

GoPro<sup>®</sup>

Be a *HERO*. ■■■■

**HERO**  
SESSION™

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**USER MANUAL**

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如需下載本用戶手冊的其他語言版本，請訪問 [gopro.com/help](https://gopro.com/help)。

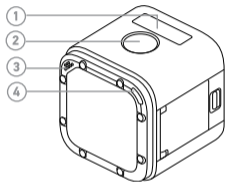
이 사용자 설명서의 다른 언어 버전은 [gopro.com/help](https://gopro.com/help)에서 다운로드하십시오.


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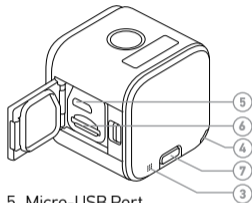
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1. Camera Status Screen
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3. Microphone
4. Camera Status Light (red) / Wireless Status Light (blue)



5. Micro-USB Port
6. microSD Card Slot
7. Info/Wireless Button

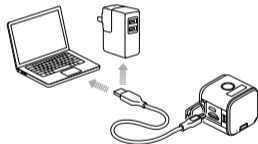
### CHARGING THE BATTERY

The integrated battery comes partially charged. No damage occurs to the camera or battery if used before being fully charged.

#### To Charge the Battery:



1. Open the side door.



2. Charge the battery using the included USB cable.

*Note: The battery cannot be removed from the camera.*

The camera status lights (red) turn on during charging and turn off when charging is complete. When charging the camera with a computer, be sure that the computer is connected to a power source. If the camera status lights do not turn on to indicate charging, use a different USB port.



**WARNING:** Using a wall charger other than a GoPro Wall Charger can damage the GoPro camera battery and could result in fire or leakage. Only use chargers marked: Output 5V 1A. If you do not know the voltage and current of your charger, use the included USB cable to charge the camera from your computer.

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For more battery information, see [Battery](#) (page 94).



**WARNING:** Use caution when using your GoPro as part of your active lifestyle. Always be aware of your surroundings to avoid injury to yourself and others.

**Abide by all local laws when using your GoPro and related mounts and accessories, including all privacy laws, which may restrict recording in certain areas.**

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### INSERTING + REMOVING MEMORY CARDS

Insert the SD card at a downward angle with the label facing down.

Use brand name memory cards (sold separately) that meet these requirements:

- microSD, microSDHC, or microSDXC
- Class 10 or UHS-I rating
- Capacity up to 64GB

For a list of the recommended microSD cards, visit [gopro.com/help](https://gopro.com/help).



**NOTICE:** Use care when handling memory cards. Avoid liquids, dust, and debris. As a precaution, power off the camera before inserting or removing the card. Check manufacturer guidelines regarding use in acceptable temperature ranges.

### CAMERA SOFTWARE UPDATES


To get the latest features and best performance from your HERO Session™ camera, make sure you are using the most current camera software. You can update your camera software with the GoPro App or at [gopro.com/getstarted](https://gopro.com/getstarted).

### POWERING ON + OFF

HERO Session powers on when you press the **Shutter/Select** button [  ] to begin capturing video or photos. The camera automatically powers off to conserve battery power after photo capture or when you press the **Shutter/Select** button [  ] to stop recording video.



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**PRO TIP:** When carrying your camera in a bag or pocket, place the camera upside down in a frame (with the **Shutter/Select** button [  ] covered) to protect the camera from accidentally capturing video or photos. To prevent the frame from marking the surface of the camera, leave the latch on the frame open.

### DISPLAYING STATUS INFO

Press the **Info/Wireless** button to display status information about your camera.

*Note: To exit these screens sooner, press and hold the Info/Wireless button for three seconds.*

- Video resolution/fps/FOV
- Time Lapse photo resolution/FOV/interval
- Remaining microSD card memory for each mode
- Protune status
- Spot Meter status
- Wireless status
- Battery status

### HELPFUL TIPS

Follow these guidelines to get the best performance from your camera:

- The camera is waterproof to 33' (10m)—no housing needed. Ensure that the side door is closed before using the camera in or around water, dirt, or sand.
- Before closing the side door, be sure the seal is free of debris. If needed, clean with a blower brush or canned air.
- Before opening the side door, be sure the camera is free of water or debris. If needed, rinse the camera with water and dry it with a cloth.

- If sand or debris hardens around the side door, soak the camera in warm tap water for 15 minutes and then rinse thoroughly to remove the debris before opening the door.
- For best audio performance, shake the camera or blow on the mic to remove water and debris from the microphone holes.
- After every use in salt water, rinse the camera with fresh water, and dry with a soft cloth.
- If the camera lens becomes foggy, let it sit with the door open until it dries.

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**PRO TIP:** During water activities, tether your camera for added security and use a Floaty to keep your camera afloat (sold separately). For more information, visit [gopro.com](https://gopro.com).



