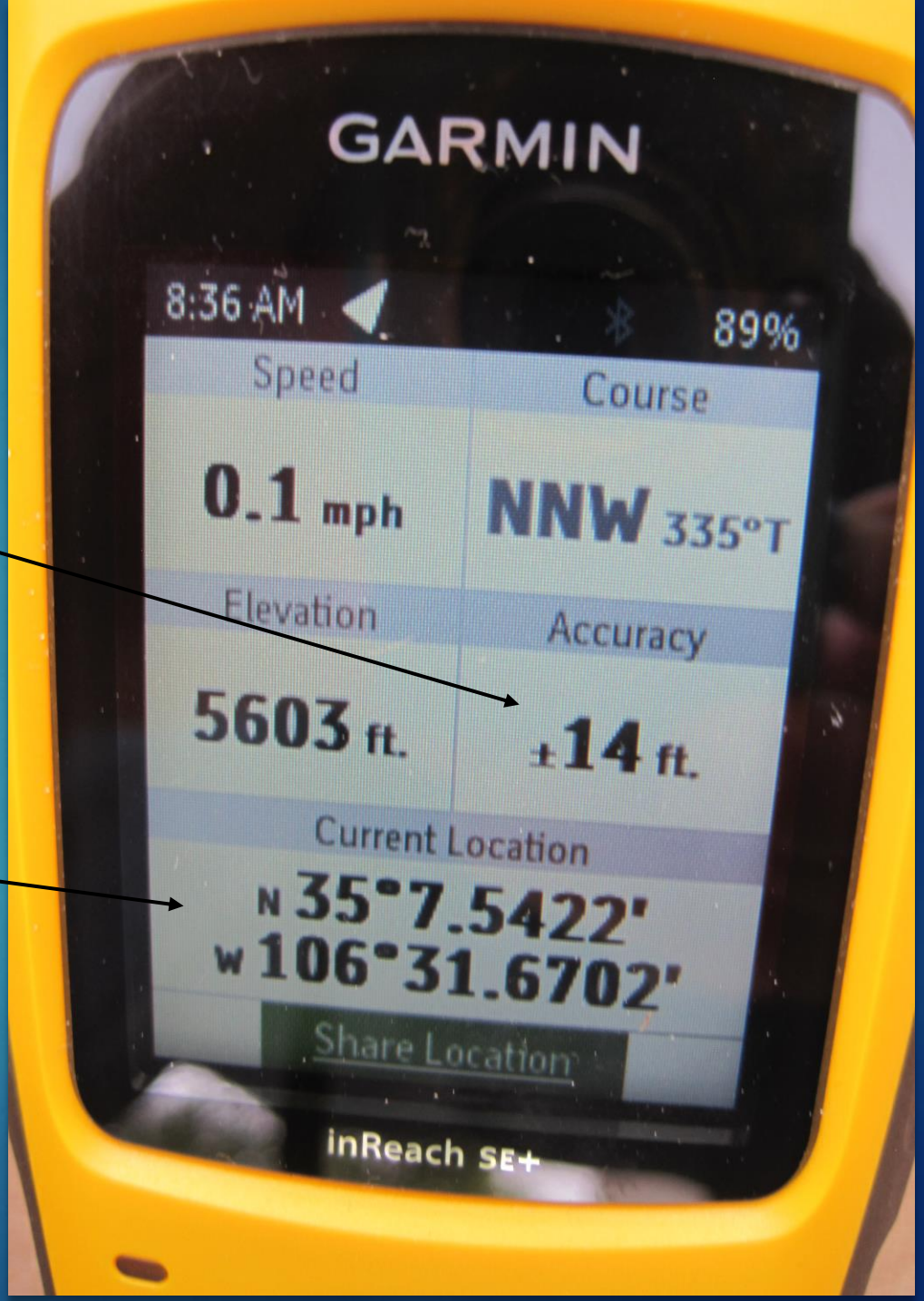
- Use arrow rocker to get to the Location icon on second screen

- Press Enter (✔).



How to check location accuracy (cont'd)

- Location accuracy given as +- feet.
- The location coordinates are displayed in degrees, decimal minutes (our choice).
- Compare with the location coordinates on your GPS.



Message design for Preset and Quick Text messages

- The person who receives the message should be able to tell at a glance how important it is.
- The significant words of a message should be visible on the InReach screen to help the hiker quickly choose which message to send.
- The set of messages includes problems or alerts that we have experienced or could experience.

The Preset messages are:

1. Info: At the Trailhead
2. Info: On our way back
3. Info: Running late

The Quick Text messages are:

1. Help: Van tire issues
2. Help: Van Stuck
3. Help: Van out of gas
4. Help: Send tow truck & Van to pick up participants.
5. Help: Van battery dead
6. Help: Van traffic accident
7. Help: Need weather update for our area
8. Help: Keys locked in van

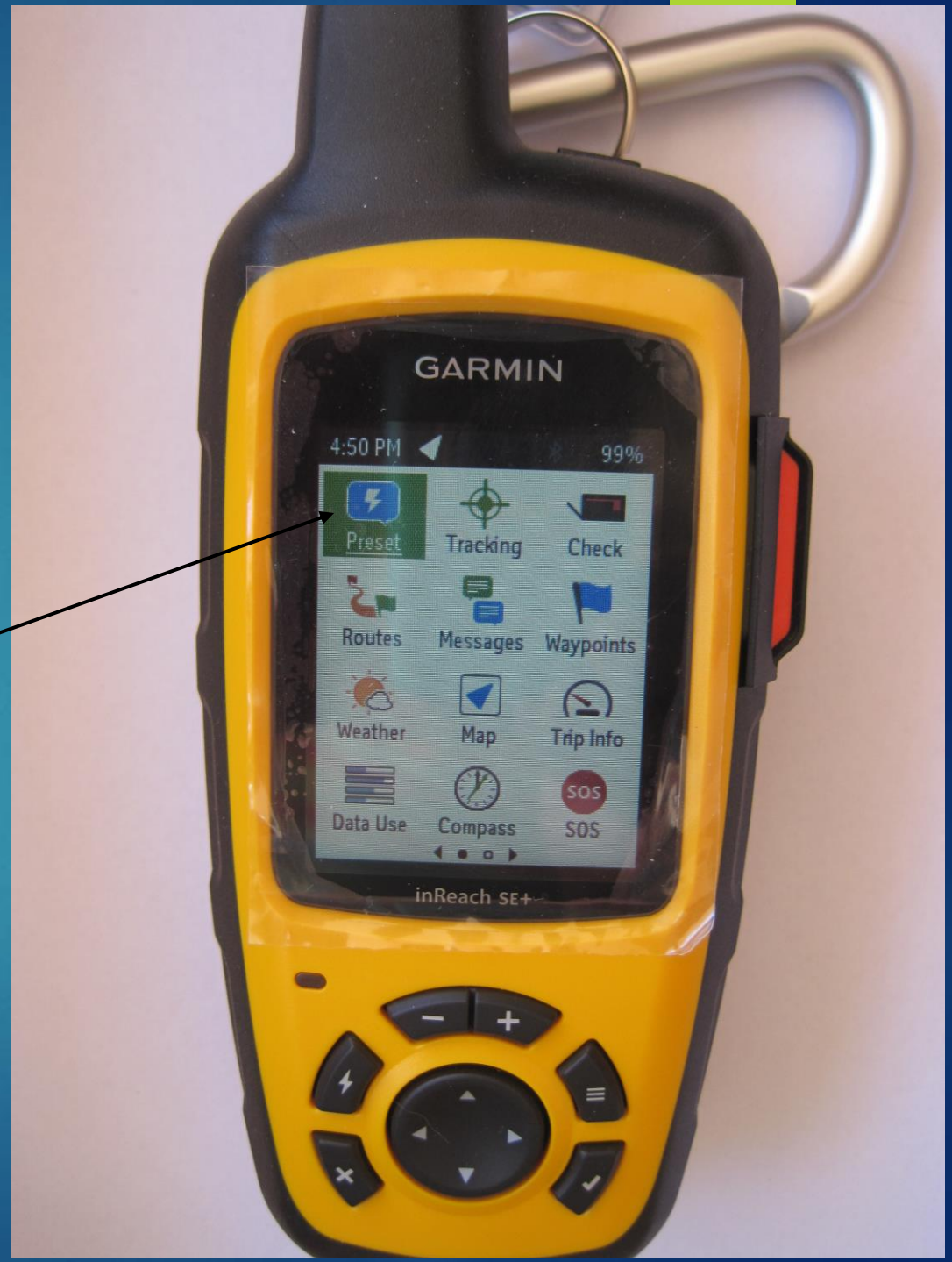
The Quick Text messages are (cont'd):

9. Help: Medical issues
10. Help: Lost hiker
11. Help: Non-member needs help
12. Help: Please respond, other problem
13. Alert: Are handling van issues
14. Alert: Road impassible now, will update
15. Alert: Different trail-head than planned
16. Alert: Have sent SOS

How to send a routine Preset message

Use the arrow rocker to move to the Preset icon.

Press Enter (✔).

