

# HERO 5

session™

USER MANUAL

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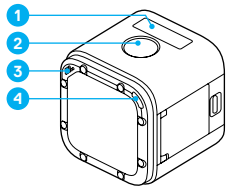
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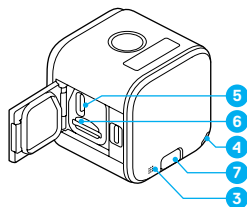
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## YOUR HERO5 SESSION

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1. Camera Status Screen
2. Shutter Button [  ]
3. Microphone
4. Camera Status Light



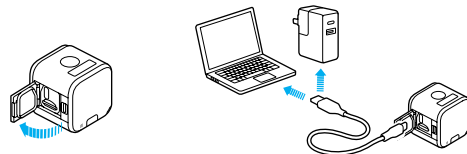
5. USB-C Port
6. microSD Card Slot
7. Menu Button

## GETTING STARTED

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### CHARGING THE BATTERY

For the best experience with your new camera, we recommend fully charging the battery before first use.



1. Open the door.
2. Charge the battery using the included USB cable.

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

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

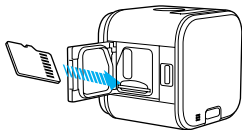
The battery charges to 100% in about 2 hours. For more battery information, see [Battery](#) (page 70).

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**PRO TIP:** For fastest charging, use GoPro's Supercharger (sold separately). You can charge your camera with a USB-compatible wall charger or auto charger.

## GETTING STARTED

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### INSERTING + REMOVING MICROSD CARDS

- Insert the card (sold separately) at a downward angle with the label facing down.
- To remove the card, press it into the slot with your fingernail and it will pop out.

Use brand name memory cards that meet these requirements:

- microSD, microSDHC, or microSDXC
- Class 10 or UHS-I rating

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

**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.

### UPDATING YOUR CAMERA SOFTWARE

To get the latest features and best performance from your GoPro, make sure your camera is always using the most current software. When you connect to the Capture app or Quik for desktop, you are automatically notified if an update is available.

1. Download these apps:
  - Capture from the Apple® App Store® or Google Play™
  - Quik for desktop from [gopro.com/apps](https://gopro.com/apps)

## GETTING STARTED


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2. Connect your camera to your smartphone/tablet or computer. If an update is available, the app provides instructions for installing it.

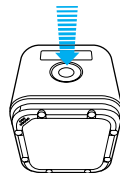
You can also update your camera manually using the microSD card and a card reader/adaptor (sold separately). For details and information about the latest software version, visit [gopro.com/update](https://gopro.com/update).

**PRO TIP:** To see your current software version, press the **Menu** button. Your camera scrolls through several settings, including the version number.

### POWERING ON + OFF

HERO5 Session™ powers on when you press the **Shutter** button [  ] to begin capturing video or time lapse.

The camera automatically powers off to conserve battery power when you press the **Shutter** button to stop capturing or after a period of inactivity.



**PRO TIP:** When carrying your camera in a bag or pocket, place the camera upside down in a frame (with the **Shutter** 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.



**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.

## GETTING STARTED

### DISPLAYING STATUS INFO

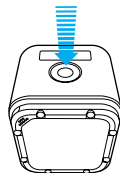
Press the **Menu** button to cycle through status information about your camera.



- |  |   |
|--|---|
| 1. Remaining microSD card memory for each mode | 6. Video Stabilization status (not shown) |
| 2. Mode  | 7. Wireless status                        |
| 3. Settings                                    | 8. Battery status                         |
| 4. Protune status (not shown)                  | 9. Voice Control status                   |
| 5. Spot Meter status (not shown)               |   |


*Note: The icons and settings that appear on the camera status screen vary by mode. Those shown above are for Video mode.*

## QUIKCAPTURE




QuikCapture is the fastest way to capture video or time lapse content with HERO5 Session. Because the camera is powered on only when it is recording, you also conserve battery power.

### CAPTURING VIDEO WITH QUIKCAPTURE



















1. With the camera powered off, press the **Shutter** button [  ].  
Your camera powers on, beeps several times, and begins recording in the video capture mode that you last used (Video, Video + Photo, or Looping). The camera status lights blink while the camera is recording.
2. To stop recording, press the **Shutter** button again.  
The camera stops recording, beeps several times, and automatically powers off to maximize battery life.

### CAPTURING TIME LAPSE CONTENT WITH QUIKCAPTURE

1. With the camera powered off, press and hold the **Shutter** button [  ] for a few seconds until recording begins.  
Your camera powers on, beeps several times, and begins recording in the time lapse capture mode that you last used (Time Lapse Photos, Time Lapse Video, or Night Lapse). The camera status lights blink while the camera is recording.
2. To stop recording, press the **Shutter** button again.  
The camera stops recording, beeps several times, and automatically powers off to maximize battery life.










## CAMERA ICONS

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	Auto Low Light		Language
	Auto-Rotation		LEDs
	Beeps		Looping
	Burst Photos	<b>MP</b>	Megapixels
	Color		Night Lapse Photo
	Date/Time		Night Photo
	Delete		Photo (Single)
	Exposure Value Compensation	<b>PT</b>	Protune
<b>FOV</b>	Field of View	<b>RATE</b>	Rate
<b>FPS</b>	Frames per Second		Sharpness
	Interval		Shutter
<b>ISO</b>	ISO Limit		Spot Meter

## CAMERA ICONS

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	Time Lapse Photos
	Time Lapse Video
	Video
	Video + Photo
	Video Format
	Video Resolution
	Video Stabilization
	White Balance
	Wireless

## NAVIGATING YOUR GOPRO

Your HERO5 Session has three modes:

- Video
- Photo
- Time Lapse


Each of those modes has three capture modes.

Mode	Capture mode	Description
Video	Video	
	Video + Photo	<a href="#">Capturing Video</a> (page 16)
	Looping	
Photo	Single	
	Burst	<a href="#">Capturing Photos</a> (page 18)
	Night	
Time Lapse	Time Lapse Photo	
	Time Lapse Video	<a href="#">Capturing Time Lapse Content</a> (page 20)
	Night Lapse Photo	

## CHANGING MODES + SETTINGS

### CHANGING MODES + SETTINGS


You can change almost all video and photo settings using the buttons on the camera. To access all settings and modes, see [Accessing All Modes and Settings](#) (page 28).

