



AROUND THE WORLD IN 60 MINUTES FROM OUTER SPACE TO THE OCEAN DEPTHS



For thousands of years, a slew of devices were invented and improved upon to keep time. Although wrist watches were a much later addition to the world of timekeeping, they quickly captured the public imagination and went on to become an indelible part of modern life.



First Wristwatch

In 1571, Robert Dudley presented Queen Elizabeth I with what was at that time known as an arm watch.

Almost exclusively worn by women till the early 20th century, wrist watches became a mainstay for both genders after the turn of the century.



ON THE ROAD

Wrist watches have come a long way since then.



They have been to the Moon and back – Omega Speedmaster worn by Buzz Aldrin on the first moonwalk.



They have been to the bottom of the world – A Rolex Deepsea Challenger was strapped to the arm of a robotic explorer on a record-breaking dive 35,787 feet to the Earth's deepest point in the Mariana Trench.



They have been to the top of the world – Sir Edmund Hillary wore a Rolex Oyster Perpetual when he went on to summit Mount Everest in 1953.



They have been everywhere – From the jungles of South America to the deserts of the Middle East, Special Forces from every nation usually sport custom made Omegas, Luminoxes and Marathons.

BRAVING THE ELEMENTS

It must be pretty clear by now that a well built wrist watch can take a serious beating, be it physical shock or extreme conditions. However, not all watches are made equal.

Low power consumption rate

Solar recharge option

Altimeter

Barometer

Digital Compass

Thermometer

Hardened case

Tritium dial markers & hands

The best way to learn if your watch can survive certain conditions or not is to figure out if it meets the following standards.

ISO 2281 RESISTANCE STANDARD

Water resistant, NOT waterproof

No suitable for submarine diving

Water resistance – Can survive immersion in 10cms of water for 1 hour

Temperature resistance – 20° C to 45° C

Air pressure resistance – 2 bars and above

Not resistant to magnetic fields and physical shocks

Not resistant to negative pressure

Not resistant to corrosion

ISO 6425 RESISTANCE STANDARD

Functionally waterproof

Suitable for submarine diving at various depths

Able to withstand diving at depths of at least 100 meters

Water pressure resistance – 125% of rated pressure for at least 1 hour

Thermal resistance

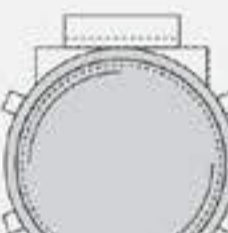
Magnetic resistance to a field of strength of up to 4800 A/m

Shock resistance – Impact on either side from a 3kg hammer with an impact velocity of 4.43 m/s

Resistance to saline water

Markings - marked with the word DIVER'S WATCH xxx M or DIVER'S xxx M to distinguish diving watches from lookalike watches that are not suitable for actual scuba diving. The letters xxx are replaced by the diving depth, in meters, guaranteed by the manufacturer.

WATERPROOF AND WATER RESISTANT WATCHES



Waterproof and water resistant watches have different build standards and water resistance ratings. Here is a handy chart to figure out which watch is right for you.

| RATING | USE | SUITABILITY |
|-------------------------------------|---|--|
| Water Resistant 3 ATM or 30 m | Suitable for everyday use. Splash/rain resistant. | Not suitable for showering, bathing, swimming, snorkeling, diving, water related work and fishing. |
| Water Resistant 5 ATM or 50 m | Suitable for swimming, white water rafting, and non-snorkeling water related work, and fishing. | Not suitable for diving. |
| Water Resistant 10 ATM or 100 m | Suitable for recreational surfing, swimming, snorkeling, sailing and water sports. | Not suitable for diving. |
| Water Resistant 20 ATM or 200 m | Suitable for professional marine activity, serious surface water sports and skin diving. | Suitable for skin diving. |
| Diver's 100 m | Minimum ISO standard (ISO 6425) for scuba diving at depths not suitable for saturation diving. | Diver's 100 m and 150 m watches are generally older watches. |
| Diver's 200 m or 300 m | Suitable for scuba diving at depths not suitable for saturation diving. | Typical ratings for contemporary diver's watches. |
| Diver's 300+ m for mixed-gas diving | Suitable for saturation diving (helium enriched environment). | Watches designed for mixed-gas diving will have the DIVER'S WATCH xxx M FOR MIXED-GAS DIVING additional marking to point this out. |

Disclaimer: Manufacturers water resistance classifications are interpretations and not standardised so may vary.

ANTIMAGNETIC WATCHES

Wrist watches have come a long way since then.

Magnetic fields have been the enemy of an accurate timepiece for as long as mechanical watches have been around.

An antimagnetic watch must have either of the following features

- ✓ A quick exposure to a magnetic field found in everyday items like speakers, computers, and microphones can affect a watch without magnetic protection.
- ✓ At a minimum, weak magnetic fields can throw your watch a few seconds ahead, which is an obvious nuisance.
- ✓ At the worst, strong magnetic fields can wreak absolute havoc on a watch's ability to maintain time.



- ✓ Moving parts must be manufactured from magnetically insensitive alloys such as Nivarox, Invar, Elinvar, Glucydur Or
- ✓ An internal casing manufactured out of soft iron, which makes all the mechanical components of the watch.

Antimagnetic watches are usually preferred by:

- Scientists
- MRI technicians
- Deep sea divers
- Polar explorers

BEST OF THE BEST

Although extreme sport and survival watches have been around for a very long time, technological improvements have continued to make them better. Here is a tiny list of the top few.

Ralston Recon 6

Rolex Milgauss

Casio Pathfinder PAG240

Breitling Supercor Chronograph M2000

Marathon WW194014

Luminox 3051 Evo Navy

