

# **Getting Started with Pokémon GO**

A Beginner's Guide to Version 1.107.3

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## Introduction

Welcome, new and returning Pokémon Trainers! This is a beginner's guide to the smart phone application Pokémon GO in its current version, 1.107.3. This guide explains how to create a new Pokémon GO account and use Pokémon GO's main features. The information in this guide is for Pokémon GO players—also called Trainers—of all ages and skill levels. However, young Trainers should ask their parents or guardians for help before using this guide.

A company called Niantic released Pokémon GO in 2016. It forms part of the Pokémon franchise, which began in the mid-1990s. A Trainer's main goal in Pokémon GO is to find and catch every species of Pokémon. Pokémon, which are creatures with special abilities, can become stronger with training and can battle against other Pokémon.

Pokémon GO is a geolocation game. This means that gameplay changes when a Trainer's location changes. Trainers often find more to do when they are close to notable landmarks. For example, sculptures and important buildings can mark in-game locations called PokéStops and Gyms. Therefore, Trainers often play Pokémon GO in parks and other public areas. Additionally, a Trainer's location affects which species of Pokémon they will find. For example, some Pokémon only appear near water, and others only appear in specific countries.

This guide will help both new and returning Trainers enjoy the latest version of Pokémon GO. In the three years since its release, Pokémon GO has received significant updates. Because of this, returning Trainers are encouraged to use every section of this guide. Even familiar features may have changed if you have not played for some time.

In this guide, you will begin by creating your account and completing Pokémon GO's tutorial. Next, you will learn about core features of Pokémon GO, such as catching Pokémon, visiting PokéStops, and interacting with Gyms. Finally, you will learn about the newest features, such as Raid Battles, Pokémon Trading, and Trainer Friendships.

With so many new features to explore, there has never been a better time to start playing Pokémon GO. Trainers, are you ready? It is time to start your Pokémon GO adventure.

## Chapter 1: Getting Started

This short chapter includes important information about smart phone requirements, safety, and account setup. Trainers should read all three sections before getting started. Skipping ahead could lead to difficulty with installation, unsafe playing, and unwanted account settings that are difficult to change later. Trainers, read on to get the best start to your journey.

### Smart phone requirements and installation

To play Pokémon GO, you will need a smart phone that meets certain requirements. Below are the current requirements, available in more detail at [support.pokemon.com](https://support.pokemon.com):

- iPhone 5s or above, with software version iOS 10 or above
- Android 4.4 or above
- Ability to connect to the internet

If your device is compatible, follow the instructions below to install Pokémon GO.

**Tips:** Downloading and installing apps uses the internet. Use a Wi-Fi connection to avoid data plan charges.

Pokémon GO is free to download, but it allows for in-app purchases. After installing Pokémon GO, review payment restrictions in your phone's settings to avoid unwanted or accidental spending.

### To install and launch Pokémon GO

1. Visit the app store available on your smart phone.
2. Search for the Pokémon GO app.
3. Find and select the option to download and install Pokémon GO.
4. When installation is completed, tap on Pokémon GO's icon to launch it.



## Safety

As explained in the Introduction, Pokémon GO gameplay changes based on your location. The more places you go, the more Pokémon you will have the chance to discover. This makes Pokémon GO fun, but it also sometimes makes it unsafe to play. Remember these important safety tips:

- Pay attention to where you are walking.

To avoid injury, do not walk or run while looking at your smart phone. Always pay attention to potential dangers around you, like uneven sidewalks, low-hanging tree branches, and road traffic. Do not play while crossing roads.

- Do not play Pokémon GO while driving.

To avoid injuring yourself and others, never play while you are driving. It is also unsafe to play while riding a bicycle. Keep your full attention on the road.

- Only play Pokémon GO with people you trust.

Young Trainers should not approach Trainers they do not know without a parent or guardian present. Older Trainers should not approach Trainers they do not know while alone or while away from public places.

- Consider the time and weather before you go out.

Do not play Pokémon GO at night or in bad weather. Always dress appropriately for weather conditions, bring water, and wear sun protection if needed.

- Do not enter dangerous areas.

Sometimes, Pokémon appear in areas that are hard to reach or dangerous. Do not trespass, enter unsafe areas, or otherwise put yourself and others at risk.

- Pay attention to your smart phone's battery life.

Pokémon GO can cause your smart phone's battery to deplete quickly. Monitor battery life carefully. Reserve enough to ensure that you can get home safely and could contact someone in case of an emergency. You may want to consider using a portable battery backup to extend your smart phone's battery life.

