

GENERIC SETTINGS



RESOLUTION

1080	Full HD. Sharp and clean image. Good compromise between quality/file size.
2.7K	Sharp and clean image. Can be used for light cropping in editing.
4K	4x Full HD. Perfect for cropping. But big file size and shorter battery life.
5.3K	Highest resolution supported. Ideal for heavy cropping in post. Big file size.
2.7K (4:3)	Same as above but 4:3 aspect ratio. Best for filming people or tall objects.
4K (4:3)	Same as above but 4:3 aspect ratio. Best for filming people or tall objects.
5K (4:3)	Same as above but 4:3 aspect ratio. Best for filming people or tall objects.



LENS

SuperView	16mm. Fisheye look. Good for sport, landscape, interior, aerial, FPV.
Wide	16-34mm. Light fisheye look. Good for sport, landscape, vlog, underwater.
Linear	19-39mm. DSLR look. Good for portraits, vlogs or close up shots.
Linear + HL	19-39mm. Same as above but with horizon always straight.
Narrow	27mm. Narrow FOV without fisheye effect. Ideal for close up shots.



SCHEDULED CAPTURE

ON	Select a time within the next 24 hours for your camera to start recording automatically. This lets you shoot while you can't be near the camera.
OFF	Auto recording disabled.



DURATION

15s → 3h	Choose how long your camera records before automatically stopping. Useful to conserve SD card space and not leave the camera running for too long.
OFF	No Limit.



FRAME RATE

24	Cinematic frame rate. No slow motion.
30	Standard TV style. No slow motion.
60	For action shots. Slow motion 2x.
120	For faster action shots. Slow motion 4x. Not good in low light.
240	For super fast action shots. Slow motion 8x. Not good in low light.



HYPER SMOOTH

Boost	Max. stabilization with tight cropping (20%). Ideal for very shaky conditions.
High	High video stabilization with some cropping (10%). Good for shaky conditions.
Standard	Slightly reduced video stabilization for increased battery life.
Off	Records without video stabilization or cropping. Ideal for low light conditions.



HINDSIGHT

15s / 30s	Choose whether HindSight saves 15 or 30 seconds of video before you press the Shutter button. This feature ensures you won't miss a moment of action, but it could have significant impact to the battery life.
OFF	Feature disabled.



TIMER

3s / 10s	Set your GoPro to capture up to 10 seconds after the shutter button is pressed. Great for group shots or selfies.
OFF	Feature disabled.



ZOOM

Up to 2x	Touch Zoom helps you capture a closer view of the action. Use the slider on the right to lock in the zoom level.
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TIME-LAPSE



SPEED

	<i>This sets your video time-lapse speed</i>
Auto	Let your GoPro automatically adjust the speed based on motion, scene detection, and lighting.
2x 5x	Ideal for short activities (1 min. recording time)
10x 15x 30x	Good for longer activities (5 min. recording time)



SPEED RAMP

Half Speed	Choose to slow your TimeWarp video down to real speed (30fps) or half speed (60fps slow-motion) while recording a time-warp. This option is also available on the rear screen while recording a time-warp.
Real Speed	



FORMAT

Photo TL	Takes a continuous series of photos at set intervals. You'll need to stitch them together in post to create a time-lapse video. It's ideal if you want freedom of editing.
Video TL	Captures a continuous series of photos at set intervals and creates a video out of them. Best for quick results.



INTERVAL

	<i>Choose how often your camera captures a frame of video or takes a photo.</i>
0.5s → 5s	Ideal for quick activities (eg. surfing, biking, running, etc)
10s → 1h	Perfect for extended activities (eg. moving clouds, sunsets, painting, construction work, etc)

PHOTO



OUTPUT

SuperPhoto	Sets GoPro to automatically select the best image processing for your shot.
HDR	Good for high contrast images (eg. sun behind a subject).
Standard	Saves your photos as standard .jpg files. Small in size.
RAW	Saves your photos as both .jpg and .gpr files. Preserves more details in the image, ideal for editing..



BURST RATE

Auto	Let GoPro capture up to 25 photos in 1 second based on lighting conditions.
3/1s → 30/10s	Choose how many photos your camera will take in a 1, 3, 6, or 10 second burst. Ideal for fast-action scenes.

ADVANCED SETTINGS: PROTUNE



BIT RATE	High	Higher bit rate up to 100Mbps for higher video quality (2.7K and up resolutions)
	Standard	Smaller file size, with lower quality video.