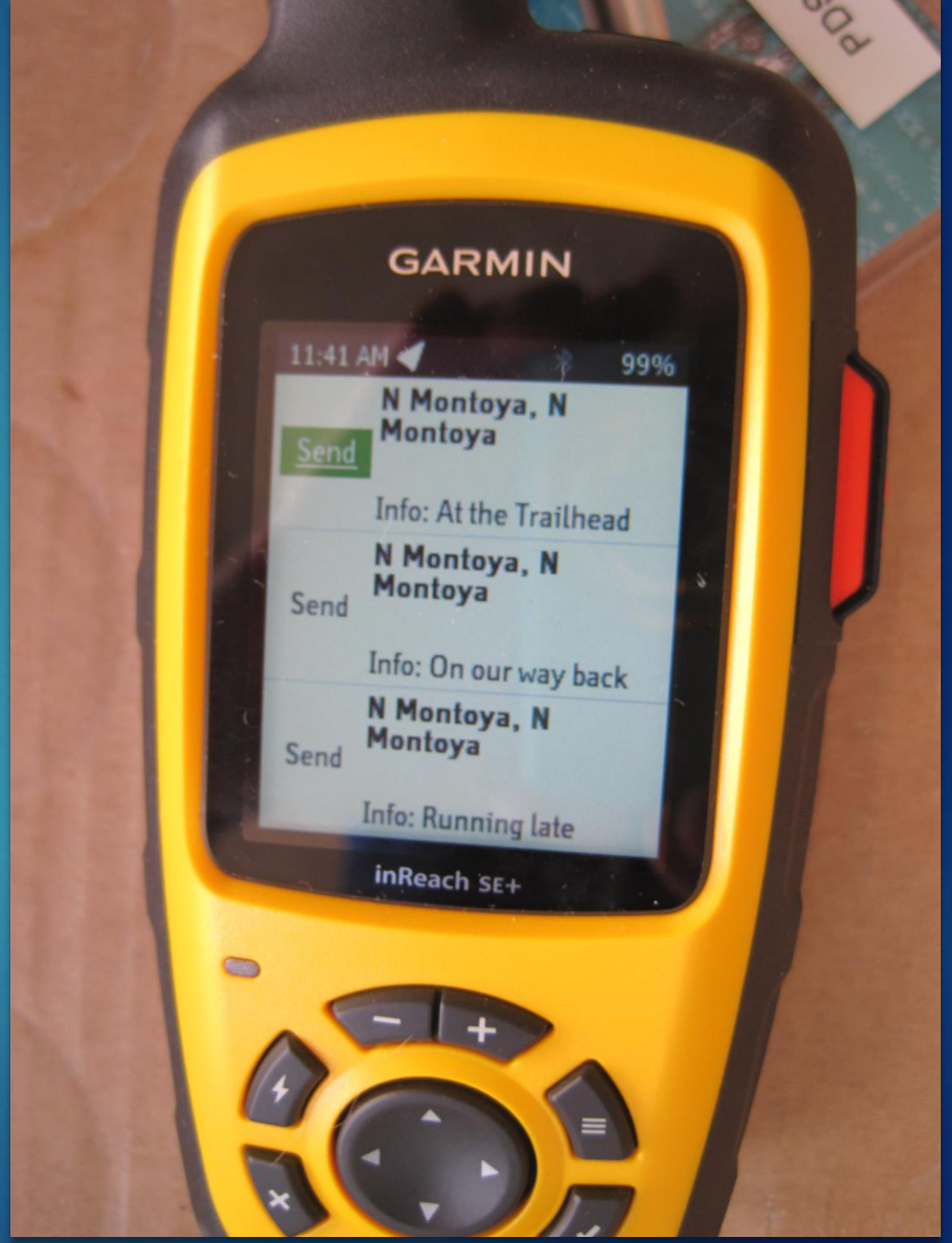


How to send a routine Preset message (cont'd)

The three Preset messages will be displayed.

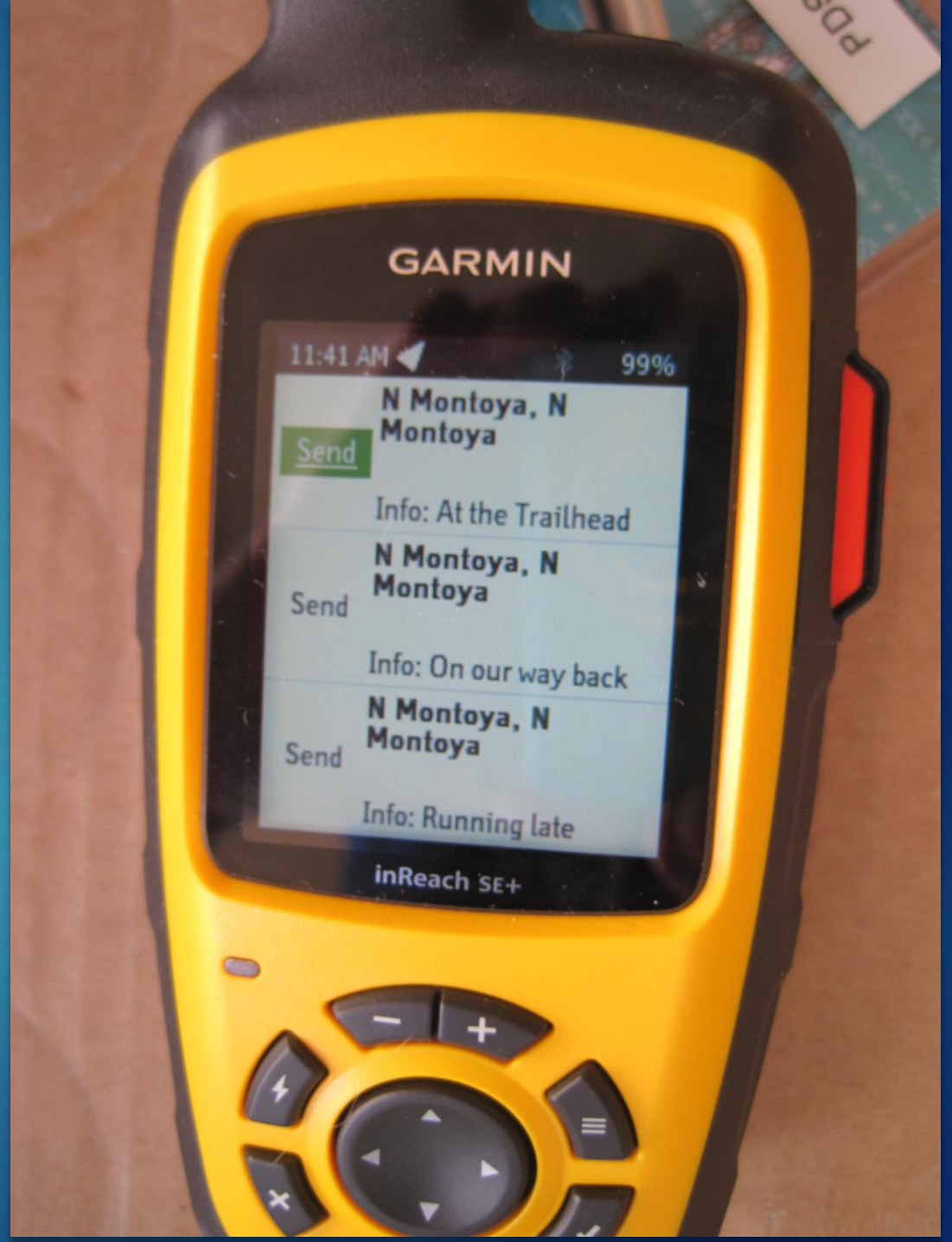
Highlight the Send in the message you want to send using the arrow rocker.

Press Enter (✔).



How to send a routine Preset message (cont'd)

That message will be sent automatically to the Center Manager & Program Coordinator for that unit.



Quick Text messages -- for non-emergency problems or alerts

- You choose who receives this type of message. Pick one or more from the Contacts list or type the phone number(s) or email address(es).

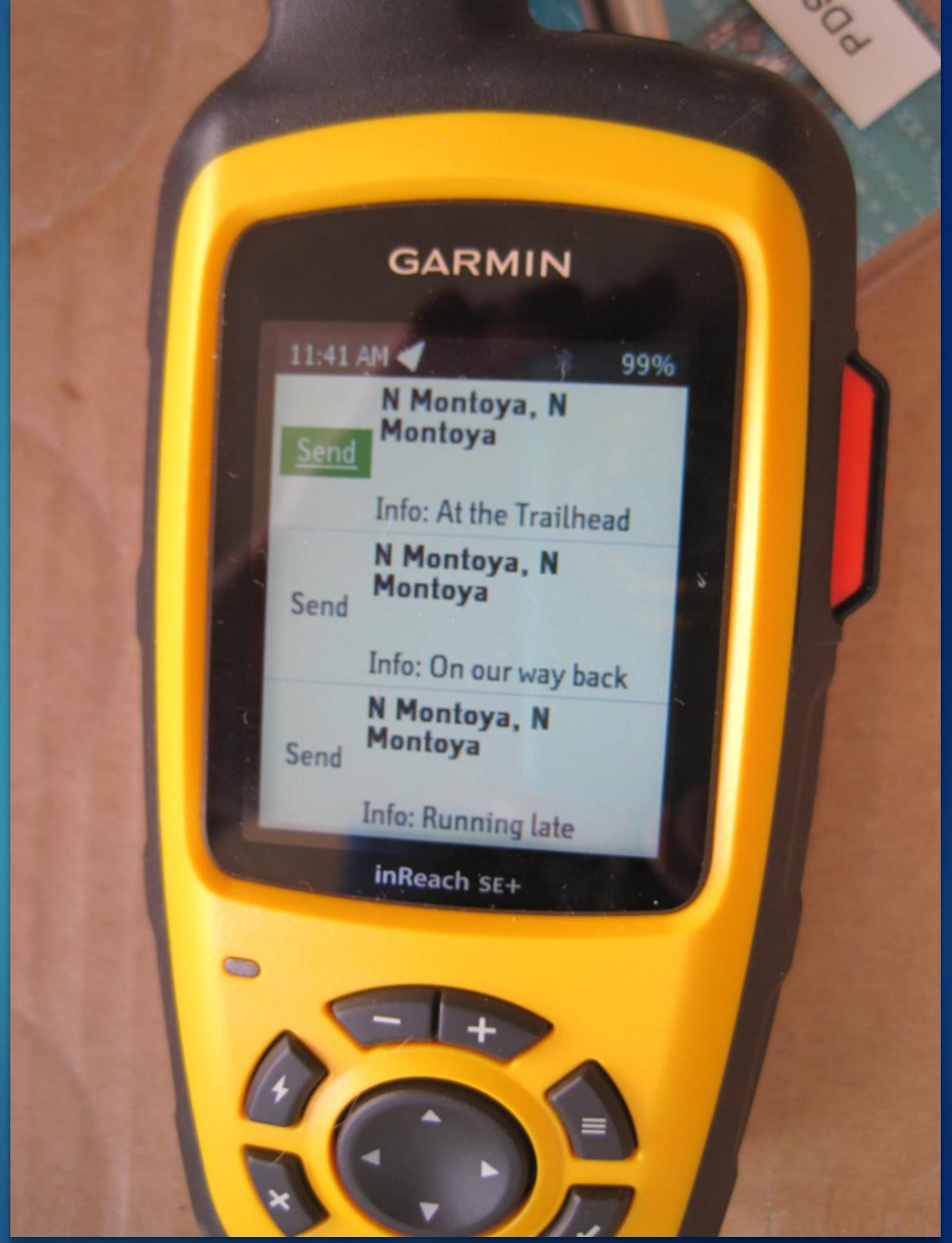
- Pick the appropriate Quick Text message or type the message.

If you don't know the names of the center & program managers:

Highlight the Preset icon.

Press Enter (✔).

Those contact names will be displayed.