## / Camera Icons

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Beeps



Burst Photos



Date/Time

DFLT

Default Mode



Delete

FOV

Field of View

FPS

Frames Per Second



Interval



LEDs



Looping Video



Low Light

MP

Megapixels



Multi-Shot Mode



Orientation

## / Camera Icons

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Photo Mode



Protune

RATE

Burst Rate



Setup Mode



Spot Meter



Time Lapse



Video Format



Video Mode



Video Resolution



Wireless

### CAPTURING VIDEO

The default video resolution is 1080p30. To select a different resolution, see [Changing Camera Settings](#) (page 30).

#### To Start Recording Video:

Press the **Shutter/Select** button [  ]. Your camera powers on, emits three beeps, and automatically begins recording video.

The camera status lights blink while the camera is recording.

If the memory card is full or the battery is out of power, your camera automatically stops recording and saves the video before powering off.

#### To Stop Recording:

Press the **Shutter/Select** button [  ]. The camera stops recording, beeps several times, and automatically powers off to maximize battery life.

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**PRO TIP:** Videos captured at lower resolutions such as 720p30 fps are supported by more mobile devices and are easier to share and upload to the web.

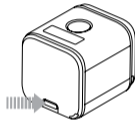
### HIGHLIGHT TAGGING

You can mark specific moments in your video as they happen with HiLight Tags. HiLight Tags make it easy to find the best moments to share.

*Note: HiLight Tags are visible during playback in the GoPro App.*

#### To Add HiLight Tags During Recording:

Press the **Info/Wireless** button.



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**PRO TIP:** You can also add HiLight Tags during recording with the GoPro App for mobile or the Smart Remote.

### CAPTURING LOOPING VIDEO

Looping video lets you continuously record and save only the moments that you want to save, which helps to conserve space on your microSD card.

Looping video is available only when you connect your camera to the GoPro App for mobile or a GoPro remote. To change Looping video settings, see [Video Settings](#) (page 37).

### To Capture Looping Video:

1. Connect your camera to the GoPro App for mobile or a GoPro remote.  
For details, see [Accessing All Modes and Settings](#) (page 32).
2. Select **Video** mode [  ] from the app or the remote.
3. Select Looping Video.
4. Tap the record button on the app, or press the **Shutter/Select** button [  ] on the remote or the camera. The camera beeps once and the camera status lights flash while the camera is recording.
5. To stop capturing, tap the Record button on the app, or press the **Shutter/Select** button [  ] on the remote or the camera. The camera status lights flash three times and the camera beeps multiple times.

*Note: When your camera is connected to the app or remote, it remains in standby mode after capturing video or photos. If you want to power off the camera, tap the Power button on the app or press the Power/Mode button on the remote. Wireless remains on so your camera is still connected to the app or the remote.*

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**PRO TIP:** Videos captured at lower resolutions such as 720p30 fps are supported by more mobile devices and are easier to share and upload to the web.

### CAPTURING TIME LAPSE PHOTOS

Time Lapse captures a series of photos at specified intervals. You can use Time Lapse to capture photos of any activity, so you can choose the best ones later.

The default interval for Time Lapse is 0.5 second. To select a different interval, see [Changing Camera Settings](#) (page 30).

#### To Start Capturing Time Lapse Photos:

Press and hold the **Shutter/Select** button [  ] for about three seconds until the Time Lapse photo icon [  ] appears on the camera status screen. Your camera powers on, emits two beeps, and automatically begins capturing Time Lapse photos. The camera status lights blink while the camera is capturing photos.

#### To Stop Recording:






Press the **Shutter/Select** button [  ]. The camera stops recording, beeps several times, and automatically powers off to maximize battery life.




### CAPTURING A SINGLE PHOTO

Single photos are captured at a default resolution of 8MP. To change photo settings, see [Changing Camera Settings](#) (page 30).

#### To Capture a Single Photo:

1. Press the **Info/Wireless** button to turn on the camera status screen.


2. Be sure the photo capture mode is set to Single:
  - a. Press the **Info/Wireless** button repeatedly to cycle to Camera Settings, then press the **Shutter/Select** button [  ] to select it.
  - b. Press the **Shutter/Select** button [  ] repeatedly until you get to the **Photo** icon [  ].
  - c. Press the **Info/Wireless** button to highlight the photo capture mode (Single or Burst).
  - d. If the capture mode is Burst, press the **Shutter/Select** button [  ] to change it to Single.
  - e. Press the **Info/Wireless** button repeatedly to cycle to Done, then press the **Shutter/Select** button [  ] to select it.

3. Press the **Info/Wireless** button to cycle to Enter Photo Mode, then press the **Shutter/Select** button [  ] to select it.
4. Press the **Shutter/Select** button [  ]. Your camera beeps once, then beeps once after a photo is captured. The camera status lights blink while the camera is capturing photos.
5. To exit Photo Mode, press the **Info/Wireless** button to cycle to Exit Photo Mode, then press the **Shutter/Select** button [  ] to select it.

### **CAPTURING BURST PHOTOS**

Burst captures up to 10 photos in 1 second, so it is perfect for capturing the definitive moment in fast-action sports. To change Burst photo settings, see [Changing Camera Settings](#) (page 30).

