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## ORDER CONFIRMATION

Not Rated Yet



**Sales price 845,00 €**

Salesprice with discount  
Incl. VAT 21%: 146,65 €



### Description

#### **Luminox Bear Grylls Survival 3749 (XB.3749) – 45mm Chronograph Watch with Compass Strap**

**Every second counts.** The **Luminox Bear Grylls Survival 3749 (XB.3749)** is a mission-ready chronograph designed for demanding conditions on land and in water. Built around the Bear Grylls “Never Give Up” mindset, this model combines robust construction with practical survival-focused details.

The watch features a **45 mm CARBONOX™ case**, a lightweight and extremely durable carbon-based material. For confident use in wet environments, it offers **300 m / 30 ATM water resistance**, a **screw-in crown with double gasket and crown protection**, and a **screw-in 316L stainless steel case back**. This model includes a **chronograph with date and tachymeter** and comes supplied with an **orange strap including a compass**. Like other Luminox watches, it uses **Luminox Light Technology (LLT)** for **constant glow visibility up to 25 years**, independent of external charging.

### Key Features

- **Series:** Bear Grylls Survival Series
- **Model / Line:** XB.3749 | 3740 Series
- **Functions:** Chronograph, date, tachymeter
- **Visibility:** LLT constant glow up to 25 years
- **Water resistance:** 300 meters / 1000 feet / 30 ATM



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- **Bezel:** Unidirectional rotating bezel
- **Included strap:** Orange strap with integrated compass
- **Swiss Made**
- **Free from BPA / phthalates:** Not applicable (watch product)

## Technical Specifications

- **Movement:** Swiss quartz
- **Caliber:** RONDA 5030.D
- **Battery life:** approx. 50 months
- **Case material:** CARBONOX™+
- **Case diameter:** 45 mm
- **Case thickness:** 14 mm
- **Case back:** 316L stainless steel, screw-in
- **Crown:** Screw-in with double gasket and crown protection
- **Glass:** Sapphire crystal with anti-reflective coating
- **Bezel:** Unidirectional rotating
- **Strap:** Nitrile rubber (orange strap incl. compass)
- **Buckle:** 316L stainless steel
- **Lug width:** 24 mm
- **Weight:** approx. 104 g

## Sustainability

Since 2020, Mondaine Group (including all brands) is stated to be comprehensively CO2 neutral for scope 1, 2 and 3 of the GHG protocol through reforestation, following the principles of reduce, reuse and recycle.

## Manual

- [User manual \(PDF\) - General](#)
- [User manual \(PDF\) - Chronograph](#)

## Safety & Use Notes

- Rinse the watch with fresh water after exposure to salt water.
- Ensure the crown is fully screwed down before water exposure.
- Avoid pressing chronograph pushers under water unless explicitly supported by the model's design.

## FAQ

**Does the watch glow in the dark without charging?** It has continuous illumination without exposure to light or button activation.

**Is it suitable for diving?** It has 100m water resistance and a unidirectional bezel, making it suitable for demanding water use. Always ensure the crown is fully screwed down before water exposure.

**What is the compass strap used for?** It is used for basic orientation when



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navigating outdoors.

~~What is a tachymeter used for?~~ the chronograph to estimate speed over a known distance (for example, 1 km).

## Glossary

- **CARBONOX™+:** Enhanced carbon-based Luminox case material designed for high strength and low weight.
- **LLT (Luminox Light Technology):** Self-powered illumination system designed to glow continuously for years.
- **Chronograph:** Stopwatch function for measuring elapsed time.
- **Tachymeter:** Scale used with a chronograph to calculate speed over a fixed distance.
- **Unidirectional bezel:** Bezel that rotates in one direction, commonly used for safer time tracking in diving.
- **RONDA 5030.D:** Swiss quartz chronograph movement.

## Customer Support

[Luminox European Customer Service](http://Luminox European Customer Service)

## Manufacturer / GPSR Information

**Mondaine Watch Ltd.**

Etzelstrasse 27  
8808 Pfäffikon SZ  
Switzerland

Specifications may change without notice as part of continuous product development.