1. Press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly to move to Camera Settings, then press the **Shutter** button [  ] to select it.
3. To change the mode, press the **Shutter** button repeatedly to display the mode that you want (Video, Time Lapse, or Photo).



4. Press the **Menu** button to move to the next field.



5. Press the **Shutter** button repeatedly to display the capture mode that you want.
6. Press the **Menu** button to move to a setting, then press the Shutter button to display the option that you want.
7. When you are finished, press the **Menu** button to move to [  ], then press the **Shutter** button to confirm the selection.



## CAPTURING VIDEO

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In **Video** mode, HERO5 Session has three capture modes:



Video: Captures video. Available in all resolutions.



Video + Photo: While recording video, captures a photo at regular intervals. Available in 1440p24, 1080p30, 1080p24, and 720p30.






Looping: Lets you continuously record and save only the moments that you want to save. Available in 1080p30, 960p100, 720p120, and 720p60.

**PRO TIP:** When the camera is off and you press the **Shutter** button, the camera powers on and captures video in the mode that you used most recently (Video, Video + Photo, or Looping).

### CAPTURING VIDEO

The fastest way to capture video content in the same mode you used last time is to use [QuikCapture](#) (page 11). But if you want to change the video capture mode or settings, follow the steps below.

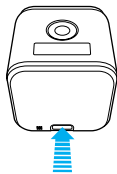
1. Press the **Menu** button to turn on the status screen.
2. Select a capture mode (Video, Video + Photo, or Looping) and settings:
  - a. Press the **Menu** button repeatedly to move to Camera Settings, then press the **Shutter** button [  ] to select it.
  - b. Press the **Shutter** button repeatedly until you get to the Video icon [  ].
  - c. Press the **Menu** button to move to the next field, then press the **Shutter** button repeatedly to select a capture mode.
  - d. To change a setting, press the **Menu** button to move to the setting, then press the **Shutter** button repeatedly to display the option that you want.
  - e. Press the **Menu** button to move to [  ], then press the **Shutter** button to to confirm the selection.

## CAPTURING VIDEO

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3. Press the **Shutter** button. Your camera beeps and the status lights blink during recording.
4. To stop recording, press the **Shutter** button again. The camera stops recording, beeps several times, and automatically powers off to maximize battery life.

**PRO TIP:** When the camera is off and you press the **Shutter** button, the camera powers on and begins recording in the video mode you used most recently (Video, Video + Photo, or Looping).



### HIGHLIGHT TAGGING

You can mark specific moments in your video during recording with HiLight Tags. HiLight Tags make it easy to find the best highlights to share.

To add a HiLight Tag, press the **Menu** button. HiLight Tags are visible during playback in Capture or Quik for desktop.

**PRO TIP:** You can also add HiLight Tags during recording with the Capture app, Voice Control, or the Smart Remote.

## CAPTURING PHOTOS

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In **Photo** mode, HERO5 Session has three capture modes. Photos are captured at a resolution of 10MP.



Photo: Captures a single photo.





Burst: Captures up to 30 photos in 1 second, so it is perfect for capturing the definitive moment in fast-action sports.



Night: Captures photos when the lighting is dark. The shutter remains open longer to let in more light in dark environments.

### CAPTURING PHOTOS

1. Press the **Menu** button to turn on the status screen.
2. Select a capture mode (Photo, Burst, or Night) and settings:
  - a. Press the **Menu** button repeatedly to move to Camera Settings, then press the **Shutter** button [  ] to select it.
  - b. Press the **Shutter** button repeatedly until you get to the Photo icon [  ].
  - c. Press the **Menu** button to move to the next field, then press the **Shutter** button to select a capture mode.
  - d. To change a setting, press the **Menu** button to move to the setting, then press the **Shutter** button repeatedly to display the option that you want.
  - e. Press the **Menu** button to move to the check mark, then press the **Shutter** button to select it.
3. Press the **Shutter** button. Your camera beeps once, then beeps once for each photo that is captured. The camera status lights blink while the camera is capturing photos.

*Note: To capture continuous photos at a rate of 5 photos per second, select the Photo capture mode, then hold down the Shutter button. Photos are captured until you release the button.*


## CAPTURING PHOTOS

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4. To power off the camera, press the **Menu** button to move to Exit Photo Mode, then press the **Shutter** button to select it.

### CAPTURING PHOTOS IN THE MODE THAT YOU USED LAST TIME

To take a photo using the capture mode that you used most recently (Photo, Burst, or Night), use the shortcut below.

1. Press the **Menu** button to turn on the status screen.
2. Press the **Menu** button to move to Enter Photo Mode, then press the **Shutter** button [  ] to select it.
3. Press the **Shutter** button. The camera beeps once, then beeps once for each photo that is captured. The camera status lights blink while the camera is capturing photos.
4. To power off the camera, press the **Menu** button to move to Exit Photo Mode, then press the **Shutter** button to select it.

## CAPTURING TIME LAPSE CONTENT

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In **Time Lapse** mode, HERO5 Session has three capture modes:



Time Lapse Photo: Captures a series of photos at specified intervals. Use this mode to capture photos of any activity, then choose the best ones later.





Night Lapse Photo: Captures a series of photos at set intervals when the lighting is dark. The shutter remains open longer to let in more light in dark environments.



Time Lapse Video: Creates video from frames captured at specific intervals. Time Lapse Video is available only in 4K, 2.7K 4:3, and 1080p resolutions and is captured without audio

## CAPTURING TIME LAPSE CONTENT

The fastest way to capture time lapse content in the capture mode that you used last time is to use [QuikCapture](#) (page 11). But if you want to change the time lapse capture mode or settings, follow the steps below.