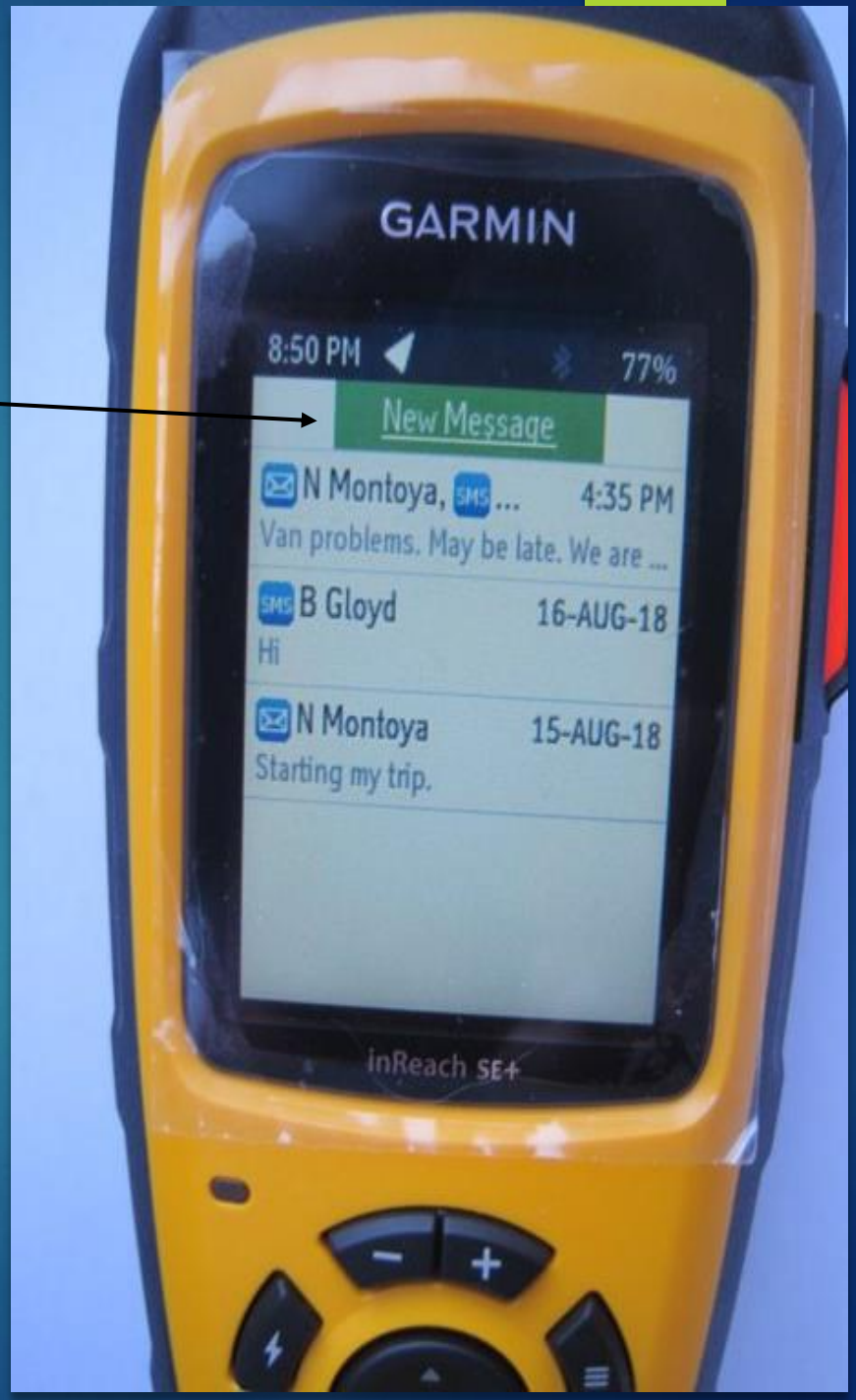
How to send a Quick SMS/text message (cont'd)

1. Use the arrow rocker to highlight the Messages icon.

2. Press Enter (✔).

3. Highlight the "New Message" box.

4. Press Enter (✔).



This screen will appear.

Do you see the “Head” in the top right hand corner?

5. Use the arrow rocker to highlight the “head icon” box.

6. Then press Enter (✔).

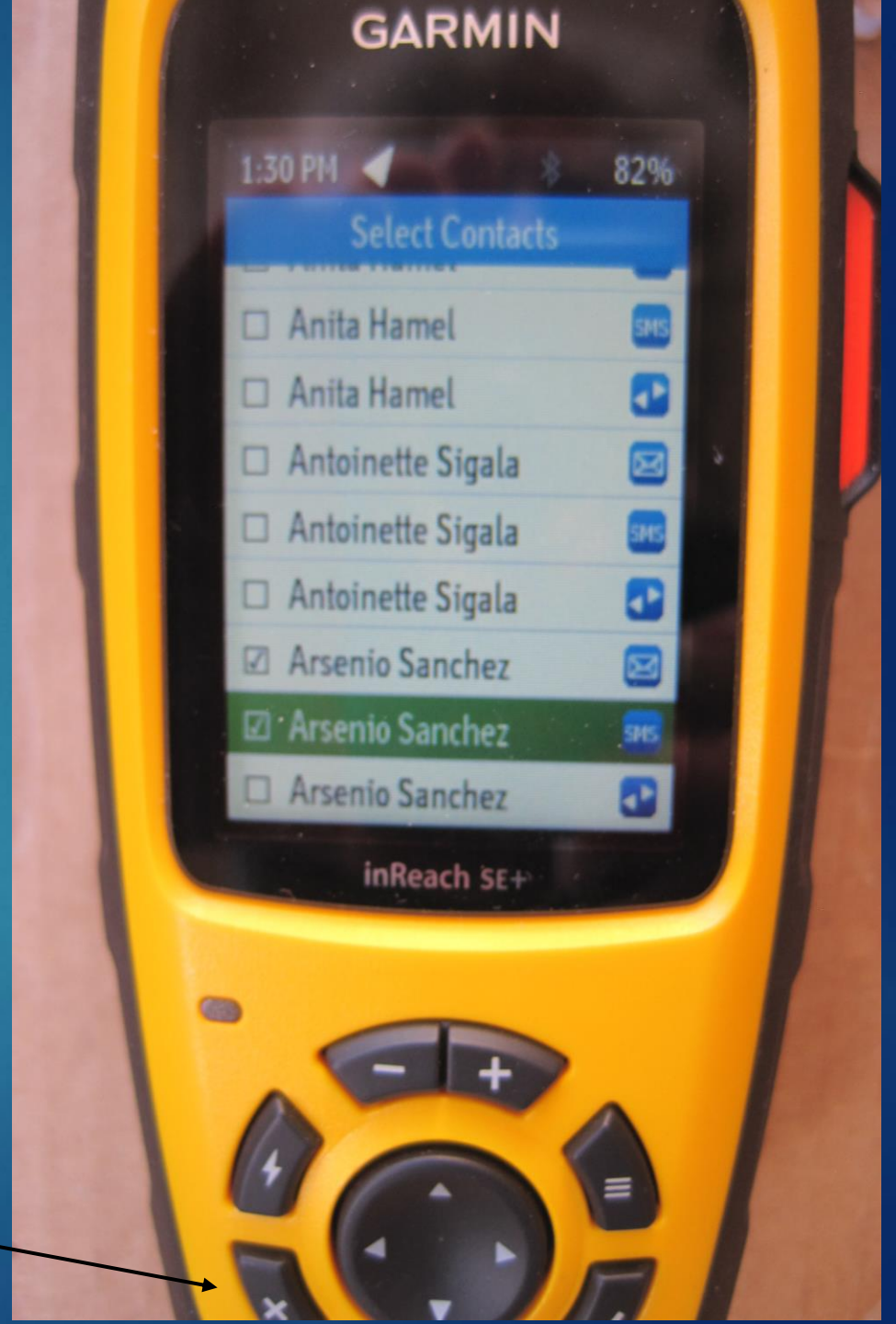
You'll get this contact list screen.

7. Use the arrow rocker to select a contact (email or SMS/text).

8. Press Enter (✔) to "check the box".

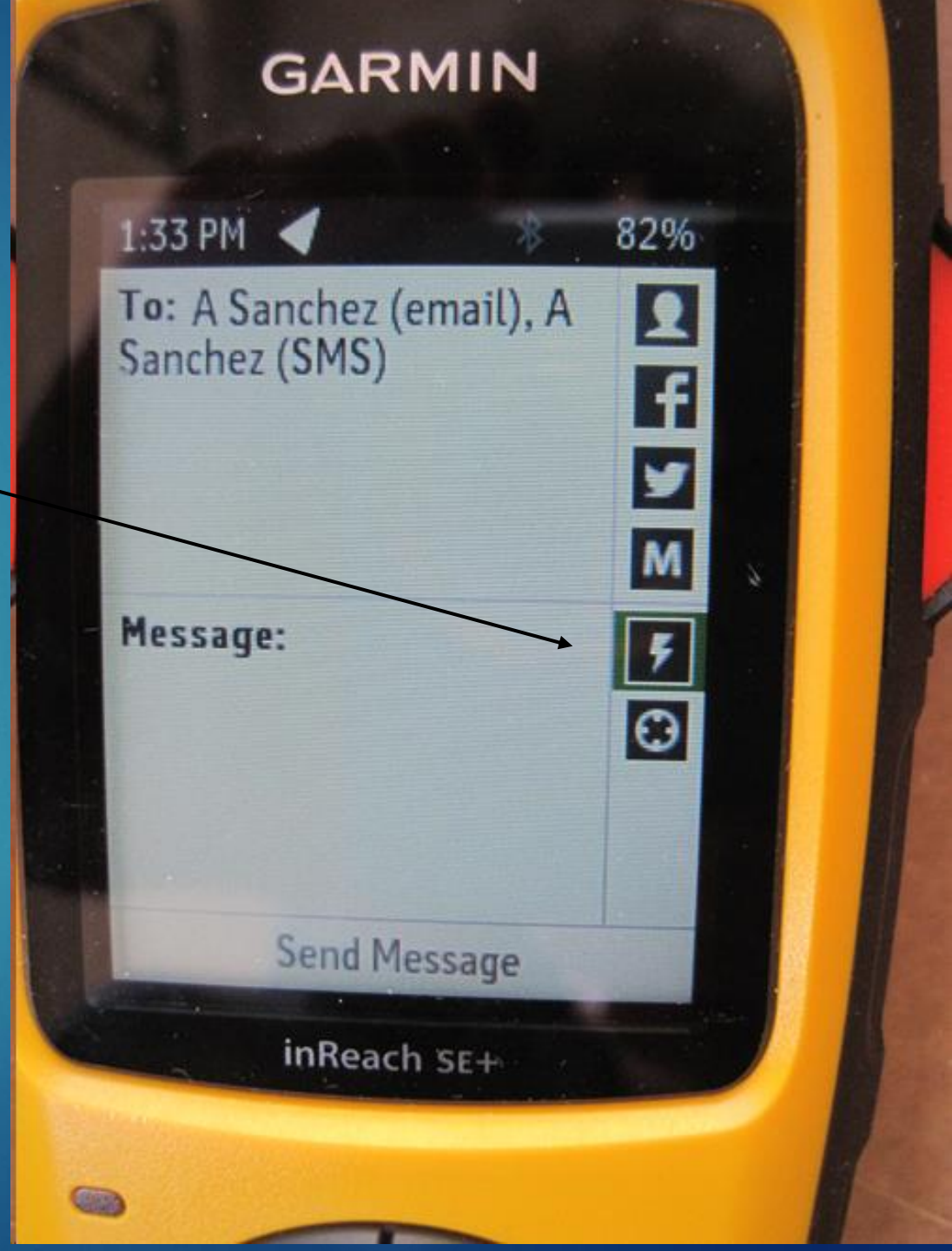
9. Repeat for next contact.

