

You will need:

- A Garmin GPS With LM (Lifetime maps updates) so you can keep your GPS device updated with the latest map.
- Garmin Express, which is the software that allows you to update your GPS device. Link to <u>Garmin ExPress</u> software.
 Video on how to install and use Garmin Express Video
- Garmin BaseCamp, which is the software you will need to transfer
 *. GPX file for your GPS. Here you can also see the routes on a map.
 Link to Garmin BaseCAmp Program and Instructional Video

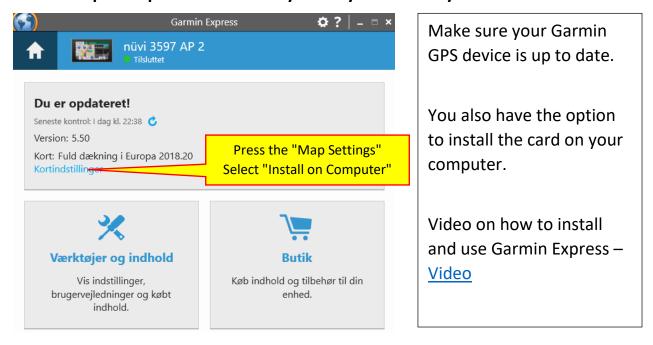
Start by getting an overview and understanding of how it works

Here are an instructionsvideo - How to download and install Garmin Basecamp

Install Garmin Express

Watch video on how to install and use Garmin Express – <u>link</u> Update your map and install maps on your computer.

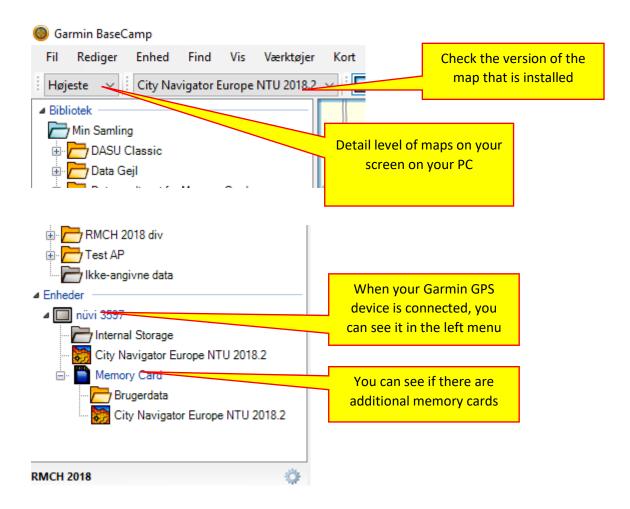
Garmin Express opens automatically when you connect your GPS device



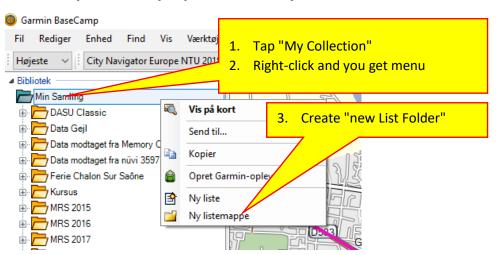


Install and use Garmin BaseCamp

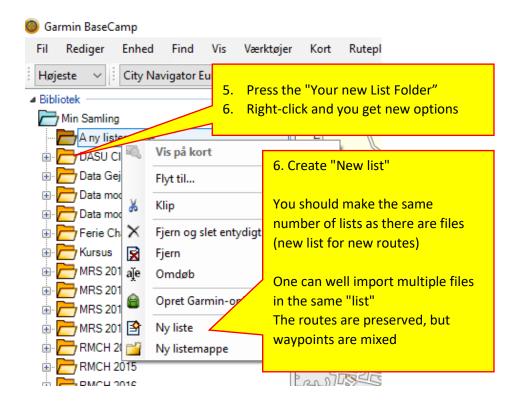
Link for Garmin BaseCamp Software and Instruktionsvideo



BaseCamp must be prepared before you can transfer the files

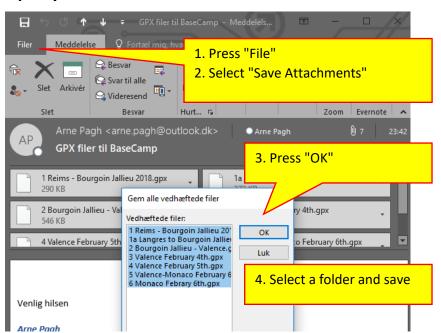






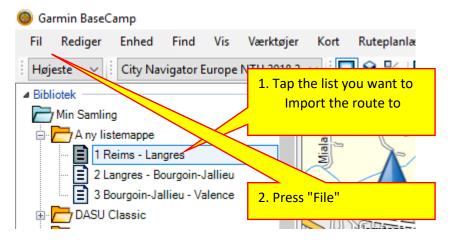
Now Garmin BaseCamp is ready Now you only need to receive some files with the routes.