1. Press the **Menu** button to turn on the status screen.
2. Select a capture mode (Time Lapse Photos, Night Lapse, or Time Lapse Video) and settings:
  - a. Press the **Menu** button repeatedly to move to Camera Settings, then press the **Shutter** button [  ] to select it.
  - b. Press the **Shutter** button repeatedly until you get to the Time Lapse icon [  ].
  - c. Press the **Menu** button to move to the next field, then press the **Shutter** button repeatedly to select a capture mode.
  - d. To change a setting, press the **Menu** button to move to the setting, then press the **Shutter** button repeatedly to display the option that you want.

## CAPTURING TIME LAPSE CONTENT

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- e. Press the **Menu** button to move to the check mark, then press the **Shutter** button to confirm the selection.
3. Press the **Shutter** button. Your camera beeps once, then beeps once for each photo that is captured. The camera status lights blink during capture.
  4. To stop capturing, press the **Shutter** button.

## CONTROLLING YOUR GOPRO WITH YOUR VOICE

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You can control your HERO5 Session with your voice using a set of specific commands (see list below).

*Note: Voice Control performance may be impacted by distance, wind, and noisy conditions. Keep the product clean and clear of debris.*

### USING VOICE CONTROL

Voice Control works best in close proximity to your GoPro.

*Note: When you first turn on your camera, your GoPro allows you to select a voice control language. You can change your voice control language later through the Capture app.*

1. Press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly to move to Voice Control, then press the **Shutter** button [  ] to select it.
3. Turn on Voice Control:
  - a. Press the **Shutter** button to select On.
  - b. Press the **Menu** button to move to the check mark.
  - c. Press the **Shutter** button to confirm the selection.
4. Say a command from [List of Voice Commands](#) (page 23).
5. Turn off Voice Control:
  - a. Press the **Shutter** button to select Off.
  - b. Press the **Menu** button to move to the check mark.
  - c. Press the **Shutter** button to confirm the selection.

**PRO TIP:** To extend the voice control of your camera in windy and noisy environments, use Remo (Waterproof Voice Activated Remote). For details, visit [gopro.com](http://gopro.com).

## CONTROLLING YOUR GOPRO WITH YOUR VOICE

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### LIST OF VOICE COMMANDS

Two types of commands are available with Voice Control:

- Action commands let you immediately capture video or photos. For example, if you just stopped recording video, you can say the command to take a photo or begin capturing time lapse—without having to first change the mode.
- Mode commands are useful if you want to quickly select a mode and then use the Shutter button to capture.

Your camera does not need to be in a specific mode to capture video or photos. You can use the action commands from any mode. Your camera captures video or photos based on the settings you previously selected.

Action Command	Description
GoPro start recording	Starts capturing video
GoPro HiLight	Adds a HiLight Tag to video during recording
That was sick	Adds a HiLight Tag to video during recording
GoPro stop recording	Stops capturing video
GoPro take a photo	Captures a single photo
GoPro shoot burst	Captures burst photos
GoPro start time lapse	Starts capturing time lapse
GoPro stop time lapse	Stops capturing time lapse
GoPro turn off	Powers off the camera

## CONTROLLING YOUR GOPRO WITH YOUR VOICE

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Mode Command	Description
GoPro Video mode	Changes the camera mode to Video (does not capture video)
GoPro Photo mode	Changes the camera mode to Photo mode (does not capture photos)
GoPro Burst mode	Changes the camera mode to Burst mode (does not capture burst photos)
GoPro Time Lapse mode	Changes the camera mode to Time Lapse (does not capture time lapse photos)

For the most updated list of commands, visit [gopro.com/help](https://gopro.com/help).

**PRO TIP:** If you are recording video or time lapse, you must stop recording before issuing a new command.

## PLAYING BACK YOUR CONTENT

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### PLAYING BACK CONTENT ON A COMPUTER

To play back your video and photos on a computer, you must first offload these files to a computer.

1. Download and install Quik for desktop from [gopro.com/apps](https://gopro.com/apps).
2. Transfer your files to your computer. For more information, see [Offloading Your Content](#) (page 27).
3. Use the app to play back the files.

### PLAYING BACK CONTENT ON A MOBILE DEVICE

1. Connect your camera to Capture. For more information, see [Accessing All Modes and Settings](#) (page 28) .
2. Use the controls on the app to play back your footage on your smartphone/tablet.


**PRO TIP:** While playing back your video on a computer or mobile device, you can add HiLight Tags to mark the best moments. In Capture or Quik for desktop, tap the HiLight Tag icon.

## OFFLOADING YOUR CONTENT

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### OFFLOADING YOUR CONTENT TO A COMPUTER

To view 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.

1. Download and install Quik for desktop from [gopro.com/apps](https://gopro.com/apps).
2. Connect the camera to your computer using the included USB cable.
3. Press the **Shutter** button [  ] to power on the camera and open the importer in the app.
4. Follow the on-screen instructions in Quik.


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**PRO TIP:** To offload files to a computer using a card reader (sold separately) and your computer's file explorer, connect the card reader to the computer, then insert the microSD card. You can then transfer files to your computer or delete selected files on your card.

### UPLOADING YOUR CONTENT TO THE CLOUD

With a subscription to GoPro Plus, you can upload your content to the cloud and then view, edit, and share it from any of your devices. From your mobile device, use the Quik™ app to edit content from the cloud and share it with your friends.

*Note: When you upload your content to the cloud, your original files remain on your camera.*

1. Subscribe to GoPro Plus:
  - a. Download the Capture app to your mobile device from the Apple® App Store® or Google Play™.
  - b. Follow the app's on-screen instructions to connect your camera.
  - c. If this is the first time you are connecting to the app, follow the on-screen instructions to subscribe to GoPro Plus. Otherwise, tap [  ] next the image of your camera and follow the instructions.


## OFFLOADING YOUR CONTENT

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2. Connect your camera to a power outlet. When the battery is charged, automatic upload to the cloud begins.

*Note: Once you set up Auto Upload, you do not need to connect your camera to the Capture app to use this feature.*

The files in the cloud are optimized for the web, so might not be full resolution. To offload files in their full resolution, connect your camera to the Quik app for desktop and offload the files to your computer.