10. Press Exit/Back to return to the message.



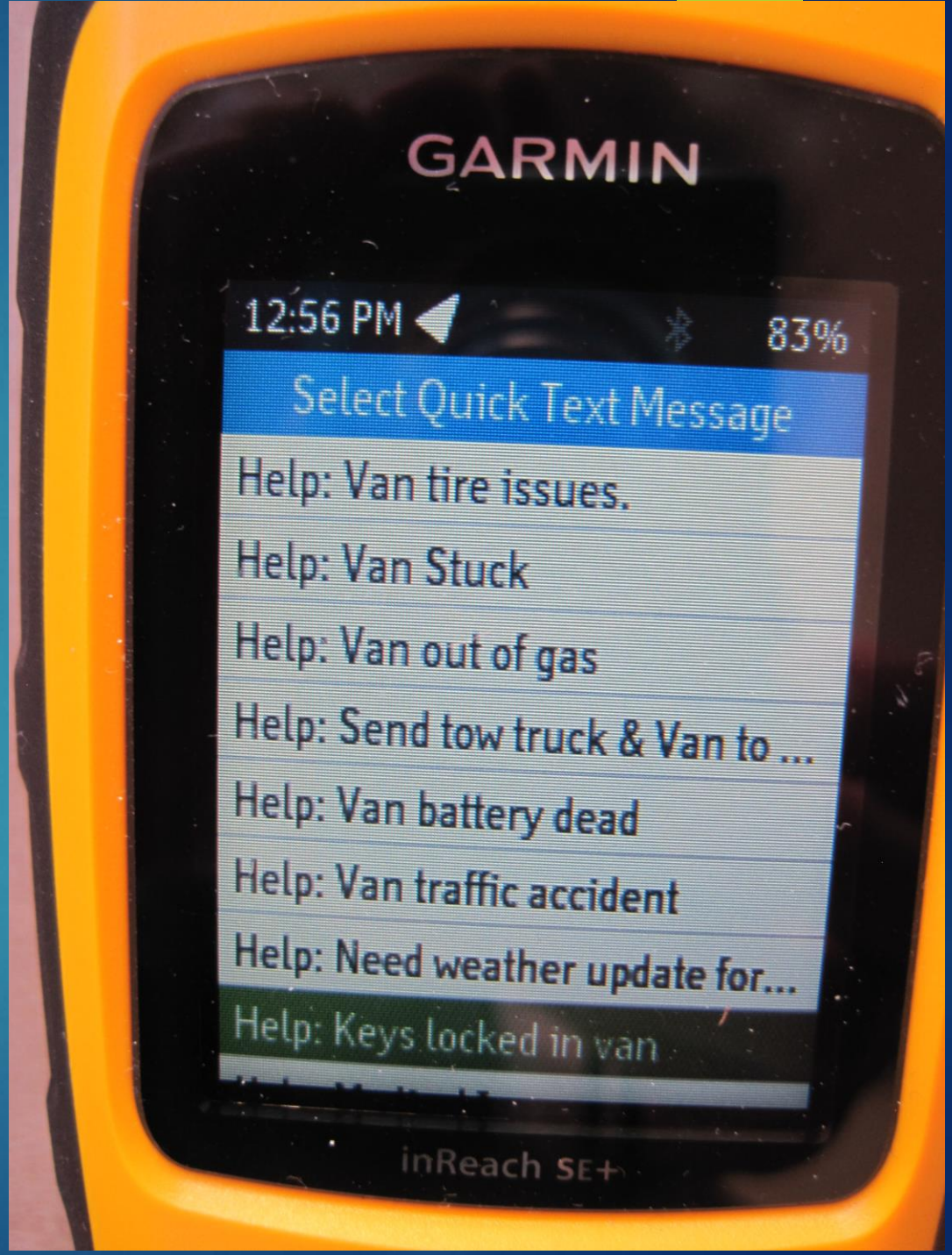
11. Use the arrow rocker to highlight the “lightning bolt” box.

12. Press Enter (✔).

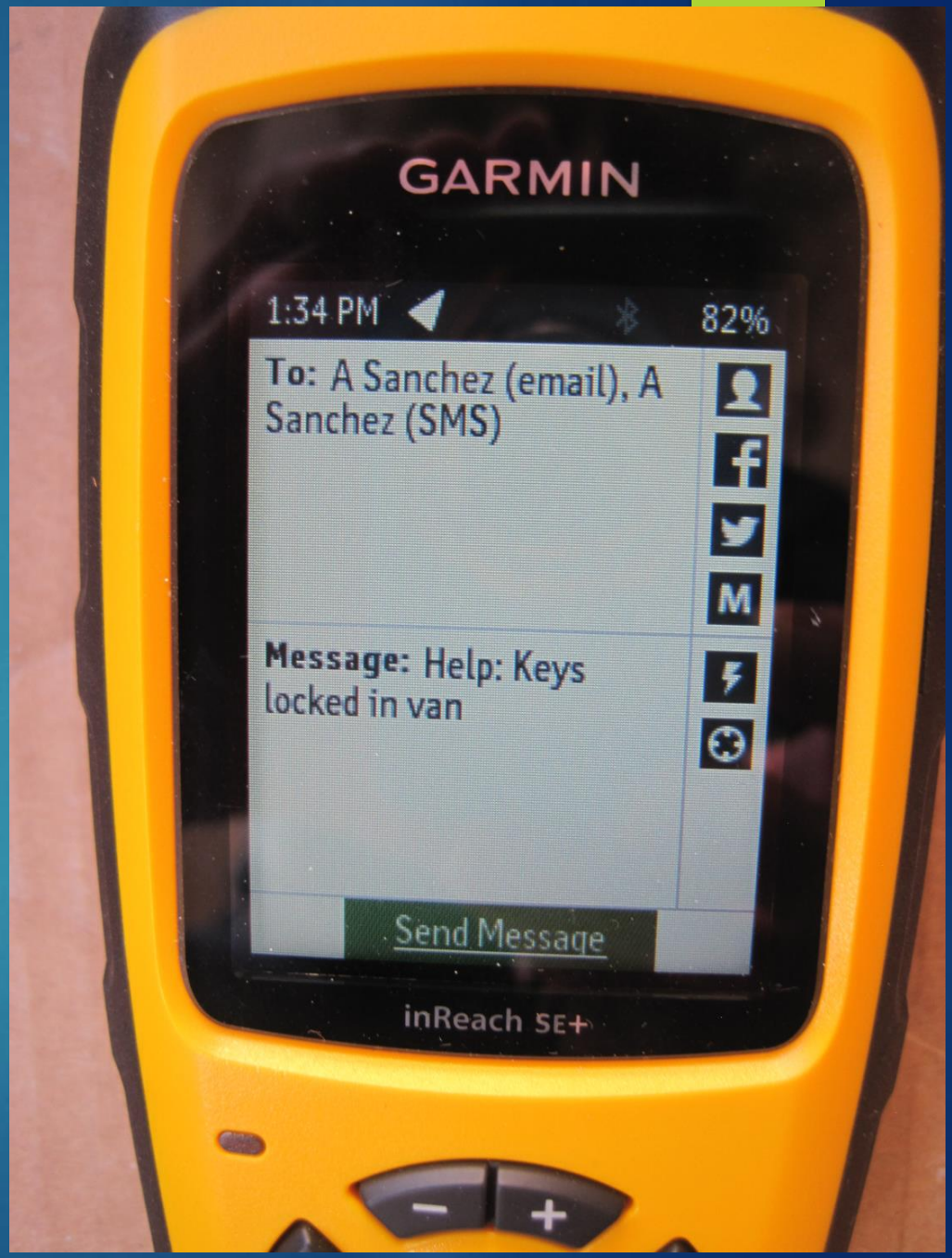


13. Select the Quick Text message you want.

14. Press Enter (✔).



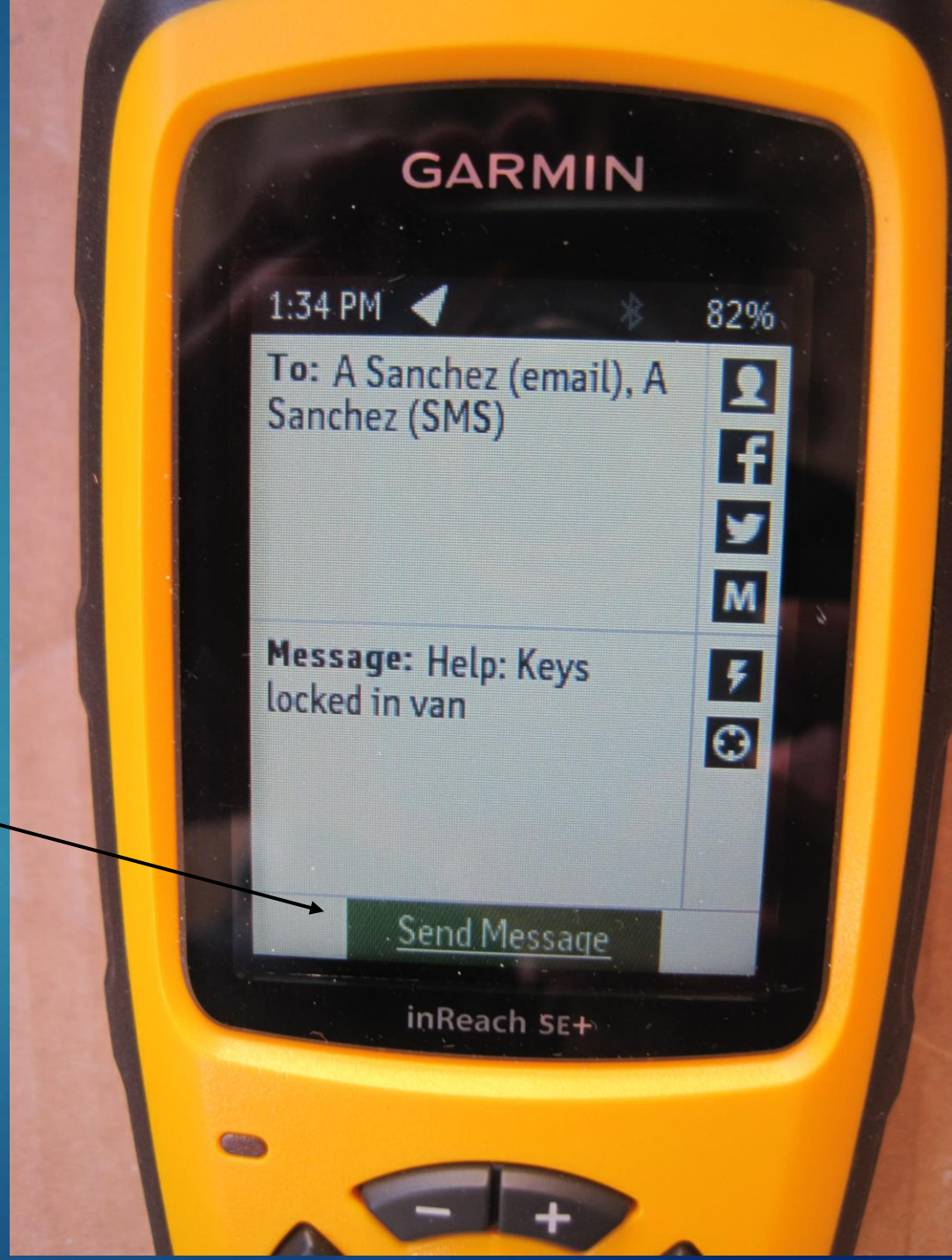
Here is your composed message.



