

## GENERIC SETTINGS



### RESOLUTION

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

### FOV

### LENS

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

### SC

### SCHEDULED CAPTURE

<b>ON</b>	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.
<b>OFF</b>	Auto recording disabled.



### DURATION

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

### FPS

### FRAME RATE

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



### HYPER SMOOTH

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



### HINDSIGHT

<b>15s / 30s</b>	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.
<b>OFF</b>	Feature disabled.



### TIMER

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



### ZOOM

<b>Up to 2x</b>	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

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



### SPEED RAMP

<b>Half Speed</b>	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.
<b>Real Speed</b>	



### FORMAT

<b>Photo TL</b>	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.
<b>Video TL</b>	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>
<b>0.5s → 5s</b>	Ideal for quick activities (eg. surfing, biking, running, etc)
<b>10s → 1h</b>	Perfect for extended activities (eg. moving clouds, sunsets, painting, construction work, etc)

## PHOTO

### RAW

### OUTPUT

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



### BURST RATE

<b>Auto</b>	Let GoPro capture up to 25 photos in 1 second based on lighting conditions.
<b>3/1s → 30/10s</b>	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 Med High** Applies audio processing and outputs separate .wav audio file. For advanced audio editing.



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

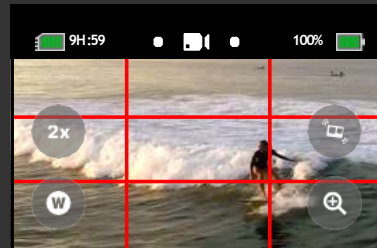
**Camera Mics** This option is only available when you connect the GoPro Media Mod. It lets you select different microphone setups. Ideal for advanced Audio design.

## 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

<div><b>TRAVEL</b></div> <div><div> VIDEO</div><div>5.3K 4K (4:3)</div><div>30fps 60fps</div><div>Wide Linear Lens</div></div> <div><div> PHOTO</div><div>Photo</div><div>HDR</div><div>Wide Linear Lens</div></div>	<div><b>BIKE</b></div> <div><div> VIDEO</div><div>4K (4:3) 2.7K (4:3)</div><div>60fps</div><div>Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 5s</div><div>Wide Lens</div></div>	<div><b>AIR</b></div> <div><div> VIDEO</div><div>4K 1080p</div><div>60fps 120fps</div><div>Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 1s</div><div>Wide Lens</div></div>
<div><b>POV*</b></div> <div><div> VIDEO</div><div>4K (4:3)</div><div>60fps</div><div>Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 2s</div><div>Wide Lens</div></div>	<div><b>SNOW SPORTS</b></div> <div><div> VIDEO</div><div>4K 1080p</div><div>60fps 240fp</div><div>Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 1s</div><div>Wide Lens</div></div>	<div><b>WATER SPORTS</b></div> <div><div> VIDEO</div><div>4K 1080p</div><div>60fps 240fp</div><div>SuperView Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 1s</div><div>SuperView Wide Lens</div></div>
<div><b>UNDERWATER</b></div> <div><div> VIDEO</div><div>5.3K 4K</div><div>30fps 60fps</div><div>Wide Linear Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 2s</div><div>Wide Linear Lens</div></div>	<div><b>VLOG/SELFIE</b></div> <div><div> VIDEO</div><div>4K 1080p</div><div>30fps 60fps</div><div>Wide Narrow Lens</div></div> <div><div> PHOTO</div><div>Photo</div><div>SuperPhoto</div><div>Wide Narrow Lens</div></div>	<div><b>VEHICLE</b></div> <div><div> VIDEO</div><div>4K (4:3) 2.7K (4:3)</div><div>30fps 60fps</div><div>Wide Lens</div></div> <div><div> PHOTO</div><div>Time Lapse Photo</div><div>Interval 5s</div><div>Wide Lens</div></div>

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

\*Recommendations are based on the GoPro Hero 10 (settings may vary by the camera model)

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