## Account setup

It is now time to set up your new account. You may be excited to begin, but it is important to take your time during this step. Some of the choices you make while setting up your account are permanent. Make sure you are happy with your choices before finishing the setup process.

### To create your account

1. With Pokémon GO open, select **New Player**.
2. Choose how you will sign in (Facebook, Google, or Pokémon Trainer Club).

<b>Tip:</b> You will not be able to change your sign in method later.
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3. Follow the prompts to sign in using your chosen method.
4. Review Pokémon GO's rules by tapping the **Terms of Service** link.
5. If preferred, uncheck the option to receive emails from Pokémon GO.
6. When steps 4 and 5 are complete, tap **Accept**.
7. Review Pokémon GO's privacy policy by tapping the **Privacy Policy** button.
8. Tap **OK** to continue.
9. When Professor Willow appears, tap on each message to progress.

Professor Willow is a Pokémon Researcher who helps you in the game.

10. Choose the male or female character then tap the → button to continue.
11. Follow the prompts to customize your character then tap the → button.
12. Pokémon GO will ask, "Are you all set?"

Tap **No** if you need to make changes or **Yes** if you are finished.

You have now completed the initial account setup steps. In the next chapter, you will learn the main features of Pokémon Go's Map View and menus. Then, in Chapter 3, you will meet your first Pokémon and learn the basics of catching.

## Chapter 2: Navigating Pokémon GO's Map View and Menus

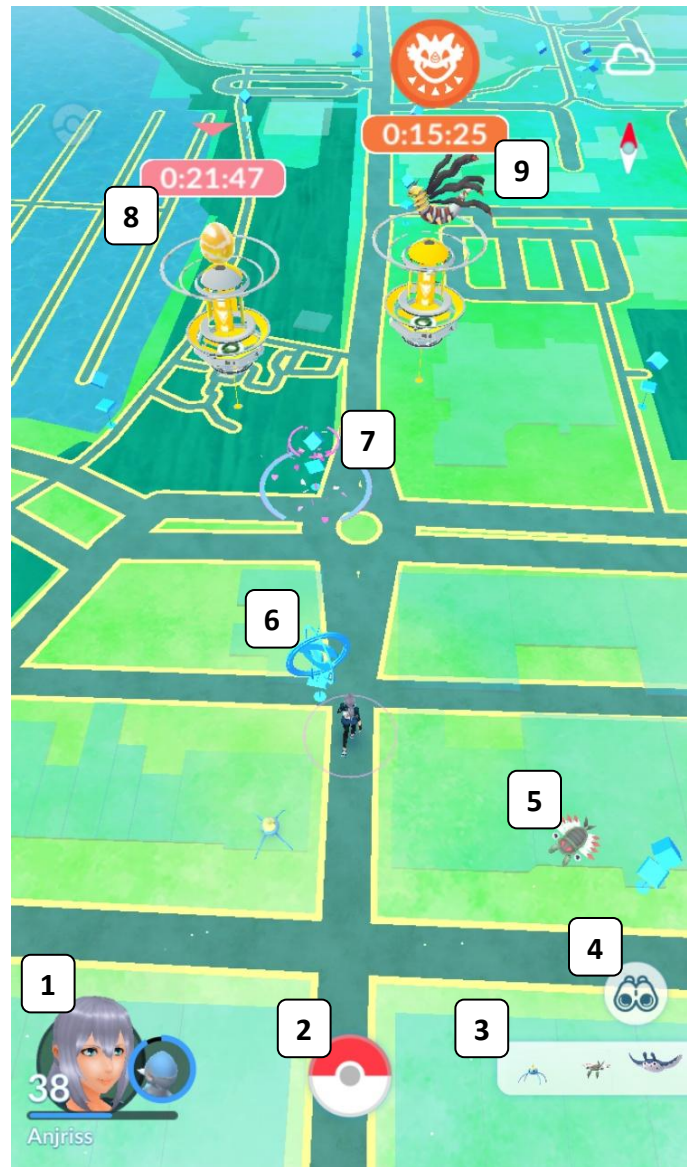
This chapter explains the main features of Pokémon GO's Map View and menus. Map View shows your character in an in-game version of your surrounding area. Nearby roads and pathways are outlined in yellow. From Map View, you can interact with features of the in-game environment and access the menus.