To tell the device that your message is ready:

Highlight the "Send Message" box.

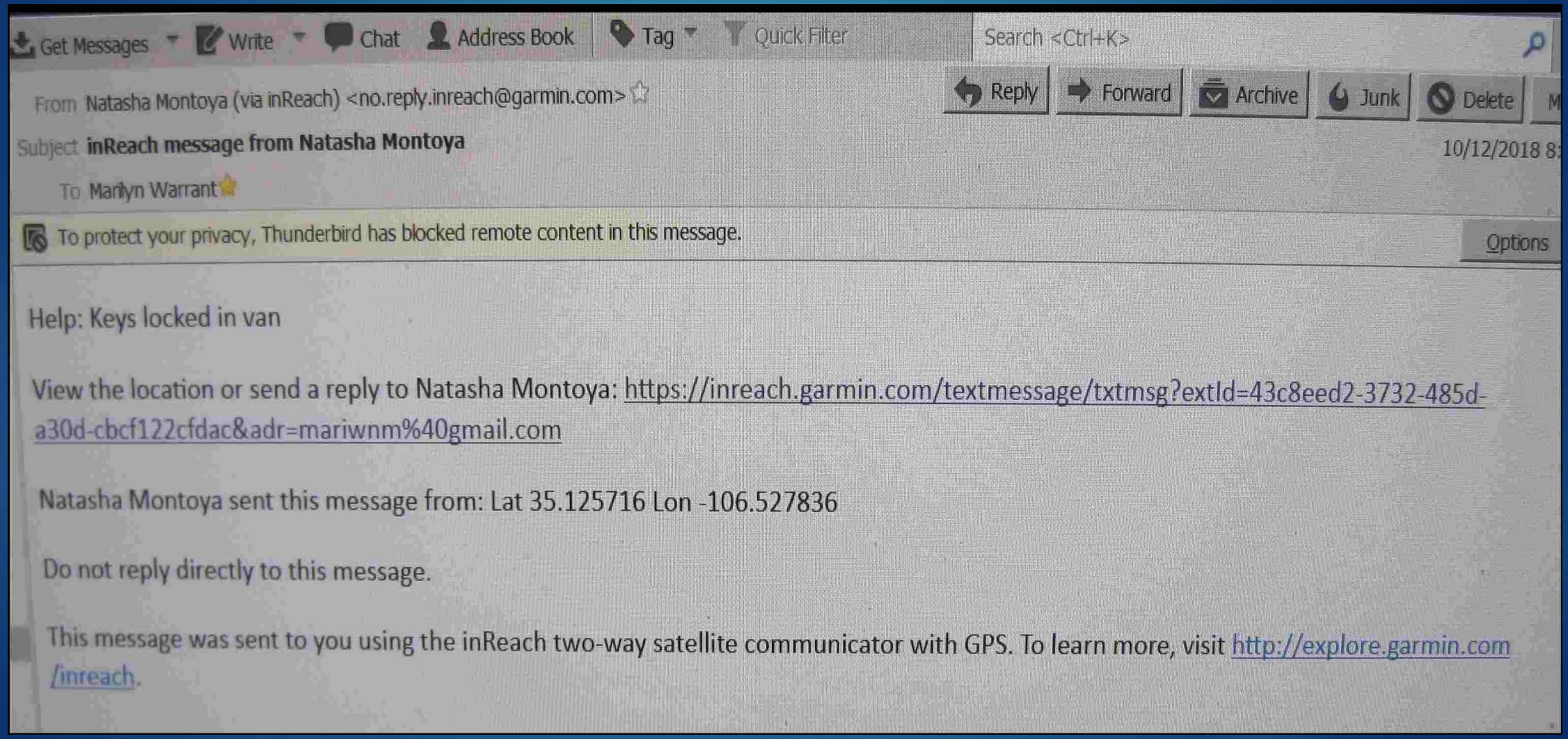
Press Enter (✔).



Go where you have a clear view of the sky and wait for a chirp sound (it may take a minute or two).

Your message has been sent.

Sample message received via email



Get Messages | Write | Chat | Address Book | Tag | Quick Filter | Search <Ctrl+K>

Reply | Forward | Archive | Junk | Delete

From Natasha Montoya (via inReach) <no.reply.inreach@garmin.com>

Subject **inReach message from Natasha Montoya**

10/12/2018 8:

To Marilyn Warrant

To protect your privacy, Thunderbird has blocked remote content in this message. Options

Help: Keys locked in van

View the location or send a reply to Natasha Montoya: https://inreach.garmin.com/textmessage/txtmsg?extId=43c8eed2-3732-485d-a30d-cbcf122cfdac&adr=mariwnm%40gmail.com

Natasha Montoya sent this message from: Lat 35.125716 Lon -106.527836

Do not reply directly to this message.

This message was sent to you using the inReach two-way satellite communicator with GPS. To learn more, visit http://explore.garmin.com/inreach.

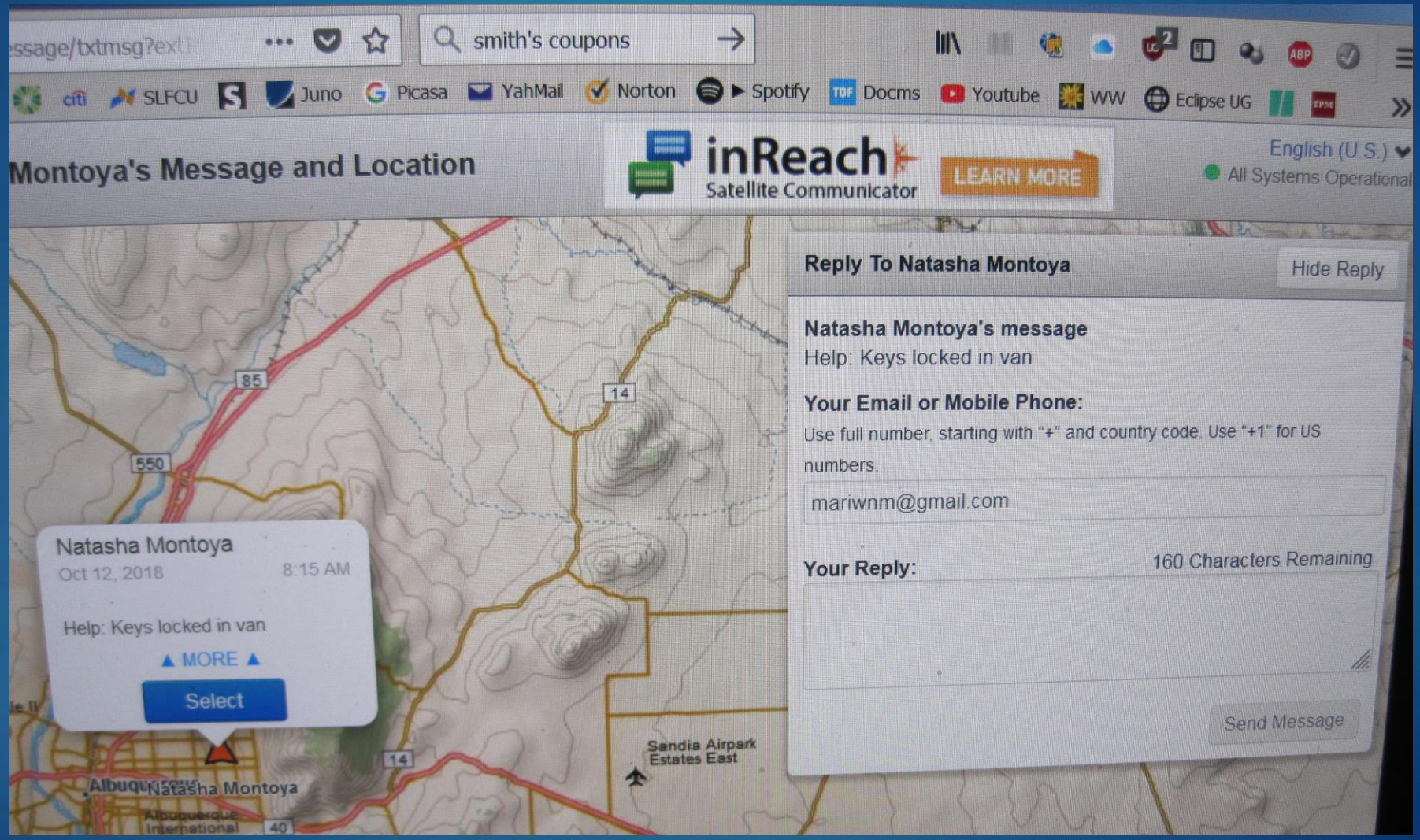
Note that:

