Here is how to upload tracks to a Garmin GPS devices.

Download Garmin Basecamp from the following web link for Windows:
http://www.garmin.com/en-US/shop/downloads/basecamp
1. Scroll down the page and click Download Now under Windows Requirements
2. Run the downloaded BaseCamp.exe file
3. If you are unable to find your download or your browser doesn't prompt to run it, with the web browser open, press Ctrl+J and select the file from your downloads
4. Follow the onscreen prompts to complete installation

Download Garmin Basecamp from the following web link for Mac:
Go to: http://www.garmin.com/en-US/shop/downloads/basecamp
Click Download Now under the Mac Requirements
Open the BaseCampforMac.dmg file
In the new Finder window, double click on the Garmin BaseCamp icon
Follow the onscreen prompts to complete installation

To import attached GPX file into BaseCamp on Window:
1. Click on the File drop-down menu
2. Click Import...
3. Browse to the GPX file location from the Import File window
4. Click open for Windows or import for Mac
5. Once the GPX file has been loaded you should then be able to transfer the data contained within to your GPS device.

To send data to the device on Windows:
1. Connect the device to your computer
2. Select the list name under My Collection > WFO Creighton *(For all other Garmin devices accept Foretrex devices or older eTrex unit i.e. H/VISTA/LEGEND etc):*
   o To send saved data to the device:
     1. Click on the **WFO Creighton** list
     2. Click the **Device** drop-down menu
     3. Hover over **Send To Device**
     4. Click **Send WFO Creighton to Device**
3. Select the device to which you want to send the selected data
4. Click **OK**

To send data to the device on Mac:
1. Click on a **WFO Creighton' list**
2. Click the **Transfer** drop-down menu
3. Click **Send 'WFO Creighton' to Device**
4. Check the boxes for the data you want to send
5. Click Send to send a list of all saved data to the device