3. To access content in the cloud from your mobile device, connect to the Capture app and tap [  ] next to the image of your camera.
4. Download the desired content to your phone, then use the Quik app to edit and share.

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**PRO TIP:** After you subscribe to GoPro Plus, you can use Quik for desktop to offload your files to your computer. Quik then uploads the files to your GoPro Plus account.

## 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 Capture app. Settings are saved after you disconnect the camera.

### CONNECTING TO THE CAPTURE APP

Capture 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/apps](https://gopro.com/apps).


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

1. Download Capture to your mobile device from the Apple® App Store® or Google Play™.
2. Follow the app's on-screen instructions to connect your camera.

### 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: HERO5 Session is compatible with the Smart Remote and the Wi-Fi Remote.*



1. On the camera, press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly to move to Connection Settings, then press the **Shutter** button [  ] to select it.
3. Press the **Menu** button to move to Connect New Device, then press the **Shutter** button to select it.
4. Press the **Shutter** button to display GoPro RC.
5. Press the **Menu** button to move to the check mark, then press the **Shutter** button to confirm the selection. The camera automatically begins pairing.
6. Put the remote into pairing mode. For more information, see the user manual for your remote at [gopro.com/help](https://gopro.com/help).

## ACCESSING ALL MODES AND SETTINGS

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### CONNECTING AFTER PAIRING

After connecting your camera to the app or remote for the first time, you can connect in the future through the Connection Settings menu. On the camera, press the **Menu** button to turn on the status screen.

1. Press the **Menu** button repeatedly to get to Connection Settings, then press the **Shutter** button [  ] to select it.
2. Press the **Shutter** button to select Turn On Connection. The Wireless icon [  ] appears on the camera status screen.

### TURNING OFF WIRELESS FROM THE CAMERA

When you turn off your camera with the Capture app 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.

1. Press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly to get to Connection Settings, then press the **Shutter** button [  ] to select it.
3. Press the **Shutter** button to select Turn Off Connection. The Wireless icon [  ] disappears from the camera status screen.

## VIDEO MODE: CAPTURE MODES

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Video mode contains three capture modes: Video, Video + Photo, and Looping. Each capture mode has its own settings.

### VIDEO

This capture mode is for traditional video capture. The default settings are 1080p30 Wide, with Video Stabilization turned on. For more information, see these topics:

 [HERO5 Session Video Resolutions](#) (page 36)

 [Video Stabilization](#) (page 39)

 [Interval \(Video\)](#) (page 40)

 [Auto Low Light](#) (page 40)

**PT** [Protune](#) (page 52)

### VIDEO + PHOTO

Video + Photo captures photos at set intervals while you record video. The default settings are 1080p30 Wide, with the interval set at 5 photos per second. Photos are captured at 10MP with a 4:3 aspect ratio. For more information, see these topics:

 [HERO5 Session Video Resolutions](#) (page 36)

 [Interval \(Video\)](#) (page 40)

## VIDEO MODE: CAPTURE MODES

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### LOOPING VIDEO

Use Looping to you continuously record video, but save only the moments that you want. For example, if you select a 5-minute interval, only the previous 5 minutes are saved when you press the Shutter button to stop recording. If you record for 5 minutes and do not press the Shutter button to stop recording and save, the camera records a new 5-minute interval by recording over your previous 5 minutes of footage.

This capture mode is useful when you are recording events that contain long periods of inactivity that you don't want to save, such as fishing or recording from a car dashboard.

The default settings for Looping are 1080p30 Wide, with the interval set at 5 minutes. Looping is not available in 4K, 2.7K, 2.7K 4:3, and 1440p. For more information, see these topics:

 [HERO5 Session Video Resolutions](#) (page 36)

 [Interval \(Video\)](#) (page 40)

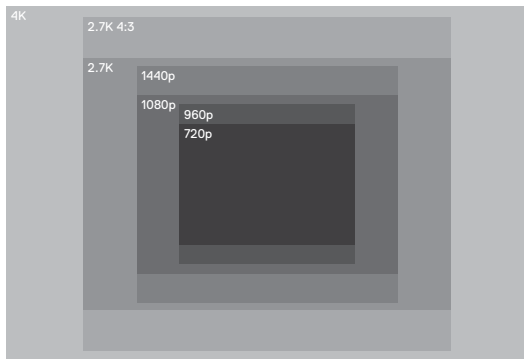


## VIDEO MODE: SETTINGS

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### VIDEO RESOLUTION

Video resolution (RES) refers to the number of horizontal lines in the video. For example, 720p means that the video has 720 horizontal lines, each with a width of 1280 pixels. Higher numbers of lines and pixels result in greater detail and clarity. So, a video with resolution of 4K is considered higher quality than 720p because it consists of 3840 lines, each with a width of 2160 pixels.



## VIDEO MODE: SETTINGS

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Use this table to help you determine the best resolution for your activity. Also consider the capabilities of your computer or TV to be sure your hardware can support the selected resolution.

Video Resolution	Best Use
4K	Stunning high-resolution video with professional low-light performance. 8MP stills available from video. Recommended for tripod or fixed position shots.
2.7K	16:9 resolution video downscales to provide stunning, cinema-quality results for professional productions.
2.7K 4:3	Recommended for body-mounted, ski-mounted or surfboard-mounted shots. Provides large viewing area.
1440p	Recommended for body-mounted shots. Aspect ratio of 4:3 captures a larger vertical viewing area, compared to 1080p. High frame rate yield the smoothest, most immersive results for high-action capture. Great for sharing to social media.
1080p	Great for all shots and for sharing to social media. High resolution and frame rate yield stunning results. This resolution is available in all FOVs and its high FPS option (90fps) enables slow motion during editing.

## VIDEO MODE: SETTINGS

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Video Resolution	Best Use
960p	Use for body-mounted shots and when slow motion is desired. Aspect ratio of 4:3 provides large viewing area and smooth results for high action capture.
720p	Good for handheld shots and when slow motion is desired.

### FRAMES PER SECOND (FPS)

Frames per second (FPS) refers to the number of video frames that are captured in each second.