1. The message "From" is the Center Manager who "owns" the device.

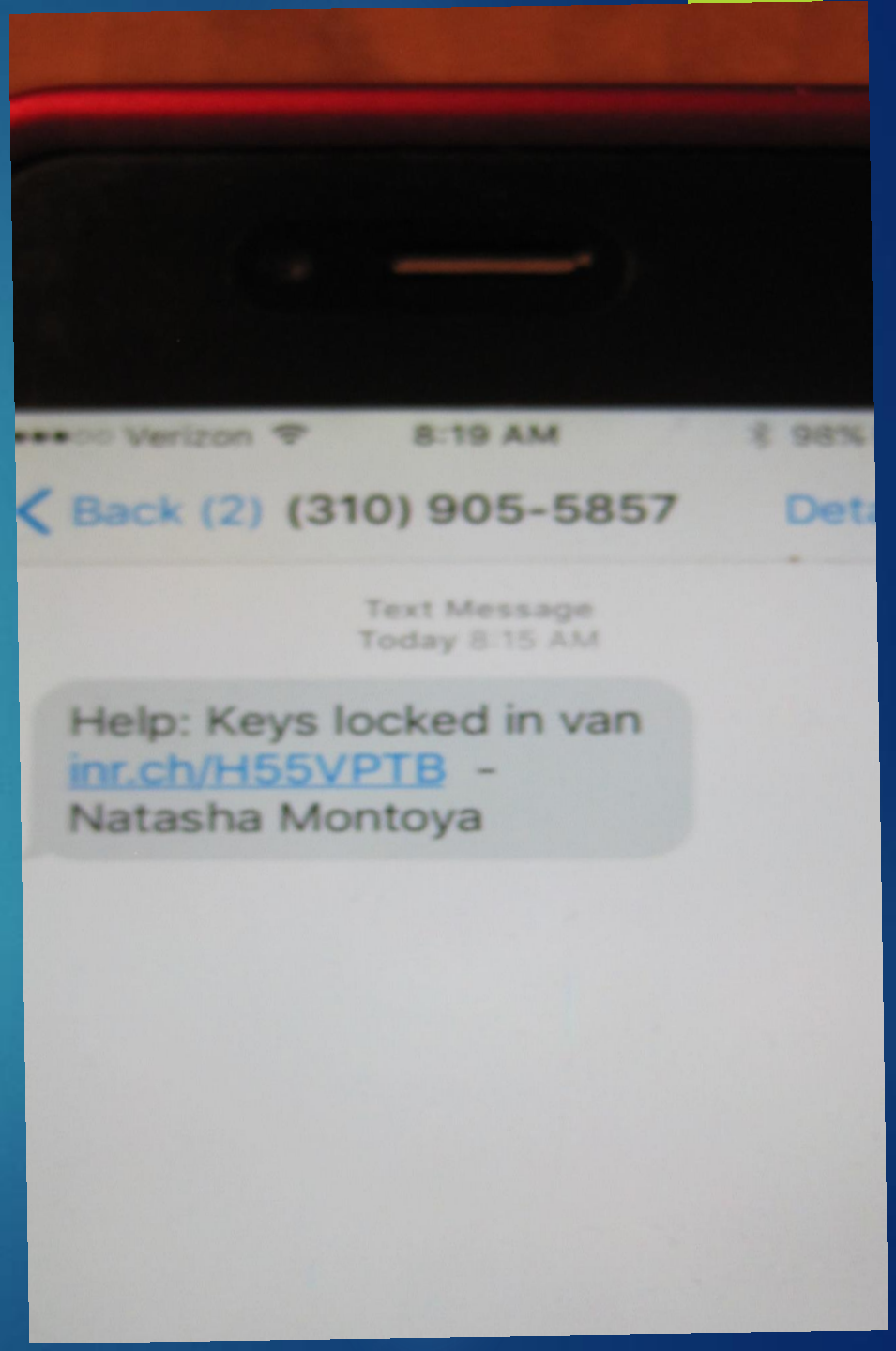
2. There's a link to view the location on a map.

3. The location coordinates are sent with the message.

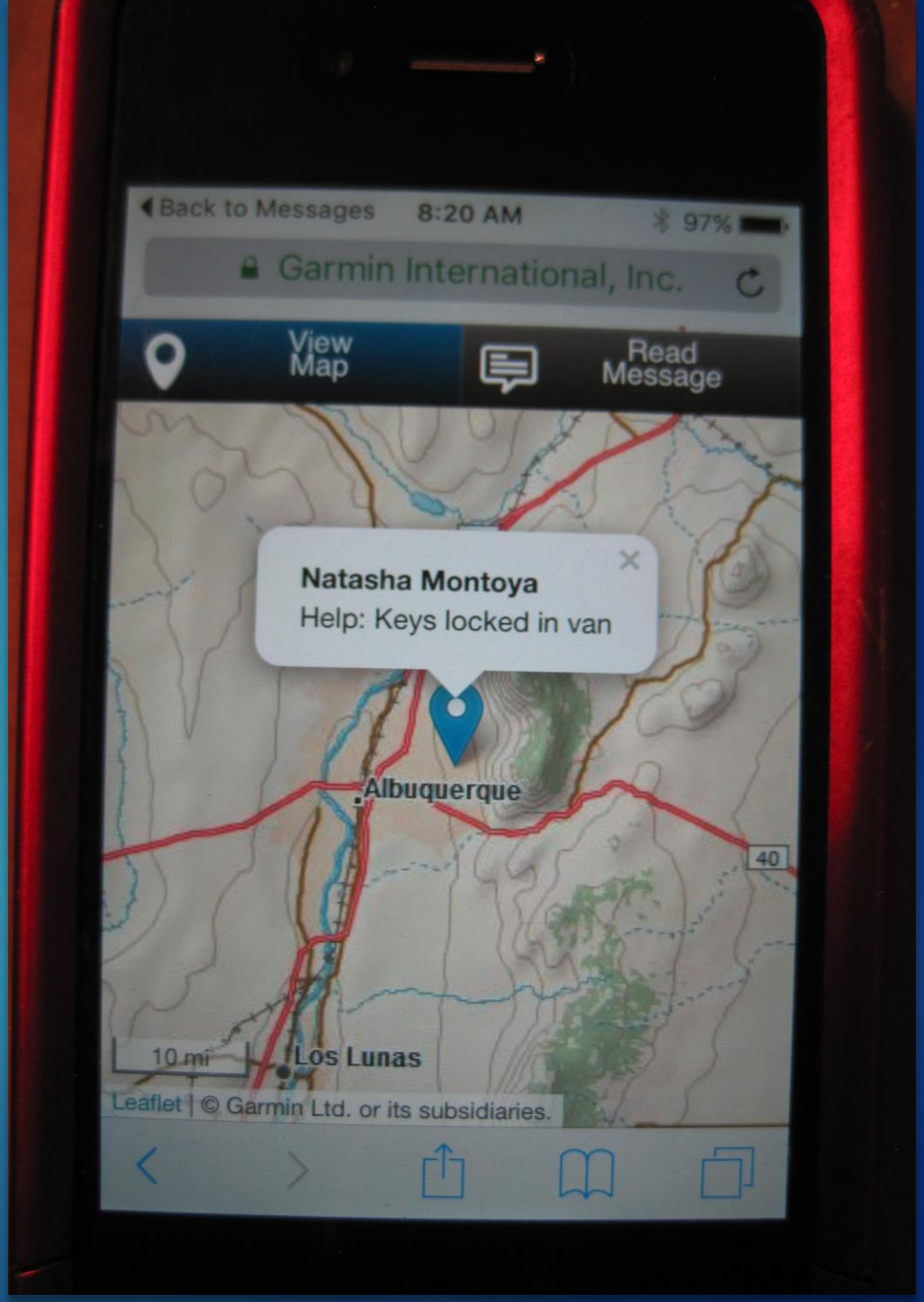
Click on link to get this map/reply box



Message received on cell phone



Map from link on cell phone

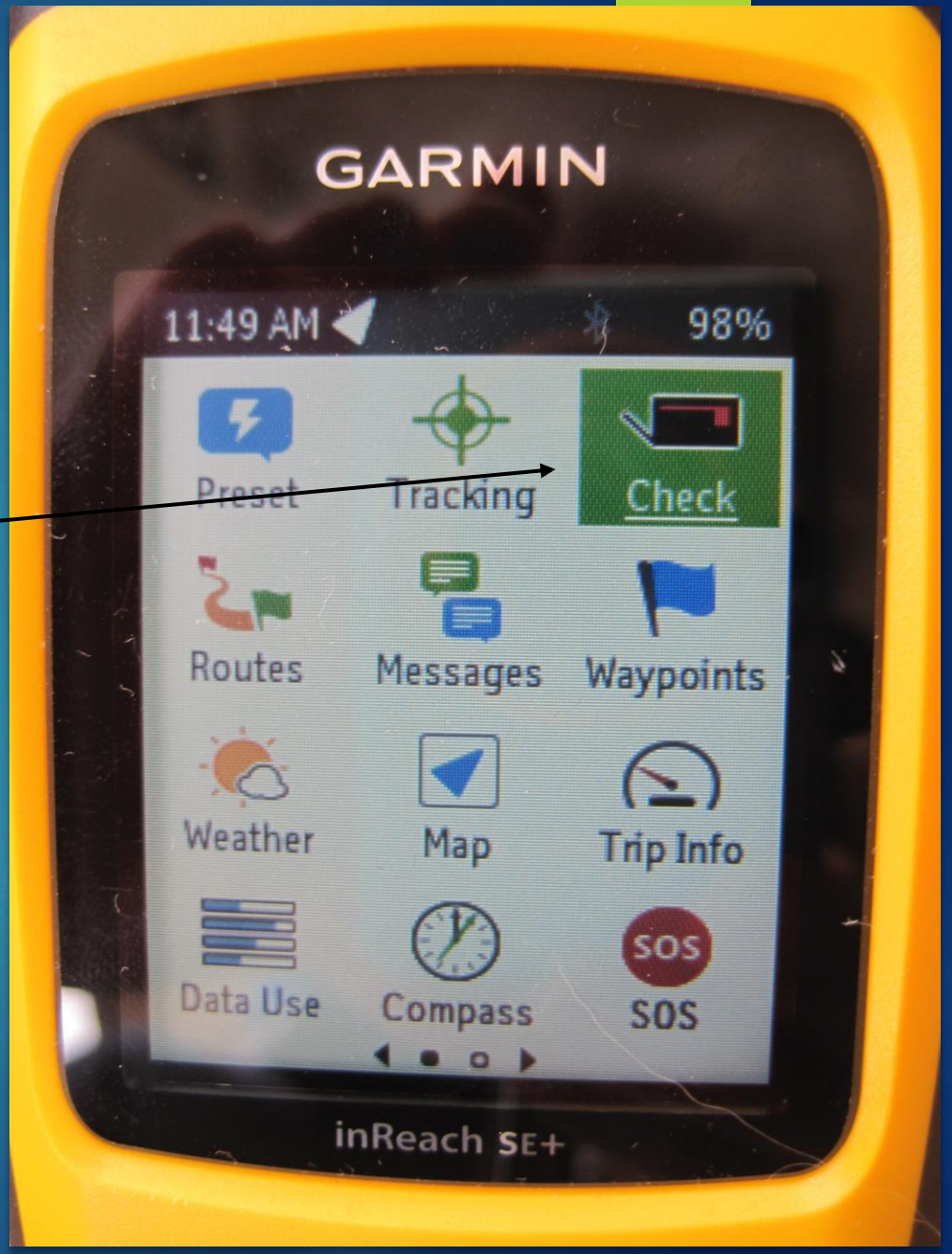


Checking for messages

- The unit will automatically check for messages at the time interval chosen when the unit was set up (default is every 10 min).
- You can always check for messages yourself.