### To Capture Burst Photos:

1. Press the **Info/Wireless** button to turn on the camera status screen.
2. Be sure the photo capture mode is set to Burst:
  - a. Press the **Info/Wireless** button repeatedly to cycle to Camera Settings, then press the **Shutter/Select** button [  ] to select it.
  - b. Press the **Shutter/Select** button [  ] repeatedly until you get to the **Photo** icon [  ].
  - c. Press the **Info/Wireless** button to highlight the photo capture mode (Single or Burst).
  - d. If the capture mode is Single, press the **Shutter/Select** button [  ] to change it to Burst.



- e. Press the **Info/Wireless** button repeatedly to cycle to Done, then press the **Shutter/Select** button [  ] to select it.
3. Press the **Info/Wireless** button to cycle to Enter Photo Mode, then press the **Shutter/Select** button [  ] to select it.
4. Press the **Shutter/Select** button [  ]. Your camera beeps once, then beeps once after each photo is captured. The camera status lights blink while the camera is capturing photos.
5. To exit Photo Mode, press the **Info/Wireless** button to cycle to Exit Photo Mode, then press the **Shutter/Select** button [  ] to select it.

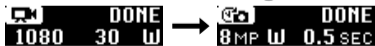
## / Changing Camera Settings

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You can change some of the video and photo settings using the buttons on the camera. To access all settings and modes, see [Accessing All Modes and Settings](#) (page 32).

### TO CHANGE CAMERA SETTINGS:

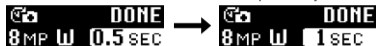
1. Press the **Info/Wireless** button to turn on the status screen.
2. Press the **Info/Wireless** button repeatedly until you get to Camera Settings, then press the **Shutter/Select** button [  ] to select it.
3. Press the **Shutter/Select** button [  ] to select the desired mode.



## / Changing Camera Settings

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4. Press the **Info/Wireless** button repeatedly to move to a setting.



5. Press the **Shutter/Select** button [  ] to select a new option.
6. Press the **Info/Wireless** button repeatedly until you get to Done, then press the **Shutter/Select** button [  ] to select it.



## / Accessing All Modes and Settings

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To access all modes and settings, connect your camera to a GoPro remote (sold separately) or the GoPro App for mobile. Settings are saved after you disconnect the camera.



### VIDEO

Record video



### LOOPING VIDEO

Record continuously



### PHOTO

Capture a single photo



### TIME LAPSE PHOTOS

Shoot photos at time intervals



### BURST PHOTO

Capture up to 10 photos in 1 second



### SETTINGS

Adjust all camera settings

## / Accessing All Modes and Settings

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### CONNECTING TO THE GOPRO APP FOR MOBILE

The GoPro App for mobile (free) lets you change all modes and camera settings using a smartphone or tablet. Features include full camera control, live preview, playback and sharing of content, and camera software updates. To learn more, visit [gopro.com/getstarted](https://gopro.com/getstarted).

*Note: When your camera is connected to the app or remote, it remains on in standby mode after capturing video or photos.*

### To Connect to the GoPro App for Mobile:

1. Download the GoPro App to your smartphone/tablet from the Apple® App Store or Google Play.
2. Open the app.

3. Follow the on-screen instructions to connect your camera.

*Note: If needed, the default password for your camera is goprohero.*

For complete pairing instructions, visit [gopro.com/help](https://gopro.com/help).


### PAIRING WITH THE REMOTE

The Smart Remote lets you change capture modes and settings, power your GoPro on/off, start/stop recording, and add HiLight Tags.

*Note: HERO Session is compatible with the Smart Remote and the Wi-Fi Remote.*

#### To Pair with the Remote:

1. On the camera, press the **Info/Wireless** button to display the status screen.

2. Press the **Info/Wireless** button repeatedly to cycle to RC, then press the **Shutter/Select** button [  ] to select it. The camera automatically begins pairing.


*Note: If you already paired your HERO Session with GoPro App for mobile or a GoPro remote, cycle to Add New instead of RC. For details, see the user manual for your remote.*

3. Put the remote into pairing mode. For more information, see the user manual for your remote at [gopro.com/getstarted](https://gopro.com/getstarted).

### CONNECTING AFTER PAIRING

After connecting your camera to the app or remote for the first time, you can connect in the future through the wireless menu.

#### To Connect Your Camera after Pairing:

1. On the camera, press the **Info/Wireless** button to display the status screen, then press it repeatedly until you get to the setting that you want (App, RC, or App & RC).
2. Press the **Shutter/Select** button [  ] to select it.

*Note: App & RC appears only if you paired your camera with a smartphone/tablet that uses Bluetooth® LE. With this option, you can connect your camera to either the app or remote.*

The wireless status lights (blue) blink when wireless is on and the camera is not recording.

### VIDEO SETTINGS

Video mode contains two capture modes: Video and Looping video. You can change all Video mode settings by connecting HERO Session™ to the GoPro App for mobile or a GoPro remote.