When selecting a resolution and FPS, consider the activity that you want to capture. Higher resolutions result in greater detail and clarity, but are generally available at lower fps values. Lower resolutions result in less detail and clarity, but support higher FPS values, which are important for capturing motion. Higher FPS values can also be used to create slow-motion videos.

### ASPECT RATIO

GoPro video resolutions use two aspect ratios: either 16:9 or 4:3. Standard televisions and editing programs use 16:9. Footage shot in 4:3 is 33% taller, but must be cropped to 16:9 for playback on a TV. (If footage is not cropped, it appears with black bars on the sides of the image.)

## VIDEO MODE: SETTINGS

---

### FIELD OF VIEW (FOV)

The field of view (FOV) refers to how much of the scene (measured in degrees) can be captured through the camera lens. Wide FOV captures the largest amount of the scene, while Narrow FOV captures the least.

The FOV options that appear are based on the selected resolution and fps.

FOV	Best Use
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 wide-screen playback on your computer or TV.
Wide	Large field of view that is good for action shots where you want to capture as much as possible within the frame. This FOV results in a fisheye look, especially around the edge of the scene. (You can crop that out during editing, if needed.)
Medium	Mid-range field of view that has the effect of zooming in on the center of the shot.
Linear	Mid-range field of view that removes the fisheye effect found in the Wide FOV. Good for capturing aerial footage or any other shot where you want to remove the distortion.
Narrow	Smallest field of view. Good for capturing content at a distance. Its most significant effect is that it zooms in on the center of the shot.

## VIDEO MODE: SETTINGS

### HERO5 SESSION VIDEO RESOLUTIONS

Video Resolution (RES)	FPS (NTSC/PAL) <sup>1</sup>	FOV	Screen Resolution	Aspect Ratio
4K	30/25	Wide	3840x2160	16:9
2.7K	48/48	Medium	2704x1520	16:9
2.7K	30/25 24/24	SuperView, Wide, Medium, Linear	2704x1520	16:9
2.7K 4:3	30/25	Wide	2704x2028	4:3
1440p	60/50 48/48 30/25 24/24	Wide	1920x1440	4:3
1080p	90/90	Wide	1920x1080	16:9

<sup>1</sup>NTSC and PAL refer to the video format, which depends on your region. For more information, see [Video Format](#) (page 57).

## VIDEO MODE: SETTINGS

Video Resolution (RES)	FPS (NTSC/PAL)	FOV	Screen Resolution	Aspect Ratio
1080p	60/50	SuperView, Wide, Linear	1920x1080	16:9
1080p	30/25 24/24	SuperView, Wide, Medium, Linear, Narrow	1920x1080	16:9
960p	100/100 60/50 30/25	Wide	1280x960	4:3
720p	120/120	Wide	1280x720	16:9
720p	60/50 30/25	SuperView, Wide, Medium	1280x720	16:9

For more information about resolution, FPS, or FOV, see these topics:

 [Video Resolution](#) (page 32)

**FPS** [Frames per Second](#) (page 34)

**FOV** [Field of View \(FOV\)](#) (page 35)

## VIDEO MODE: SETTINGS

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### High Resolutions/High Frame Rates

When capturing video at high resolutions or high frame rates in warm ambient temperatures, the camera may become warm and use more power.

In addition, lack of airflow around the camera and using the camera with the Capture app further increase camera temperature and power consumption, and decrease camera recording time.

If the camera gets too hot, a message appears on the screen indicating that the camera is shutting down. For details, see [Important Messages](#) (page 61).

When recording in high-performance video modes, capture shorter video clips when in stationary use, and/or limit your use of features that increase power consumption, such as the GoPro Capture app. To control your camera remotely at higher temperatures, use a GoPro remote or Remo (Waterproof Voice Activated Remote) (both sold separately) instead of Capture.

## VIDEO MODE: SETTINGS

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### VIDEO STABILIZATION

This setting adjusts the footage to offset for motion during capture. The result is smoother footage, especially in activities with relatively small but fast motion including cycling, motorcycling, and handheld uses. The options for this setting are On (default) and Off.

Video Stabilization is not available for 4K or frame rates higher than 60 fps. For Wide FOV, the image is cropped 10%. This setting is not available for Video + Photo or Looping video.

---

**PRO TIP:** The more narrow the FOV, the greater the effect of Video Stabilization.

## VIDEO MODE: SETTINGS

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### INTERVAL (VIDEO)

The Interval setting determines the amount of time that passes between each captured frame.

#### Video + Photo Intervals

Available photo intervals for Video + Photo range are 5 (default), 10, 30, and 60 seconds. The quality of the photo depends on the selected video resolution and FOV.

#### Looping Video Intervals

Available intervals for Looping are 5 (default), 20, 60, and 120 minutes. You can also select Max as the interval. With this option, the camera records until the memory card is full, then overwrites the content.



### AUTO LOW LIGHT

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

Auto Low Light is available for frame rates higher than 30fps.

When Auto Low Light and Video Stabilization are both on and Auto Low Light activates because of dark lighting conditions, Video Stabilization is temporarily turned off to deliver optimal image quality in the dark scene.

## VIDEO MODE: SETTINGS

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### PT PROTUNE

Protune is available for the Video capture mode. For details about Protune settings, see [ **PT** ] [Protune](#) (page 52).

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**PRO TIP:** Easily create GoPro-style videos using GoPro Studio (included in Quik for desktop). Learn more and download this free software to your computer at [gopro.com/apps](https://gopro.com/apps).

## PHOTO MODE: CAPTURE MODES

---

Photo mode contains three capture modes: Photo, Night, and Burst. All photos are captured at 10MP. Each capture mode has its own settings.

### PHOTO

Photo captures either single or continuous photos. For continuous photos, hold down the Shutter button to capture 5 photos/second, up to 30 photos.

The default FOV for Photo is Wide, with all advanced settings turned off. For more information, see this topics:

**FOV** [Field of View \(FOV\) \(Photos\)](#) (page 44)

**PT** [Protune](#) (page 52)

### NIGHT

Night captures photos in dim to dark light. The shutter remains open longer to let in more light in dark environments, so Night photo is not recommended for handheld shots or mounted shots where the camera might move during exposure.