Figure 1 shows an example of Map View when located in a busy area. Review the list below, and note each item's location on the screen capture:

1. Trainer Profile
2. Main Menu
3. Nearby Pokémon
4. Field Research
5. A wild Pokémon
6. PokéStop, in range of Trainer
7. PokéStop, out of range of Trainer, with active Lure Module
8. Gym, with Raid Battle timer
9. Gym, with active Raid Battle

This chapter provides an overview of these features and will often refer back to Figure 1. Although you will not be able to access these features until you complete the tutorial covered in Chapter 3, learning about them now will prepare you for tasks in the next chapters.

Figure 1: An example of Map View in Pokémon GO



## Wild Pokémon, PokéStops, and Gyms

While in Map View, three types of interactive objects can appear, excluding the menu buttons: wild Pokémon, PokéStops, and Gyms.

### Wild Pokémon

A Pokémon is wild if a Trainer has not captured it. Wild Pokémon can appear on any green space, road, or path in Map View. The interactive object labeled as item five in Figure 1 marks one of two wild Pokémon shown. You can tap on a wild Pokémon to begin an encounter. An encounter gets you close to a wild Pokémon so you can try to catch it. Chapter 3 explains encounters.

### PokeStops

PokeStops are interactive objects that mark real locations of notable landmarks, like sculptures and important buildings. PokéStops are useful because Trainers can receive items by visiting them. Two PokéStops are marked in Figure 1:

- The PokéStop labeled as item six is a PokéStop in range of the Trainer.

Trainers can only interact with PokéStops when they are close enough. When a PokéStop is in range, it has a large circular top.

- The PokéStop labeled as item seven is a PokéStop out of range of the Trainer.

The Trainer cannot interact with this PokéStop without moving closer. When a PokéStop is out of range, it has a small cube-shaped top.

Also note the pink petals around this PokéStop. They show an active Lure Module, which is an item that attracts Pokémon (see Chapter 3).

When you are in range of a PokéStop, you can receive a variety of items from it. You can do this by accessing the PokéStop's Photo Disc. A Photo Disc shows a name and picture matching the real landmark the PokéStop is located on.

#### To receive items from a PokéStop:

1. Tap on the PokéStop to access its Photo Disc.
2. Spin the Photo Disc by swiping your finger across it horizontally.

After spinning a PokéStop, it turns purple for five minutes. You can spin it again once it resets back to blue.

## Gyms

Gyms are interactive objects that can house Pokémon, host events called Raid Battles, and provide items to Trainers. Two Gyms are marked in Figure 1 as items eight and nine. One gym is hosting a Raid Battle (item nine), and the other gym will be hosting a Raid Battle soon (item eight). Chapter 4 explains Raid Battles and the other features of Gyms in detail. For now, this chapter focuses only on how Gyms provide items.

For the purposes of this chapter, think of Gyms as being similar to PokéStops. Gyms also have Photo Discs that provide items, but there is one extra step:

To receive items from a Gym:

1. Tap on the Gym.
2. Tap the Photo Disc button in the bottom right corner.
3. Spin the Photo Disc by swiping your finger across it horizontally.

Like PokéStop Photo Discs, Gym Photo Discs also turn purple and need a five-minute reset period before you can spin them again.

## Trainer Profile

The Trainer Profile, marked in Figure 1 as item one, is a menu that provides information about you. The number on the Trainer Profile icon is your current Trainer level. The following is some of the information you can find when you tap on your Trainer Profile:

- Your total experience points (XP) earned, and the amount of XP needed to level up

Increasing your level unlocks more features. For example, Trainers join a team at level five. Trainers can join one of three teams: Team Mystic, Team Valor, or Team Instinct. Play with Trainers on your team to earn bonus XP and items.

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**Tip:** Once a year, you can switch teams via a Team Medallion from the Shop.

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- Your current Buddy Pokémon

Once you have caught some Pokémon, you can choose one to be your Buddy through the Trainer Profile. Your Buddy Pokémon will earn items called Candy while you walk around. Use Candy to strengthen your Pokémon through processes called Power Ups (increase strength) and Evolutions (change form).

- A list of other Trainers you are friends with

Tap the **Friends** tab to view and manage the list of Trainers you are friends with. Increasing your Friendship Levels with other Trainers is a fast way to earn XP. You can increase Friendship Levels by playing together or sending Gifts collected from PokéStop Photo Discs. Chapter 5 explains more about Friendship.

- Your Trainer's current Style (and the option to change it)

When you set up your account, you chose how your Trainer looks. You can change how your Trainer looks anytime by tapping the **Style** button. You can also shop for clothes and accessories using any in-game currency, called PokéCoins, which you have collected or bought. See the Shop submenu section later in this chapter for more information on PokéCoins and shopping.