#### Resolution, FPS, and FOV

Video Resolution	FPS (NTSC/PAL)	FOV	Screen Resolution
1440p	30/25	Ultra Wide	1920x1440, 4:3
1080p SuperView™	48/48 30/25	Ultra Wide	1920x1080, 16:9

## / Video Settings

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Video Resolution	FPS (NTSC/PAL)	FOV	Screen Resolution
1080p	60/50 30/25	Ultra Wide, Medium	1920x1080, 16:9
960p	60/50 30/25	Ultra Wide	1280x960, 4:3
720p SuperView	60/50 30/25	Ultra Wide	1280x720, 16:9

## / Video Settings

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Video Resolution	FPS (NTSC/PAL)	FOV	Screen Resolution
720p	100/100 60/50 30/25	Ultra Wide, Medium	1280x720, 16:9
WVGA	120/100	Ultra Wide	848x480, 16:9

## / Video Settings

---

Resolution	Best Use
1440p	Good for advanced users who want to capture a full image and then edit to the desired aspect ratio.
1080p SuperView	SuperView delivers the world's most immersive field of view. Recommended for body-or gear-mounted shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer.

## / Video Settings

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Resolution	Best Use
1080p	Great for all shots. High resolution and frame rate yield stunning results.
960p	Good for users who want to capture a full image and then edit to the desired aspect ratio.

## / Video Settings

---

Resolution	Best Use
720p SuperView	SuperView delivers the world's most immersive field of view. Good for body-or gear-mounted shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer.

## / Video Settings

---

Resolution	Best Use
720p	Good for handheld shots and when slow motion is desired. 720p is optimal for sharing on social media sites. 720p100 is great for slow motion.
WVGA	Good when super slow motion is desired and standard definition is acceptable.

FOV	Best Use
Ultra Wide (W)	Largest field of view. Recommended for body-and gear-mounted shots. Good for action shots where you want to capture as much as possible within the frame.
Medium (M)	Mid-range field of view. Good for shots where you want the subject to fill the frame.

**PRO TIP:** Easily create epic GoPro-style videos using the GoPro App for desktop (free). Learn more at [gopro.com/getstarted](https://gopro.com/getstarted).

### Low Light

Auto Low Light allows you to shoot in low-light environments or when quickly transitioning in and out of low-light conditions. The camera automatically adjusts fps according to lighting conditions to achieve the optimal exposure and best results.

Auto Low Light is available at 48 fps and higher. Auto Low Light is not available for WVGA. The options for this setting are Auto/On (default) and Off.

### Spot Meter

Spot Meter is good for filming into a setting where the lighting is different from where you are. Examples include filming the outdoors from within a car or filming a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the imager rather than on the entire frame. The options for this setting are Off (default) and On.

*Note: Changes that you make to Spot Meter in **Video** settings apply only to video capture. To adjust this setting for photo capture, adjust Spot Meter in **Photo** settings. To adjust this setting for multi-shot capture, adjust Spot Meter in **Multi-Shot** settings.*

### Protune

For details about Protune settings, see [Protune](#) (page 68).



### PHOTO SETTINGS

Photo mode contains one capture mode: Single photo. You can change some Photo mode settings directly on the camera. To access all settings, connect HERO Session™ to the GoPro App for mobile or a GoPro remote.

#### **MP** Megapixels

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8MP Ultra Wide  
(default)

Largest field of view. Good for action shots.

---

5MP Medium

Mid-range field of view. Good for shots where you want the subject to fill the frame.

---

*Note: Changes that you make to Megapixels in **Photo** settings apply only to photo capture. To adjust this setting for multi-shot capture, adjust Spot Meter in **Multi-Shot** settings.*



Spot Meter is good for capturing photos in a setting where the lighting is different from where you are. Examples include capturing photos of the outdoors from within a car or in a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image, rather than on the entire frame. The options for this setting are Off (default) and On.

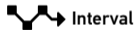
*Note: Changes that you make to Spot Meter in **Photo** settings apply only to photo capture. To adjust this setting for video capture, adjust Spot Meter in **Video** settings. To adjust this setting for multi-shot capture, adjust Spot Meter in **Multi-Shot** settings.*

## / Multi-Shot Settings

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### MULTI-SHOT SETTINGS

You can change all settings for Time Lapse and Burst photos by connecting HERO Session to the GoPro App for mobile or a GoPro remote.



The Interval setting applies to Time Lapse photos. Interval determines the amount of time that passes between each captured photo.

#### Time Lapse Intervals

Available intervals range from 0.5 second (default) to 60 seconds.

## / Multi-Shot Settings

---

INTERVAL	EXAMPLES
0.5-2 seconds	Surfing, biking, or other sports
2 seconds	Busy street corner
5-10 seconds	Sunset
10-60 seconds	Lengthy activities, such as construction projects or family gatherings

**PRO TIP:** Create a video from your Time Lapse photos with the GoPro App for desktop (free). Learn more at [gopro.com/getstarted](https://gopro.com/getstarted).

### RATE

Rate applies only to Burst photos. Photos can be captured at the following rates:

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3 photos in 1 second

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5 photos in 1 second

---

10 photos in 1 second (default)

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10 photos in 2 seconds

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### MP Megapixels

Setting	Description
8MP Ultra Wide (default)	Largest field of view. Good for action shots.
5MP Medium	Mid-range field of view. Good for shots where you want the subject to fill the frame.