The default settings for Night are Wide FOV, with the Shutter set to Auto. For more information, see these topics:

**FOV** [Field of View \(FOV\) \(Photos\)](#) (page 44)

 [Shutter \(Night Photo\)](#) (page 45)

**PT** [Protune](#) (page 52)

## PHOTO MODE: CAPTURE MODES

---

### BURST

Burst captures up to 30 photos in 1 second, so it is perfect for capturing fast-moving activities. The default FOV for Burst is Linear, with the Rate set to 30 photos in 1 second. For more information, see these topics:

**FOV** [Field of View \(FOV\) \(Photos\)](#) (page 44)

**RATE** [Rate](#) (page 45)

**PT** [Protune](#) (page 52)

## PHOTO MODE: SETTINGS

---

### FOV FIELD OF VIEW (FOV) (PHOTOS)

Your camera includes several FOV options for photos. All photos are captured at 10MP.

FOV	Description
Wide	Largest field of view. Good for action shots to capture as much as possible within the frame. This FOV results in a fisheye look, especially around the edge of the scene. (You can crop that out during editing, if needed.)
Linear	Mid-range field of view that removes the fisheye distortion. Good for capturing aerial footage or any other shot where you want a more traditional perspective.

## PHOTO MODE: SETTINGS

---

### RATE RATE

This setting applies only to Burst. Available rates:

- 30 photos in 1, 2, 3, or 6 seconds
- 10 photos in 1, 2, or 3 seconds
- 5 photos in 1 second
- 3 photos in 1 second

### SHUTTER (NIGHT PHOTO)

Within Photo mode, this setting applies only to Night Photo. Shutter lets you determine the amount of time that the shutter is open. The default option is Auto.

Settings	Examples
Auto	Sunrise, sunset, dawn, dusk, twilight, night
2 seconds, 5 seconds	Dawn, dusk, twilight, traffic at night, Ferris wheel, fireworks, light painting

**PRO TIP:** To reduce the amount of blur when using Night photo, mount your camera on a tripod or other surface that is stable and cannot move.

### PT PROTUNE

Within Photo mode, Protune is available for all capture modes (Photo, Night, and Burst). For details about Protune settings, see [Protune](#) (page 52).

## TIME LAPSE MODE: CAPTURE MODES

---

Time Lapse mode contains three capture modes: Time Lapse Video, Time Lapse Photo, and Night Lapse Photo. Each capture mode has its own settings.

### TIME LAPSE VIDEO

Time Lapse Video creates video from frames captured at specific intervals. This option lets you capture a time lapse event and immediately share it as a video. Time Lapse Video is available only in 4K, 2.7K 4:3, and 1080p resolutions and is captured without audio.

The default resolution for Time Lapse Video is 4K, with the default interval set at 0.5 second. For more information, see these topics:

 [HERO5 Session Video Resolutions](#) (page 36)

 [Interval \(Time Lapse\)](#) (page 49)

### TIME LAPSE PHOTO

Time Lapse Photo captures a series of photos at specified intervals. Use this mode to capture photos of any activity, then choose the best ones later. You can also capture photos over a long time frame, then convert them into a video using GoPro Studio (included with Quik for desktop).

The default for Time Lapse Photo is Wide, with the default interval set at 0.5 second. For more information, see these topics:

**FOV** [Field of View \(FOV\) \(Time Lapse Photo\)](#) (page 48)

 [Interval \(Time Lapse\)](#) (page 49)

**PT** [Protune](#) (page 52)

## TIME LAPSE MODE: CAPTURE MODES

---

### NIGHT LAPSE PHOTO

Night Lapse Photo captures a series of photos at set intervals when there is minimal light. The shutter remains open longer to let in more light in dark environments.

The default settings for Night Lapse Photo are Wide FOV, with the Interval set at Continuous and Shutter set to 2 seconds. For more information, see these topics:

**FOV** [Field of View \(FOV\) \(Time Lapse Photo\)](#) (page 48)

 [Shutter \(Time Lapse\)](#) (page 51)

**PT** [Protune](#) (page 52)



## TIME LAPSE MODE: SETTING

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### TIME LAPSE VIDEO RESOLUTION AND FOV

In Time Lapse mode, resolution and FOV apply only to Time Lapse Video.

Video resolution refers to the number of horizontal lines in the video. Higher resolutions result in greater detail and clarity. So, a video with resolution of 2.7K is considered higher quality than 1080p because it consists of 2704 lines, each with a width of 1520 pixels.

The field of view (FOV) refers to how much of the scene (measured in degrees) can be captured through the camera lens. Wide FOV captures the largest amount of the scene.

Available resolutions for Time Lapse Video are 4K, 2.7K 4:3, and 1080p.

### FOV FIELD OF VIEW (FOV) FOR TIME LAPSE

Your camera includes several FOV options for time lapse.

FOV	Description
Wide	Largest field of view. Good for action shots to capture as much as possible within the frame. This FOV results in a fisheye look, especially around the edge of the scene. (You can crop that out during editing, if needed.)
Medium	Mid-range field of view. Has the effect of zooming in on the center of the shot.

## TIME LAPSE MODE: SETTINGS

---

FOV	Description
Linear	Mid-range field of view that removes the fisheye distortion. Good for capturing aerial footage or any other shot where you want a more traditional perspective.
Narrow	Smallest field of view with reduced fisheye distortion. Good for capturing content at a distance. Its most significant effect is that it zooms in on the center of the shot.



### INTERVAL (TIME LAPSE)

The Interval setting determines the amount of time that passes between each captured frame.

#### Time Lapse Photo and Time Lapse Video Intervals

Available intervals for Time Lapse Video are 0.5 (default), 1, 2, 5, 10, 30, and 60 seconds.