- Distance walked in the current week

The distance you walk affects how much Candy your Buddy Pokémon earns and how many Eggs you will hatch. Trainers can hatch new Pokémon from Eggs by placing them in items called incubators. You can receive Eggs from gifts sent by your Friends or by spinning Photo Discs at PokéStops and Gyms. Pokémon GO also gives weekly rewards based on how far you walk in a week.

## Main Menu

The Main Menu is marked in Figure 1 as item two. You will use this menu most, because it contains seven submenus. In the Main Menu, you can access the following:

### Pokémon submenu

Use this submenu to view and manage your Pokémon and Eggs. Use the **Pokémon** tab to complete these tasks:

- Search for Pokémon, or sort them by features like date caught and strength
- Select a Pokémon to view its details, including how much Candy it has
- While viewing a Pokémon, use the **Power Up** or **Evolve** buttons

Use the **Eggs** tab to complete these tasks:

- Review the Eggs you have collected from Gifts and Photo Discs
- Put Eggs in incubators by tapping on each Egg and selecting **Incubate**

## Items submenu

Use this submenu to view and manage your items. You can activate some items from the Items submenu:

- Use Potions and Revives to heal Pokémon from damage taken in Battles
- Use Lucky Eggs to double the XP you earn for 30 minutes

Some items appear faded in the Items submenu. You must activate them from specific locations in Pokémon GO:

- Poké Balls can only be used during encounters
- Lure Modules can only be activated from PokéStops

These are just a few examples of frequently used items found in the Items submenu. More information about items is available in the Glossary.

## Shop submenu

The Pokémon GO Shop contains all the items you can buy using the in-game currency called PokéCoins. The Shop also contains a section at the bottom of the list for buying PokéCoins. The prices of PokéCoin bundles are in US Dollars. You can only buy bundles if your phone's settings allow in-app purchases for Pokémon GO. Note that you can also earn PokéCoins via Gyms (see Chapter 5).

Aside from PokéCoins, there are a few other categories of items to buy:

- Limited time boxes each containing a bundle of items at a reduced price
- Individual items like incubators, Raid Passes, Poké Balls, and Lure Modules
- Bag and Pokémon Storage Upgrades to hold more items and Pokémon
- The Team Medallion, which allows Trainers to switch teams once per year

## Pokédex

The Pokédex is a helpful tool that keeps track of all the Pokémon you have caught and seen. Every Pokémon that exists has a number. In the Pokédex, tiles will display one of three things:

- a picture of a Pokémon you have caught
- an outline of a Pokémon you have seen, but have not caught
- a number representing a Pokémon you have neither seen nor caught

You can tap on tiles with pictures or outlines of Pokémon to read about them.

## Settings, Tips, and News

The last three submenus in the Main Menu are Settings, Tips, and News.

- Tap **Settings** to manage preferences and sign out of your account
- Tap **Tips** for some limited tutorial information from Professor Willow
- Tap **News** to view upcoming community events

**Tip:** In Chapter 3, you will choose your Trainer's nickname. If you want to change your nickname later, you can do so in the Settings submenu. However, you can only change your Trainer's nickname once.

## Nearby Menu & Field Research Menu

The last menus are the Nearby Pokémon menu and the Field Research menu. Each menu helps Trainers find activities to do in Pokémon Go.

### Nearby menu

The Nearby menu (Figure 1, item 3) has three tabs. The main tab is **Pokémon**. It contains up to nine photos that match nearby PokéStops. Each has either a photo of a Pokémon you have caught, or the outline of a Pokémon you have not caught. Find the pictured PokéStop to catch the corresponding Pokémon.

The **Pokémon** tab sometimes shows a section called Sightings. This section also shows pictures of nearby Pokémon, but they are not near specific PokéStops.

All Pokémon in the Nearby menu's **Pokémon** tab will disappear after some time. If you check this tab over the course of a day, the Pokémon shown will change.

The other two tabs in the Nearby menu are called **Battle** and **Raid**. These tabs help Trainers with high enough levels find Battle opponents and Raid Battles.

### Field Research menu

Field Research tasks give Trainers objectives to complete to earn items or special Pokémon encounters. Trainers can have up to three tasks at once, listed in the Field Research menu (Figure 1, item four). Find new tasks by spinning PokéStop Photo Discs, and tap completed tasks for the rewards. Finish tasks over seven days for a Research Breakthrough: a chance to catch a rare and strong Pokémon.