*Note: Changes that you make to Megapixels in **Multi-Shot** settings apply only to multi-shot capture. To adjust this setting for photo capture, adjust Megapixels in **Photo** settings.*

### Spot Meter

Spot Meter is good for capturing photos in a setting where the lighting is different from where you are. Examples include capturing photos of the outdoors from within a car or in a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image, rather than on the entire frame. The options for this setting are Off (default) and On.

*Note: Changes that you make to Spot Meter in **Multi-Shot** settings apply only to multi-shot capture. To adjust this setting for video capture, adjust Spot Meter in **Video** settings. To adjust this setting for photo capture, adjust Spot Meter in **Photo** settings.*

### SETUP MODE SETTINGS

In **Setup** mode, you can change settings that apply to all camera modes. To change a setting in this mode, your camera must be connected to the GoPro App for mobile or a GoPro remote. For more information, see [Accessing All Modes and Settings](#) (page 32).


When you disconnect your camera from the app or the remote, your camera saves the settings.



### Wireless

This setting lets you connect your camera to the GoPro App for mobile or a GoPro remote. When wireless is on, a wireless status icon appears on the camera status screen and the blue wireless lights blink intermittently. The blue wireless lights do not blink during recording.

#### Accessing Wireless Options:

1. Press the **Info/Wireless** button to display the status info.
2. Press the **Info/Wireless** button repeatedly until you get to the wireless option that you want, then press the **Shutter/Select** button [  ] to select it.

**PRO TIP:** To quickly exit the wireless menu or the status info screens, press and hold the **Info/Wireless** button for three seconds.

Setting	Description
App	Connects the camera to the GoPro App for mobile. For details, see <a href="#">Connecting to the GoPro App for Mobile</a> (page 32).
RC	Connects the camera to a GoPro remote control. For instructions on pairing, see <a href="#">Pairing with the Remote</a> (page 34).

## / Setup Mode

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Setting	Description
Turn Camera Off	Turns off the camera. This option appears only if wireless is on and the camera is connected to the app or remote. If you select this option, the camera turns off, but wireless remains on.
Turn WiFi Off	Turns off wireless. This option appears only if wireless is on. When wireless is off, the available capture modes on the camera are Video and Time Lapse.


## / Setup Mode

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Setting	Description
Add New	Pairs your camera with an additional GoPro remote or with the app on an additional smartphone/tablet. This option appears only if you already paired your camera with a GoPro remote or a smartphone/tablet.

*Note: If your smartphone/tablet uses Bluetooth® LE, the App and RC options are combined into one (App & RC) after you connect for the first time. App & RC lets you connect your camera to either the app or remote.*

### Resetting Your Camera's Wireless Name and Password

1. With your camera off, press and hold the **Info/Wireless** button until the reset options appear (about eight seconds).
2. Press the **Info/Wireless** button again to highlight Yes.
3. Press the **Shutter/Select** button [  ] to select Yes and reset your camera name and password. The default password is *goprohero*.

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**PRO TIP:** When you turn off your camera with the GoPro App for mobile or a GoPro remote, wireless remains on so that you can quickly reconnect. To save battery power, turn off wireless when you are finished using it.

### Orientation

This setting lets you determine if you want your captured video to be upside down or right-side up.

*Note: This setting applies only when capturing video.*

Setting	Description
Auto (default)	(Auto Image Rotation) Camera automatically selects Up or Down, based on the orientation of the camera when recording begins. This option eliminates the need to flip your video during editing when the camera is mounted upside down.

Setting	Description
Up	Camera is used right-side up.
Down	Camera is used upside down. This option eliminates the need to flip your video during editing when the camera is mounted upside down.

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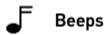
### **DFLT** Default Mode

This setting applies only when HERO Session™ is connected to the GoPro App for mobile or a GoPro remote. You can select the capture mode that appears when the camera is powered on with the app or the remote. The options are Video (default), Looping Video, Photo, Burst, and Time Lapse.





This setting determines whether the camera status lights (red) and wireless status lights (blue) are on (default) or off.



You can set the volume for the sound indicators to be 100% (default), 70%, or Off.



The NTSC/PAL settings govern frame rates for recording and playback when viewing video on a TV/HDTV.

Setting	Description
NTSC (default)	Viewing video on an NTSC TV/HDTV (most televisions in North America)
PAL	Viewing video on a PAL TV/HDTV (most televisions outside of North America)



### Date/Time

Your camera's date and time are automatically set when you connect your camera to the GoPro App. This setting lets you manually set the date and time, if needed.



### Delete

This setting lets you delete the most recently captured video, photo, Burst sequence, or Time Lapse sequence. You also have the option to delete all files and reformat the memory card. The camera status lights blink until the operation is complete.

**NOTICE:** If you select All/Format, the memory card is reformatted, which deletes every video and photo file on your card.

### Camera Reset

With this setting, you can reset your camera's settings to their default values. This option does not reset the Date/Time setting, the camera's name and wireless password, or remote control pairing. This option is available only if your camera is connected to a GoPro remote.

*Note: If your camera is not responding but you do not want to lose your settings, press and hold the **Shutter/Select** button until your camera powers off.*

### PROTUNE™ BENEFITS

Protune unlocks the camera's full potential, yielding stunning image quality and cinema-caliber video optimized for professional productions. Protune gives content creators more flexibility and workflow efficiency than ever before.