Checking for messages (cont'd)

- Use the arrow rocker to highlight the Check icon.
- Press Enter (✔).



To read a message:

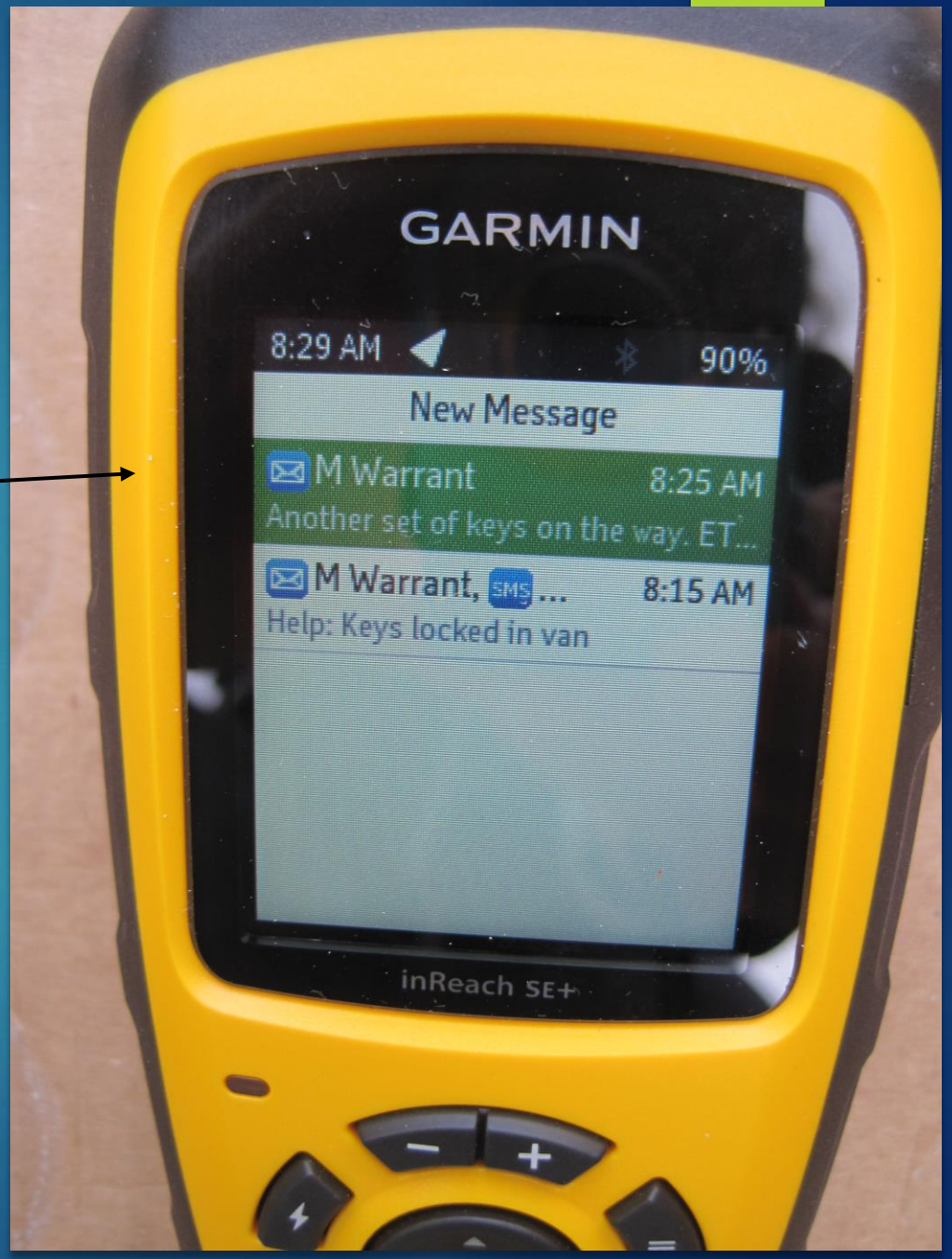
A buzzing sound will occur when you have a new message.

Select the messages icon.

Press Enter (✔).

To read a message (cont'd):

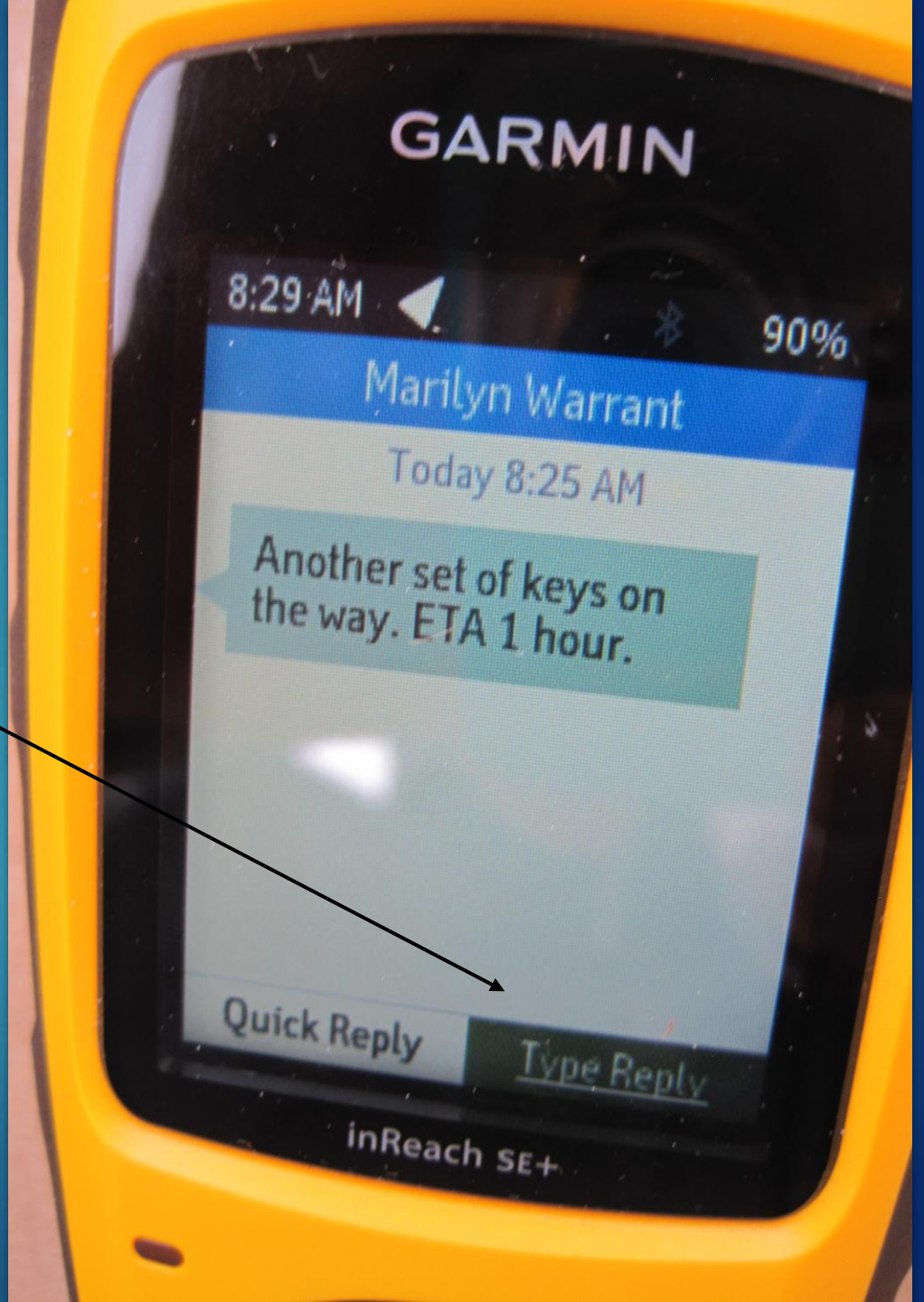
1. Highlight the message
2. Press Enter (✔)
3. Read the full message.



To reply to a message:

Select "Type Reply".

Enter text letter by letter.