SHUTTER	Auto	Automatically adjusts exposure. Good in drastic change of light.
	Manual	Full control over exposure. Good with consistent lighting.



ISO	MIN	100 - Offers best image quality.
	MAX	100 - For daylight. Best quality. 400 - For medium light. Low noise possible in shadows. > 400 - For low light. May introduce noise.



WB	Auto	For most occasions. Auto selects image temperature.
	Manual	Full control over image temperature (2300k - 6500k, Auto and Native).



SHARP	Low	Very soft image. Good for editing.
	Medium	Detailed image. For light editing.
	High	Very crispy image. For no editing.



COLOR	Flat	For color grading in post production.
	Natural	Captures photos and videos with a true-to-life color profile
	Vibrant or GoPro	For no color grading. Applies vivid GoPro color style in camera.



RAW AUDIO	OFF	Audio is joint with video.
	Low	Applies audio processing and outputs separate .wav audio file. For advanced audio editing.
	Med	
High		



EV COMP.	+2	Exposure Value Compensation affects the brightness of your photos and videos. Adjusting this setting can improve image quality when shooting scenes with sharply contrasting lighting conditions.
	0	
	-2	



WIND	Auto	Automatically filters out excessive wind (and water) noise.
	ON	Use to filter out excessive wind noise or when your GoPro is mounted on a moving vehicle.
	OFF	Use when wind will not affect sound quality and you want to ensure that your GoPro is recording in stereo.



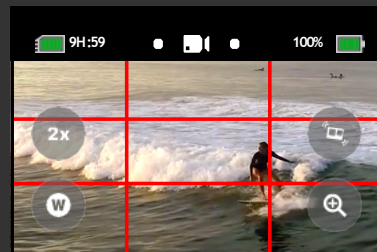
MEDIA MOD	Camera Mics	This option is only available when you connect the GoPro Media Mod. It lets you select different microphone setups. Ideal for advanced Audio design.
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PRO TIPS

#1: Enable the Grid

The grid helps you frame the shot using the rule of thirds.

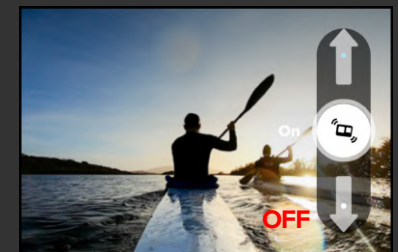
Generally, for a good composition, you should try to place the subject on one of the four intersection points.



#2: Disable Hypersmooth in Low-Light

In Low-Light conditions, the GoPro built-in Electronic Image Stabilization creates video artifacts, resulting in a poor image quality.

Disable Hypersmooth for a cleaner image in low-light.



SETTINGS BY ACTIVITY

TRAVEL	
VIDEO	5.3K 4K (4:3) 30fps 60fps Wide Linear Lens
PHOTO	Photo HDR Wide Linear Lens

BIKE	
VIDEO	4K (4:3) 2.7K (4:3) 60fps Wide Lens
PHOTO	Time Lapse Photo Interval 5s Wide Lens

AIR	
VIDEO	4K 1080p 60fps 120fps Wide Lens
PHOTO	Time Lapse Photo Interval 1s Wide Lens

POV*	
VIDEO	4K (4:3) 60fps Wide Lens
PHOTO	Time Lapse Photo Interval 2s Wide Lens

SNOW SPORTS	
VIDEO	4K 1080p 60fps 240fp Wide Lens
PHOTO	Time Lapse Photo Interval 1s Wide Lens

WATER SPORTS	
VIDEO	4K 1080p 60fps 240fp SuperView Wide Lens
PHOTO	Time Lapse Photo Interval 1s SuperView Wide Lens

UNDERWATER	
VIDEO	5.3K 4K 30fps 60fps Wide Linear Lens
PHOTO	Time Lapse Photo Interval 2s Wide Linear Lens

VLOG/SELFIE	
VIDEO	4K 1080p 30fps 60fps Wide Narrow Lens
PHOTO	Photo SuperPhoto Wide Narrow Lens

VEHICLE	
VIDEO	4K (4:3) 2.7K (4:3) 30fps 60fps Wide Lens
PHOTO	Time Lapse Photo Interval 5s Wide Lens

*POV: Point of View shots are those taken from your point of view using a body mount or handheld mount.