Protune is compatible with professional color correction tools, GoPro App for desktop, and other video editing software.

Protune enables manual control of White Balance, Color, ISO Limit, Sharpness, and Exposure Value Compensation for advanced control and customization of your video footage.



### PROTUNE

The options for this setting are Off (default) and On. When Protune is on, *PT* appears on the camera status screen. Protune is available for these video resolutions (Ultra Wide FOV only): 1440p, 1080p, 720p100, and 960p60/50. Protune is not available for Looping Video or photos.

 **WHITE BALANCE**

White balance adjusts the overall color tone of videos.

<b>Setting</b>	<b>Description</b>
Auto (default)	Automatically adjusts the color tone based on the environmental conditions
3000K	Warm light (incandescent or sunrise/sunset lighting)
5500K	Slightly cool light (cool fluorescent or average daylight)

<b>Setting</b>	<b>Description</b>
6500K	Cool light (overcast conditions)
Native	Minimally color-corrected file from the image sensor that allows for more precise adjustments in post-production

**COLOR**

Color allows you to adjust the color profile of your video footage.

<b>Color Setting</b>	<b>Resulting Color Profile</b>
GoPro Color (default)	Provides GoPro color-corrected profile (same great color as when Protune is turned off).
Flat	Provides neutral color profile that can be color-corrected to better match footage captured with other equipment, offering more flexibility in post-production. Due to its long curve, Flat captures more details in shadows and highlights.

**ISO LIMIT**

ISO Limit adjusts the camera's sensitivity in low-light environments, and creates a balance between brightness and resulting image noise. Image noise refers to the degree of graininess in the image.

<b>Setting</b>	<b>Resulting Quality</b>
1600 (default)	Moderately bright video in low light, moderate image noise
400	Darker video in low light, reduced image noise

**SHARPNESS**

Sharpness controls the level of detail and contrast in your video.

Setting	Resulting Quality
On (default)	Moderately sharp video
Off	Softer video that allows for more flexibility during post-production

**PRO TIP:** If you plan to increase sharpness during editing, turn this setting off.

**EXPOSURE VALUE COMPENSATION (EV COMP)**

Exposure Value Compensation affects the brightness of your video. Adjusting this setting can improve image quality when shooting in environments with contrasting lighting conditions.

**Settings**

-2.0	-1.5	-1.0	-0.5	0 (default)	+0.5	+1.0	+1.5	+2.0
------	------	------	------	-------------	------	------	------	------

**PRO TIP:** Exposure Value Compensation adjusts brightness within the existing ISO Limit. If brightness has already reached the ISO Limit in a low-light environment, increasing the Exposure Value Compensation does not have any effect.

### RESET

This option resets all Protune settings to their default values.

To play back your video and photos on a computer, you must first transfer these files to a computer. Transferring also frees up space on your microSD card for new content.

### To Transfer Files to a Computer

1. Download and install the GoPro App for desktop from **[gopro.com/getstarted](https://gopro.com/getstarted)**. The HERO Session™ camera was designed to communicate with the app to help you easily locate and transfer your files.
2. Connect the camera to your computer using the included USB cable.

## / Transferring Files to a Computer

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3. Press the **Shutter/Select** button [  ] to power on the camera and open the importer in the app.
4. Follow the on-screen instructions.

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**PRO TIP:** You can also transfer files to a computer using a card reader (sold separately). Connect the card reader to your computer and insert the microSD card into the reader. You can then transfer your files to your computer or delete selected files on your card.

## / Playing Back Video and Photos

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### PLAYING BACK CONTENT ON A COMPUTER

1. Download and install the GoPro App for desktop from **gopro.com/getstarted**. The HERO Session camera was designed to communicate with the app to help you easily locate and transfer your files.
2. Transfer your files to your computer. For more information, see [Transferring Files to a Computer](#) (page 77).
3. Use the app to play back the files.



### PLAYING BACK CONTENT ON A SMARTPHONE/TABLET

1. Connect your camera to the GoPro App for mobile. For more information, see [Connecting to the GoPro App for Mobile](#) (page 32).
2. Use the controls on the app to play back your footage on your smartphone/tablet.

### MICROSD CARD MESSAGES

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NO SD CARD	No card present. The camera requires a microSD, microSDHC or microSDXC card to capture videos and photos.
SD FULL	Card is full. Delete files or swap card.
SD ERROR	Camera is unable to read card formatting. Reformat the card in the camera. <b>NOTICE:</b> If you select Yes to reformat the card, all of the content on the card is deleted.

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## / Important Messages

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**PRO TIP:** Reformat your microSD card on a regular basis to ensure that the card can continue to receive information from the camera.

### IMPORTANT CAMERA MESSAGES

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#### REPAIRING FILE

If your last video file was corrupted during recording, the camera displays *REPAIRING FILE* while it tries to repair the file. When this process is finished, the camera powers off if it is not connected to the GoPro App for mobile or a GoPro remote.