Now that you have learned about the Map View and menus, it is time to complete Pokémon Go's tutorial and catch your first Pokémon.



## Chapter 3: Catching Pokémon

In Pokémon GO, finding and catching Pokémon is a Trainer's main goal. In this chapter, you will catch your first Pokémon and learn about encounters. Then, you will learn how to use items and strategies to increase your chances of catching Pokémon. Finally, you will learn how to remove caught Pokémon from your collection when needed.

### Professor Willow's tutorial

In the first chapter, you met Professor Willow, the Pokémon researcher. After you set up your account, Professor Willow appeared again with an important message: "There's a Pokémon nearby!" Tap his message to continue. Professor Willow will give you some Poké Balls that you can use to catch your first Pokémon.

Your Trainer will now show in Map View, and you will see three Pokémon nearby. These Pokémon are Bulbasaur, a grass-type Pokémon, Charmander, a fire-type Pokémon, and Squirtle, a water-type Pokémon. A Pokémon's type has to do with the types of abilities it can have. For now, you just need to choose which Pokémon you want to be your first, or starter, Pokémon. When you decide, tap the Pokémon.

**Tip:** Before you choose your starter Pokémon, try walking around. A fourth Pokémon called Pikachu, an electric-type Pokémon, may appear.

### To catch your first Pokémon:

1. Tap a Pokémon that shows in Map View to begin an encounter.
2. The Pokémon will appear, along with a Poké Ball at the bottom of the screen.
3. Tap and hold the Poké Ball, then quickly slide upward, releasing to throw it.

The goal is to hit the Pokémon with the Poké Ball.

4. Once hit, the Pokémon goes into the Poké Ball. If it escapes, try again.

When the Pokémon does not escape, you have caught it. Tap **OK** when Pokémon GO shows the XP earned. Tap **X** when you see information about your new Pokémon. Now, Professor Willow will congratulate you and ask you to choose a Trainer nickname. Enter a name for your character and tap **OK** when you are finished.

**Tip:** Choose a Trainer nickname carefully. You can only change it once (in Settings).

## Pokémon encounters

With the tutorial finished and a new Pokémon in your collection, it is time to catch more Pokémon. Catching lots of Pokémon is a helpful way to increase your Trainer level. As you gain more XP and reach higher levels, you will find and catch stronger Pokémon.

To catch more Pokémon, you need to find them in the wild. The easiest way to find Pokémon is to move around in the real world. When you walk around, your character in Pokémon GO moves, too. Try walking around your neighbourhood or going to a park. As your character walks, Pokémon will usually appear nearby. Just like in the tutorial, you can tap them to begin an encounter.

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**Tip:** If you are lucky, you may encounter a Shiny Pokémon. Shiny Pokémon, which have colouring unlike other Pokémon of the same species, are rare and special.

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If you are having trouble finding lots of Pokémon, try some of the following tips:

- Check the Nearby menu.

Pokémon often appear near PokéStops. Use the Nearby menu to see pictures of any stops nearby where you can find Pokémon.

- Visit a busier location.

Pokémon like to be in places where there are many people. You will find more Pokémon at a park or in a shopping mall than on a quiet residential street.

- Use Incense, activate a Lure Module, or find a Lure Module that is already active.

Incense and Lure Modules are bought in the Shop or received as rewards. Each new Trainer's inventory contains two Incense.

Incense attracts Pokémon to your location. Only you can see these Pokémon. A Lure Module attracts Pokémon to a PokéStop. All Trainers see these Pokémon. Each item attracts one Pokémon every five minutes for 30 minutes.

Activate Incense from the Items submenu or a Lure Module from a PokéStop. Lure Modules are active when pink petals are falling around a PokéStop.

You can always use these methods to find Pokémon. However, there are specific times when you can catch more Pokémon than usual, like during community events. Check the News submenu regularly for information about upcoming events.

## Berries, Poké Balls, and throwing techniques

At the beginning of this chapter, you learned to throw a Poké Ball and catch a Pokémon. However, other Pokémon are harder to catch. Items and throwing techniques can help.

**Tip:** You can usually find the items discussed below via PokéStops, the Pokémon GO Shop, and Raid Battles. Some items do not appear until Trainers level up.

### Berries

Berries are treats you can give to Pokémon that can help you earn extra rewards and make Pokémon easier to catch. There are five types of berries:




Nanab Berry	Razz Berry	Golden Razz	Pinap Berry	Silver Pinap
				
Makes Pokémon slower for easier catching	Makes Pokémon somewhat easier to catch	Makes Pokémon much easier to catch	Awards twice the usual Candy for catching	Combines Razz Berry and Pinap Berry effects

Images Sourced From [Fandom](#)

Use Berries during an encounter by tapping the Berry button in the bottom left corner. Choose a Berry and then tap on it to give it to the Pokémon.