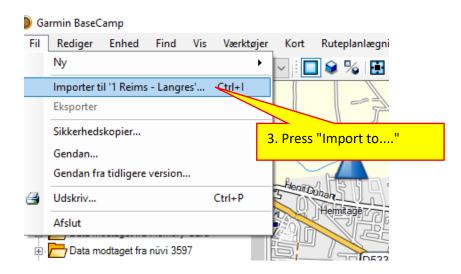
Open your email - Save Attachments



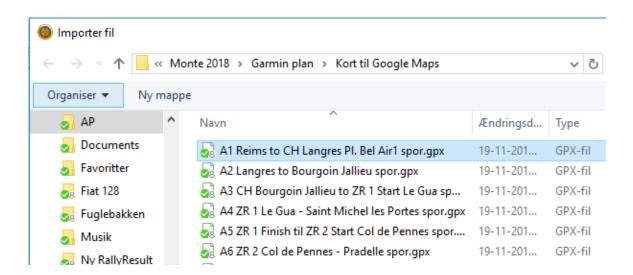


Now you are ready to import GPX files to BaseCamp

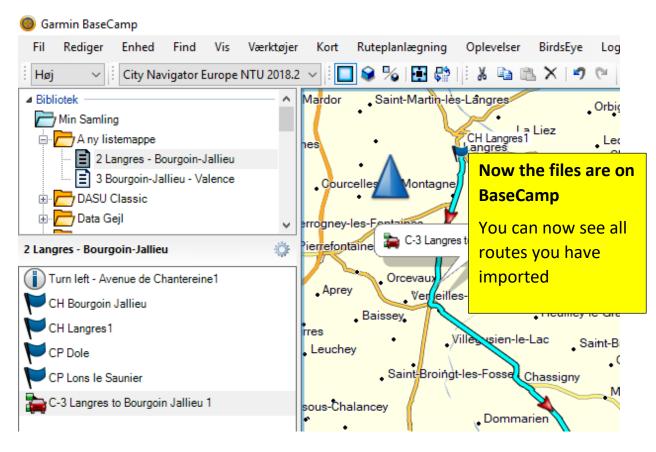


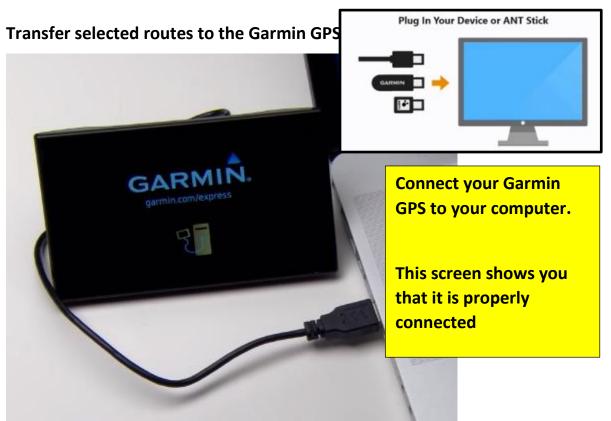


File Explorer opens, and you select the folder where you saved the files. Now you select the file you want to insert in BaseCamp (press Open or double-click)

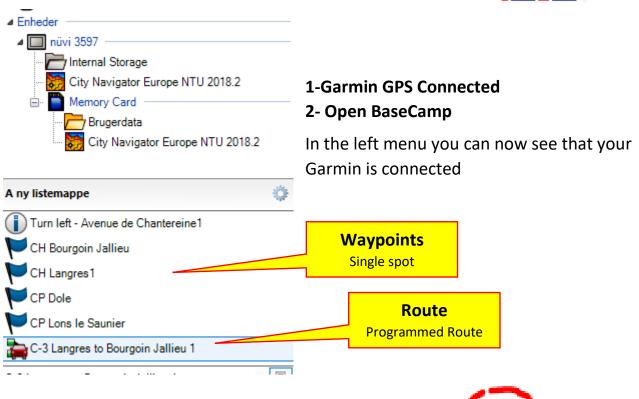




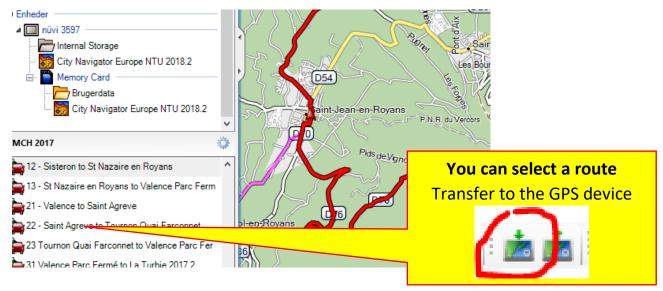














Disconnect
Garmin GPS
from your
computer when
the transfer is
complete

Start your Garmin GPS- but have patience when you will see the new routes Garmin GPS is slow – it is recommended to connect external power and let it rest