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## / Important Messages

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#### REPAIRING FILE (continued)

If the camera is connected to the app or remote, tap the Shutter button on the app or press the **Shutter/Select** button [  ] on the remote or the camera when the repair is finished to continue using the camera.

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The Temperature icon and *CAMERA TOO HOT* appear on the camera status screen when the camera becomes too hot and needs to cool down. Simply let it sit and cool before attempting to use it again.

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Your HERO Session™ comes with a Standard Frame.

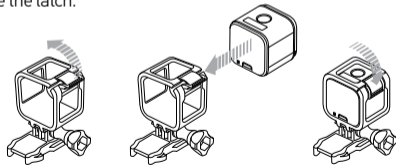
*Note: To prevent the frame from marking the surface of your camera, leave the latch on the frame open when storing your camera in a frame for a long period of time.*

The HERO Session camera is waterproof to 33' (10m) with the side door closed—no additional housing is needed when using the camera in or around water.

**NOTICE:** The Standard Frame does not provide additional waterproof protection for your camera.

### TO SECURE THE CAMERA IN THE FRAME:

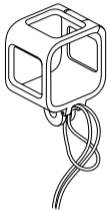
1. Open the latch.
2. Rotate the camera to the desired orientation, and then slide it into the frame. The back of the frame has a raised edge. Be sure the back of the camera sits flush against it.
3. Close the latch.



## / The Frame

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**PRO TIP:** For added security during water activities, tether the frame to the mount. By looping the tether over the small bar behind the mounting fingers. Camera Tethers are sold separately.

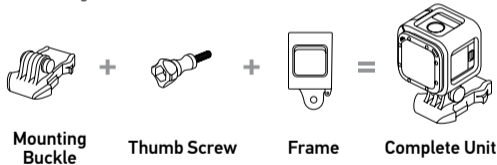


## / Mounting Your Camera

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### ATTACHING YOUR CAMERA TO MOUNTS

To attach your HERO Session camera to a mount, you need a mounting buckle and/or thumb screw, depending on the mount you are using.

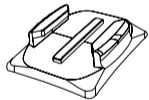


## / Mounting Your Camera

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### USING CURVED + FLAT ADHESIVE MOUNTS

The Curved + Flat Adhesive Mounts make it easy to attach the camera to curved and flat surfaces of helmets, vehicles, and gear. With the mounting buckle, the frame can be clicked on and off the secured Curved or Flat Adhesive Mounts.



**Curved Adhesive Mount**



**Flat Adhesive Mount**

## / Mounting Your Camera

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### ATTACHING MOUNTING BUCKLES TO MOUNTS

1. Flip up the mounting buckle plug.
2. Slide the buckle into the mount until it clicks into place.
3. Press down on the plug so that it sits flush with the buckle.



**PRO TIP:** If you mount your HERO Session upside down, the camera automatically changes the orientation of your image to be right-side up. For more information, see [Orientation](#) (page 61).

### **MOUNTING GUIDELINES**

Follow these guidelines when attaching mounts:

- Attach the adhesive mounts at least 24 hours before use.
- Adhesive mounts must be mounted only on smooth surfaces. Porous or textured surfaces do not enable a proper bond. When applying the mount, firmly press it into place and ensure full contact over the entire surface.

- Apply adhesive mounts to clean surfaces only. Wax, oil, dirt, or other debris reduce adhesion, which can result in a weak bond and risk of losing the camera should the connection fail.
- Attach adhesive mounts in room temperature conditions. Adhesives do not bond properly if applied in cold or damp environments to cold or damp surfaces.

## / Mounting Your Camera

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- Check state and local regulations and laws to ensure that attaching a camera to equipment (such as hunting equipment) is permitted. Always comply with regulations that restrict the use of consumer electronics or cameras.



**WARNING: To avoid injury, do not use a tether when mounting the camera on a helmet.**

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## / Mounting Your Camera

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For more information on mounts, see [gopro.com](https://gopro.com).

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**WARNING: If using your camera with a GoPro mount or strap intended for use with a helmet, always select a helmet that meets the applicable safety standard.**



**Choose the right helmet for your particular sport or activity and make sure that it is the right fit and size for you. Inspect your helmet to ensure that it is in good condition, and follow the helmet manufacturer's instructions on safe helmet use.**

**Any helmet that has sustained a major impact should be replaced. No helmet can protect against injury in every accident.**


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Your HERO Session™ camera and battery are integrated. You cannot remove the battery from the camera.

The battery icon displayed in the camera status screen blinks when the battery drops below 10%. If the battery reaches 0% while recording, the camera saves the file and powers off.

### **MAXIMIZING BATTERY LIFE**

Extreme cold temperatures can decrease battery life. To maximize battery life in cold conditions, keep camera in a warm place prior to use.

When you are not using HERO Session, rotate it in the frame so the **Shutter/Select** button [  ] is covered to prevent the camera from accidentally turning on.

*Note: To prevent the frame from marking the surface of your camera, leave the latch on the frame open when storing your camera in a frame for a long period of time.*

### **CHARGING TIME**

The battery charges to 80% in approximately one hour and 100% in approximately two hours when using GoPro's USB-compatible Wall Charger, Auto Charger, or other USB charging adapter. Other chargers might charge at a slower rate.