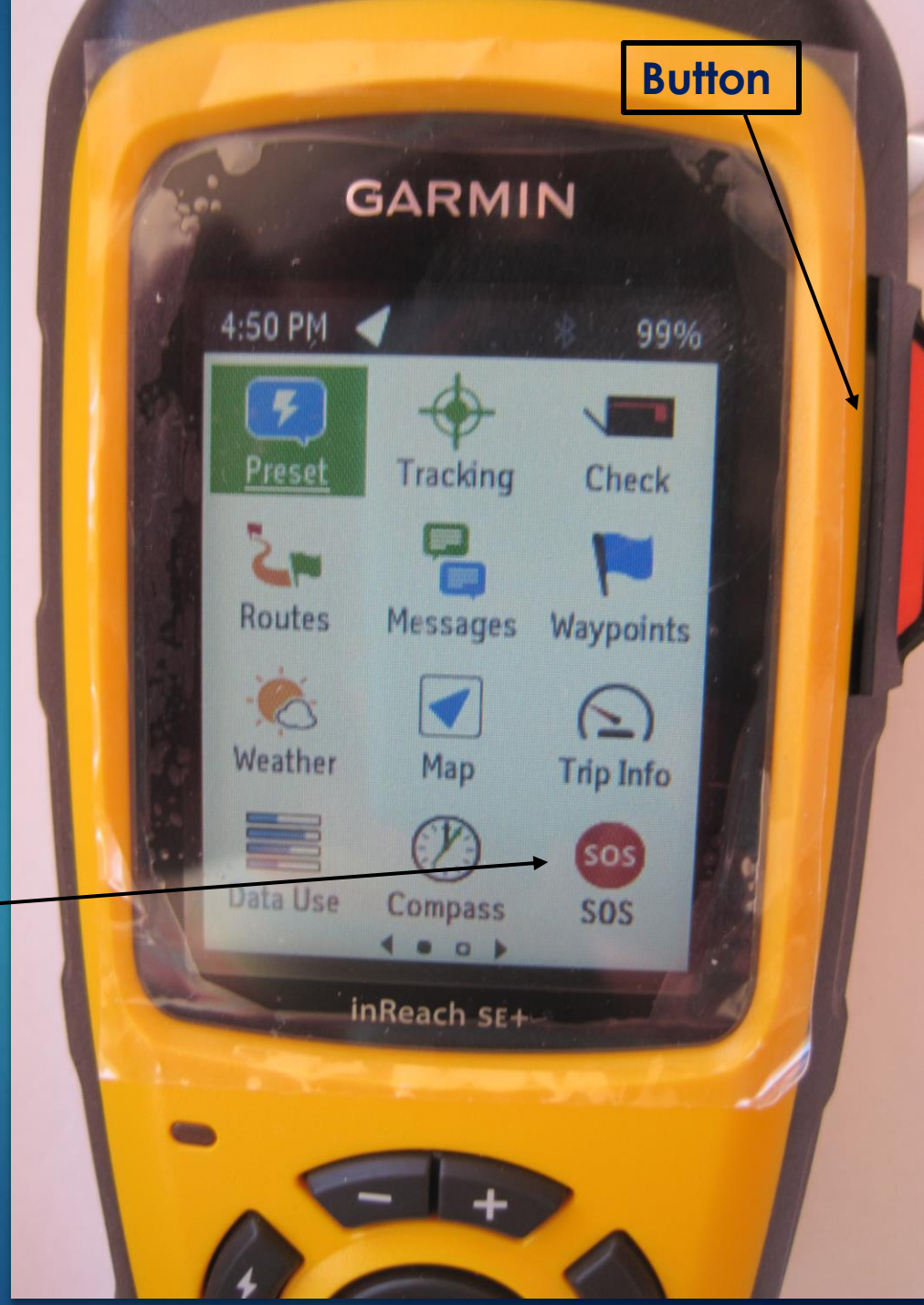


How to send an SOS

1. Red SOS button on right hand side of device.

2. Red SOS icon on first screen

We recommend using the covered button.



Initiating an SOS Rescue

FIRST – try to call 911 on a cell phone.

1. Lift the protective cap (1) from the SOS button (2).

2. Press and hold the SOS button.

Initiating an SOS Rescue (cont'd)

3. Wait for the SOS countdown (you can cancel until the countdown ends).

- The device sends a default message to the GEOS emergency response service with details about your location.
- The GEOS emergency response service will send you a confirmation message.

Initiating an SOS Rescue (cont'd)

4. Type a reply to the confirmation message summarizing your problem.

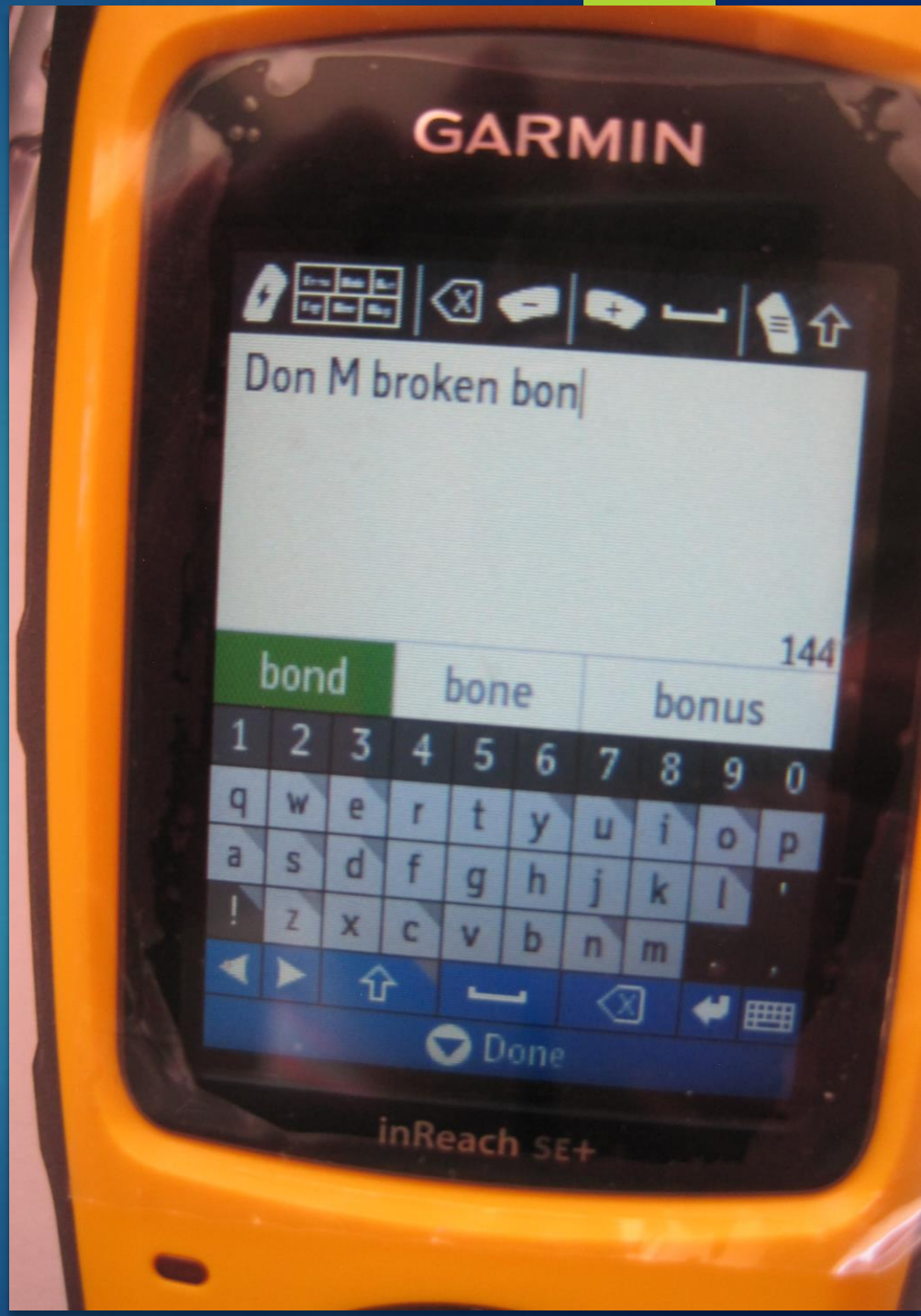
(See next slide.)

5. Send the Quick Text message "Alert: Have sent SOS" to the Center Manager and Program Coordinator.

Creating an SMS/text message

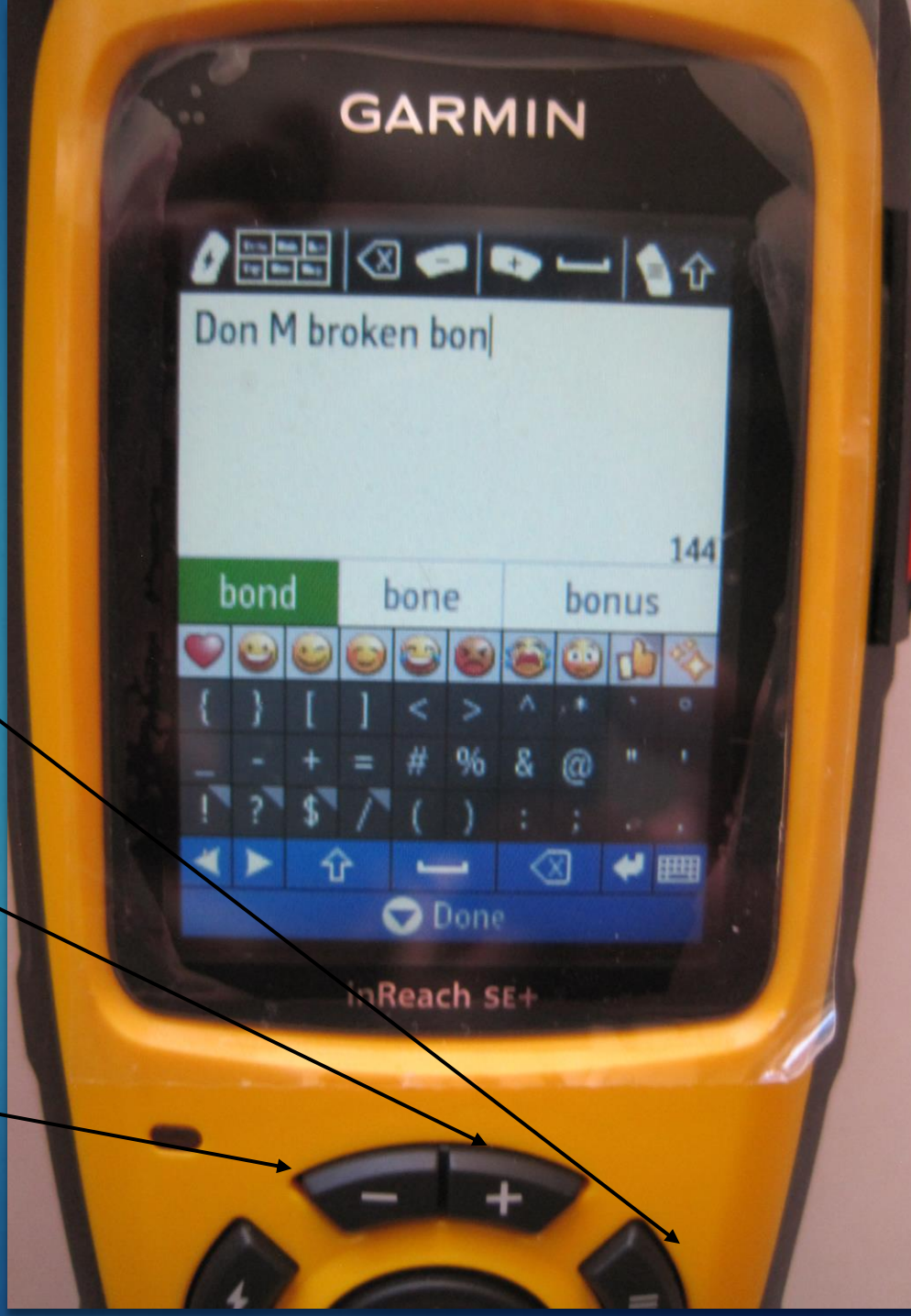
Note: This is not a touch screen.

- Select a number or letter using the arrow rocker, then press Enter (✔).
- Watch on the screen as your text is added.



Creating an SMS/text message (cont'd)

- You can toggle through three different input screens using the Menu button.
- Use the + button to add a space.
- Use the – button to back up (erase).



Creating an SMS/text message (cont'd)

- When you're finished, use the arrow rocker to highlight "Done".
- Press Enter (✔).

Video (https://www.youtube.com/watch?v=z8XtPH5OMwc)

How to turn off the device

1. Wake it up.
2. Press the On/Off button.
3. Use the arrow rocker to highlight "Power Off".
4. Press Enter (✔).

Questions?

Hands-on Time