Interval	Examples
0.5-2 seconds	Surfing, biking or other sport
2 seconds	Busy street corner
5-10 seconds	Clouds or outdoor scenes with long durations
10-60 seconds	Lengthy activities, such as construction or artwork

## TIME LAPSE MODE: SETTINGS

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### Night Lapse Photo Interval

Interval determines the rate at which photos are captured. Night Lapse intervals are Continuous, 5, 10, 15, 20, and 30 seconds, and 1, 2, 5, 30, and 60 minutes. Intervals of 4 and 5 seconds are available only when Shutter is set to 2 seconds.

Continuous (default) causes the Interval to match the Shutter setting. For example, if Shutter is set to 10 seconds and Interval is set to Auto, your camera captures a photo every 10 seconds. Photos are captured at 10MP.

Interval	Examples
Continuous	Great for all exposures. Captures as quickly as possible, depending on the Shutter setting.
4-5 seconds	Evening city scene, street lighting, or scenes with movement
10-15 seconds	Dim lighting with slow scene changes, like night clouds with a bright moon
20-30 seconds	Very low light or very slow scene changes, like stars with minimal ambient or street light

## TIME LAPSE MODE: SETTINGS

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### SHUTTER (TIME LAPSE)

Within Time Lapse mode, this setting applies only to Night Lapse Photo. Shutter lets you determine the amount of time that the shutter is open.

The options for this setting are 2 seconds and 5 seconds.

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**PRO TIP:** To reduce the amount of blur when using Night Lapse Photo, mount your camera on a tripod or other surface that is stable and cannot move.

### PT PROTUNE

Within Time Lapse mode, Protune is available for Time Lapse photos and Night Lapse. For details about Protune settings, see [Protune](#) (page 52).

## PROTUNE

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### PROTUNE™ BENEFITS

Protune unlocks the camera's full potential, yielding stunning image quality and cinema-caliber video and photos 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 Studio (included with the Quik desktop app) and other video and photo editing software).

Protune enables manual control of color, white balance, shutter speed, and more for advanced control and customization of your video footage and photos.

### **PT** Protune

Protune is available as an advanced setting for supported capture modes. The options for this setting are Off (default) and On. When Protune is on, *PT* appears on the camera status screen. Protune is not available for Video + Photo, Looping, or Time Lapse Video.

Changes that you make to Protune settings in one capture mode apply only to that capture mode. For example, changing the White Balance for Night Photo does not affect that setting for Burst photos.

## PROTUNE

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### Color

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

Color Setting	Resulting Color Profile
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.

### White Balance

White Balance lets you adjust the color temperature of videos and photos to optimize for cool or warm lighting conditions. Options for this setting are Auto (default), 3000K, 4000K, 4800K, 5500K, 6000K, 6500K, and Native. Lower values result in warmer tones.

You can also select Native to create a minimally color-corrected file from the image sensor that allows for more precise adjustments in post-production.

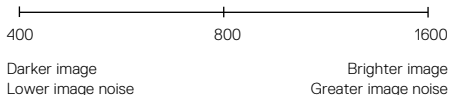
## PROTUNE

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### ISO ISO Limit

ISO applies only to the Video capture mode. This setting determines the camera's sensitivity to light in low-light environments, and creates a tradeoff between brightness and resulting image noise. Image noise refers to the degree of graininess in the image.

In low light, higher ISO values result in brighter images, but with greater image noise. Lower values result in lower image noise, but darker images.



The way that ISO Limit is applied depends on the Shutter setting:

- Shutter set to Auto: The ISO Limit that you select is used as the maximum ISO value. The ISO value that is applied might be lower, depending on the lighting conditions. Available ISO modes are 1600, 800, and 400.
- Shutter *not* set to Auto: The ISO Limit that you select is either used as the maximum ISO value (if you select Max as the ISO Mode) or is locked at that value (if you select Lock as the ISO Mode). Available ISO modes are 1600, 800, and 400.

## PROTUNE

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### Shutter

The Shutter setting in Protune applies only to Video and determines the amount of time that the shutter is open. The options available for this setting depend on the FPS setting, as noted in the following table. The default setting is Auto.

Settings	Example 1: 1080p30	Example 2: 1080p60
Auto	Auto	Auto
1/FPS	1/30 sec	1/60 sec
1/(2xFPS)	1/60 sec	1/120 sec
1/(4xFPS)	1/120 sec	1/240 sec

**PRO TIP:** For best results when using the Shutter setting, mount your camera on a tripod or other stable surface to reduce the amount of blur in your video or photos.



### Sharpness

Sharpness controls the quality of details captured in your video footage or photos. Options for this setting are High (default), Medium, and Low.

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

## PROTUNE

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### Exposure Value Compensation (EV Comp)

Exposure Value Compensation affects the brightness of your video or photo. Adjusting this setting can improve image quality when shooting in environments with contrasting lighting conditions. This setting is available only if Shutter is set to Auto.

Options for this setting range from -2.0 to +2.0. Higher values result in brighter images. The default setting is 0.

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

#### Reset Protune

This option resets all Protune settings to their default values.

## CUSTOMIZING YOUR CAMERA

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### DATE AND TIME

Your camera's date and time are automatically set when you connect your camera to Capture or Quik for desktop. This setting lets you manually set the date and time, if needed.



### LANGUAGE

This setting changes the language that appears on the camera screens.



### VIDEO FORMAT

Video Format sets regional frame rates for recording and playback on TVs. Selecting the appropriate option for your region helps prevent flicker when capturing video indoors.

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)

## CUSTOMIZING YOUR CAMERA

---

### AUTO-ROTATION

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

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

### BEEPS

You can set the volume for the sound indicators to be 100% (default), 70%, or Off. Beeps range from high, medium, low, and mute.

### LEDS

## CUSTOMIZING YOUR CAMERA

---

This setting determines whether the camera status lights are on or off.

### VOICE CONTROL LANGUAGE

This setting applies only when using the camera with Voice Control or Remo (sold separately). Sets the language that you use for voice commands. You select your voice language the first time you use your camera. You can later change the language with the Capture app or with Remo. For details about using your HERO5 Session with Remo, see the user manual for Remo.

### 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.

## IMPORTANT MESSAGES

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### 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 Capture or a GoPro remote.

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



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. Your camera was designed to identify conditions of overheating and shuts down when needed.