**WARNING:** Using a wall charger other than a GoPro Wall Charger can damage the GoPro camera battery and could result in fire or leakage. Only use chargers marked: Output 5V 1A. If you do not know the voltage and current of your charger, use the included USB cable to charge the camera from your computer.

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### USING THE CAMERA WHILE CHARGING

You can capture video and photos while the camera is plugged in to a USB charging adapter, or the GoPro Wall Charger or Auto Charger with the included USB cable. (You cannot record while charging the camera through a computer.) When you stop recording, the camera battery begins to charge.

*Note: Because the side door is open, the camera is not waterproof during charging.*

### BATTERY STORAGE AND HANDLING

The camera contains sensitive components, including the battery. Avoid exposing your camera to very cold or very hot temperatures. Low or high temperature conditions may temporarily shorten the battery life or cause the camera to temporarily stop working properly. Avoid dramatic changes in temperature or humidity when using the camera, as condensation may form on or within the camera.

The integrated battery in the camera is non-serviceable. Contact GoPro Customer Service for all battery related issues.

Do not dry the camera or battery with an external heat source such as a microwave oven or hair dryer. Damage to the camera or battery

caused by contact with liquid inside the camera is not covered under the warranty.

Do not make any unauthorized alterations to the camera. Doing so may compromise safety, regulatory compliance, performance, and may void the warranty.



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**WARNING: Do not drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate, or paint the camera. Do not insert foreign objects into any opening on the camera, such as the micro-USB port. Do not use the camera if it has been damaged—for example, if cracked, punctured, or harmed by water. Disassembling or puncturing the integrated battery can cause an explosion or fire.**

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### **MY GOPRO WON'T POWER ON**

Make sure your GoPro is charged. To charge your camera, use the included USB cable and a computer. You can also use a charging device manufactured by GoPro.

### **MY GOPRO WON'T RESPOND WHEN I PRESS A BUTTON**

Press and hold the **Shutter/Select** button [  ] for about eight seconds until your camera powers off. This reset saves all of your content and settings.

### I WANT TO RESET MY GOPRO SETTINGS TO THE DEFAULTS

In **Setup** mode, select Camera Reset. This option does not reset the Date/Time or your camera's username and wireless password.

*Note: Camera Reset is available only when your camera is connected to the GoPro remote.*


### I FORGOT MY CAMERA'S USERNAME OR PASSWORD


See [Resetting Your Camera's Wireless Name and Password](#) (page 5).

### HOW DO I TURN OFF MY CAMERA?


If HERO Session is not connected to the GoPro App for mobile or a GoPro remote, it powers off automatically after you stop recording.

When your camera is connected to the app or remote, tap the Power icon in the app or press the **Power/Mode** button on the remote to turn off the camera. Wireless remains on.

If your camera goes out of range of the app or remote, or you close the app, press the **Info/Wireless** button to display Turn Camera Off, then press the **Shutter/Select** [  ] button to select it. Wireless remains on.

To turn off wireless and power off the camera, press the **Info/Wireless** button, press it repeatedly to display Turn WiFi Off, then press the **Shutter/Select** [  ] button to select it.

### I POWERED OFF MY GOPRO, BUT THE BLUE LIGHT IS STILL BLINKING

The blue light indicates that wireless is on. To turn off wireless, press the **Info/Wireless** button to display Turn WiFi Off, then press the **Shutter/Select** [  ] button to select it.


### MY PLAYBACK IS CHOPPY

Choppy playback is typically not a problem with the file. If your footage skips, one of these situations is likely the cause:

- Using an incompatible video player. Not all video players support the H.264 codec. For best results, use the latest GoPro App for desktop.

- The computer does not meet the minimum requirements for HD playback. The higher the resolution and frame rate of your video, the harder the computer has to work to play it back. If you are using the GoPro App for desktop to play back your files, be sure that your computer meets the minimum system requirements, available on [gopro.com/getstarted](https://gopro.com/getstarted).
- Playing content directly from your camera over a USB connection. Transfer the file to the computer to play back. If your computer does not meet the minimum requirements, record with Protune off and make sure that all other programs on your computer are closed.

### WHAT SOFTWARE VERSION AM I RUNNING?

Press the **Info/Wireless** button to display the status screen, then press it repeatedly until you get to Exit. The software version number appears in the upper left of the status screen. To exit the menu, press the **Shutter/Select** button [  ].

### WHAT IS MY CAMERA'S SERIAL NUMBER?

The camera's serial number is listed in several places:

- On the inside of the camera's side door
- On your camera's microSD card (in the version.txt file in the MISC folder)
- On your camera's original packaging

GoPro is dedicated to providing the best possible service. To reach GoPro Support, visit [gopro.com/help](https://gopro.com/help).

## / Trademarks

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## / Regulatory Information

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To see the complete list of country certifications, refer to the *Important Product + Safety Information* included with your camera. To see the Declaration of Conformity for this product, visit [gopro.com/help](https://gopro.com/help).



Learn about more GoPro products at [gopro.com](https://gopro.com)

130-16063-000 REVC  Please Recycle