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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 without charging? Continuous illumination without exposure to light or button activation.

Is it suitable for diving? 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? Integrated compass for basic orientation when



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navigating outdoors.

What is a tachymeter used for? With 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](#)

Manufacturer / GPSR Information

Mondaine Watch Ltd.

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