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## IMPORTANT MESSAGES

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### 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.

**NOTICE:** If you select Yes to reformat the card, all of the content on the card is deleted.


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

## RESETTING YOUR CAMERA

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### RESTORING FACTORY SETTINGS

Follow the steps below to reset all settings and the camera's password. This option is useful if you are reselling your camera and want to remove all customization.

1. With your camera off, press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly until you get to Exit Menu.
3. Press and hold **Shutter** button [  ] for 8 seconds.
4. Press the **Menu** button to move to Yes, then press the **Shutter** button to select it.

## MOUNTING YOUR CAMERA

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### ATTACHING YOUR CAMERA TO MOUNTS

To attach your HERO5 Session camera to a mount, you need a frame and a mounting buckle and/or thumb screw, depending on the mount you are using.

### THE FRAME

Your HERO5 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 HERO5 Session camera is waterproof to 33' (10m) with the 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.

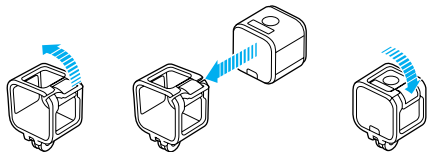


## MOUNTING YOUR CAMERA

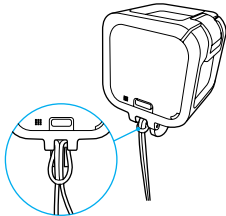
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### Securing the Camera in The Frame

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.



**PRO TIP:** During water activities, use Camera Tethers for added security and use a Floaty to keep your camera afloat (both sold separately). Tether the frame to the mount by looping the tether over the small bar behind the mounting fingers. For more information, visit [gopro.com](https://gopro.com).

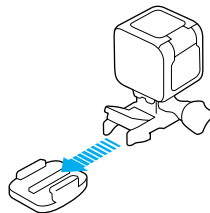


## MOUNTING YOUR CAMERA

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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.



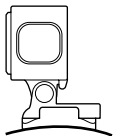
**PRO TIP:** If you mount your HERO5 Session upside down, the camera automatically changes the orientation of your image to be right-side up.

## MOUNTING YOUR CAMERA

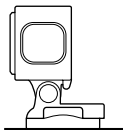
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### USING CURVED + FLAT ADHESIVE MOUNTS

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 adhesive mounts.



Curved Adhesive Mount



Flat Adhesive Mount

### 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.
- 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.

## MOUNTING YOUR CAMERA

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- 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).



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

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

**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.

## REMOVING THE DOOR

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In some situations, such as connecting the Karma drone (sold separately), it might be more convenient to access the ports if the door is removed.

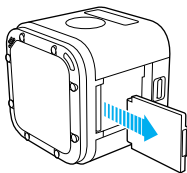


**WARNING:** Remove the door only when you are using the camera in a dry, dust-free environment. When the door is open or removed, the camera is not waterproof.

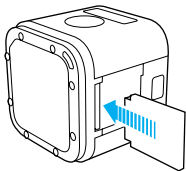
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### REMOVING THE SIDE DOOR

When removing the side door, be sure to pull it out in a straight motion, not at an angle.



### REATTACHING THE DOOR



## MAINTENANCE

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

- The camera is waterproof to 33' (10m)—no housing needed. Ensure that the doors are closed before using the camera in or around water, dirt, or sand.
- Before closing the doors, be sure the seals are free of debris. If needed, clean with a cloth.
- Before opening the doors, be sure the camera is free of water or debris. If needed, rinse the camera with fresh water and dry it with a cloth.
- If sand or debris hardens around the doors, soak the camera in warm tap water for 15 minutes and then rinse thoroughly to remove the debris before opening the doors.
- For best audio performance, shake the camera or blow on the mic to remove water and debris from the microphone holes. To prevent damage to the internal waterproof membranes, do not use compressed air to blow into the mic holes.
- After every use in salt water, rinse the camera with fresh water, and dry with a soft cloth.
- To clean the lens, wipe it with a soft, lint-free cloth. If debris becomes lodged between the lens and the trim ring, flush it out with water or air. Do not insert foreign objects around the lens.

## BATTERY

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Your HERO5 Session™ camera and battery are integrated. You cannot remove the battery from the camera.

The battery icon displayed in the camera status screen blinks and shows a battery low message 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 HERO5 Session, rotate it in the frame so the Shutter 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.*

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



**WARNING:** Using a wall charger other than a GoPro charging device can damage the GoPro camera battery and could result in fire or leakage. With the exception of the GoPro Supercharger (sold separately), 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.

### 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

## BATTERY

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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.



**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 USB-C 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.

### 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 door is open, the camera is not waterproof during charging.*

## TROUBLESHOOTING

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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

If your camera freezes, press and hold the **Menu** button for about eight seconds until your camera powers off. This reset saves all of your content and settings.


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

1. Press the **Menu** button to turn on the status screen.
2. Press the **Menu** button repeatedly to get to Connection Settings.
3. Press the **Shutter** button [  ], and then press the **Menu** button to get to Camera Info.
4. Press the **Shutter** button to display your camera's username (ID) password (pw).

### HOW DO I TURN OFF MY CAMERA?

If HERO5 Session is not connected to Capture 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 **Menu** button to display Turn Camera Off, then press the **Shutter** [  ] button to select it. Wireless remains on.

To turn off connection and power off the camera, press the **Menu** button, press it repeatedly to display Turn WiFi Off, then press the **Shutter** button to select it.

## TROUBLESHOOTING

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### PLAYBACK ON MY COMPUTER 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 version of Quik 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. Make sure that your computer meets the minimum requirements for the playback software..
- If your computer does not meet the minimum requirements, record at 1080p60 with Protune off, and make sure that all other programs on your computer are closed. If that resolution does not improve the playback, try 720p30.

### WHAT SOFTWARE VERSION AM I RUNNING?

Press the Menu button to turn on 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 and turn off the camera, press the Menu button .

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

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

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

## CUSTOMER SUPPORT

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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 Instructions included with your camera or visit [gopro.com/help](https://gopro.com/help).