### Poké Balls and throwing techniques

Better Poké Balls make catching easier. There are three main types of Poké Balls:

Poké Ball (Regular)	Great Ball (Stronger)	Ultra Ball (Strongest)
		

Images Sourced From [Fandom](#)

Choose a Poké Ball during an encounter by tapping the Poké Ball button in the bottom right corner. Choose a ball type and then throw it at the Pokémon.

Timing is important for catching. When holding a Poké Ball during an encounter, a shrinking circle appears on the Pokémon. Aim your throw to land in the circle. Your chance of catching increases as the size of the circle decreases.

Curving your Poké Ball throw (instead of throwing straight) also affects catching significantly. To throw a curveball, first tap and hold the Poké Ball. From the bottom of the screen, quickly draw a backward number six, releasing at the top. Curveballs take practice, but they are excellent for collecting Pokémon and XP.

## Transferring Pokémon

Pokémon GO is all about collecting Pokémon, but Trainers cannot keep every Pokémon they catch. From Map View, tap on the Poké Ball Menu, then tap the Pokémon submenu button. At the top of the screen, you will see a set of numbers. New Trainers who have only caught one Pokémon will see “1/300.” This means that you have one Pokémon and can hold 300 Pokémon total. This may seem like a lot, but it will fill up quickly.

If you catch a lot of the same Pokémon, you may want to remove some of them from your collection. This action is called transferring because the Pokémon you remove are transferred to Professor Willow.

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**Tip:** Once you have transferred a Pokémon, you cannot get it back. Make sure you really want to remove a Pokémon from your collection before you transfer it.

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Remember that you will eventually use your Pokémon in Pokémon Battles. Because of this, keeping strong Pokémon is best. For new Trainers, checking a Pokémon's Combat Power (CP) is the easiest way to tell how strong it is. In the Pokémon submenu, note the CP displayed above each Pokémon. Use these numbers as your guide.

If you want to transfer a Pokémon, follow these steps:

### To transfer a Pokémon:

1. From Map View, tap on the **Main Menu**, then the **Pokémon** submenu.
2. Tap on the Pokémon you want to transfer.
3. Tap the bottom right button with three lines, then tap **Transfer**.
4. Pokémon GO will ask you to confirm the transfer. Tap **Yes**.

Transferring Pokémon will help you to manage your Pokémon Storage space. Before you go looking for Pokémon, always make sure you have free space. Pokémon you see in Map View can disappear while you are making space for them.

Now that you know the basics of catching and transferring Pokémon, it is time to learn about Gyms and Raid Battles. Interacting with these features will enrich your Pokémon GO experience. They will allow you to collect rare Pokémon, more XP, and even PokéCoins to spend in the Pokémon GO Shop.

## **Chapter 4: Interacting with Gyms**

Battling at Gyms

Defending Gyms

Raid Battles

EX Raids

## **Chapter 5: Trading and Battling with Friends**

Friendship overview

**To add a friend**

Sending & Receiving Gifts

Trading Pokémon

Battling Pokémon

## **Glossary: Pokémon GO Items**

## Candice's Style Guide (Working Copy)

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Kim: I've added this in-progress style guide for you because there are so many odd capitalization conventions being used in articles on [Pokémon GO's official support page](#). If you spot a potential capitalization issue, it might be on the lists below.

### General Terminology

Situation	Use	Check for
Interacting with buttons	Tap	Click, Press
Viewing Map View	Map View	On the map
Indicating Figure Item	item five (spelled out)	item 5
Referring to in-game avatar	Character	Trainer (refers to player)

### Pokémon GO-Specific Terminology

#### Capitalize these terms:

Bag Upgrade	Lucky Eggs	Pokémon GO	Revives
Battle	Lure Module	Pokémon Storage Upgrade	Shop
Candy	Main Menu	PokéStop	Sightings
Egg	Photo Disc	Potions	Trainer
Friendship	Poké Balls	Power Up	Trainer Profile
Friendship Level	PokéCoins	Raid Battle	
Gift	Pokédex	Raid Pass	
Gym	Pokémon	Research Breakthrough	

#### Do not capitalize these terms:

encounter	menu	Trainer level	Battle parties
friends	evolve	incubator	curveball