

Regulatory Model Number CPPM1

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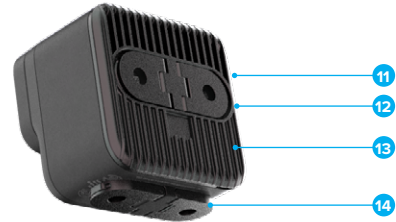
Meet Regulatory Model Number CPPM1



1. Shutter Button 
2. Door
3. Microphone
4. USB-C Port
5. microSD™ Card Slot

6. Door Latch
7. Status Screen
8. Status Light
9. Removable Lens Cover
10. Status/Pair Button 

Meet Regulatory Model Number CPPM1



11. Speaker
12. Back Folding Fingers
13. Heat Sink
14. Bottom Folding Fingers

WARNING: Back of camera may get extremely hot when camera is in use.

Learn how to use the accessories that came with your GoPro. See [Mounting Your GoPro \(page 44\)](#).

Setting Up Your Camera

SD CARDS

You'll need a microSD card (sold separately) to save your videos. Use a brand-name card that fits these requirements:

- microSD, microSDHC™, or microSDXC™
- Rated Class V30, UHS-3, or higher
- Capacity up to 512GB

For a list of recommended microSD cards, visit gopro.com/microsdcards.

Be sure your hands are clean and dry before handling your SD card. Check the manufacturer's guidelines to see your card's acceptable temperature range and other important information.

Heads Up: SD cards can degrade over time and affect your camera's ability to save your media. Try swapping out an older card for a new one if you're having any problems.

PRO TIP: Keep your SD card in good condition by reformatting it regularly. This will erase all of your media, so be sure to save it first.

1. TBD
2. TBD

To learn how to save your videos, see [Playing Back + Transferring Your Media \(on page 34\)](#).

Setting Up Your Camera

SD CARD + BATTERY SETUP

1. Unlock the door latch and flip the door open.



2. With your camera off, insert the SD card into the card slot with the label facing the back of the camera.



You can eject the card by pressing it into the slot with your fingernail.

Setting Up Your Camera

3. Connect your camera to a USB charger or computer using the included USB-C cable.



It takes about 3 hours for the battery to fully charge. The camera status light will turn off when it's done. To learn more, see [Battery Information \(page 52\)](#).

Heads Up: The battery cannot be removed from the camera.

PRO TIP: For the fastest charging, use the GoPro Supercharger (sold separately).

Setting Up Your Camera

4. Unplug the cable and shut the door when charging is complete. Be sure the door latch is closed and locked before using your camera.



NOTE: Your camera's door is removable. Be sure that the door is securely locked and sealed after closing.

Connecting to the GoPro Quik App

Pair your camera to the GoPro Quik app to adjust modes, settings and preferences. The app also lets you preview your shot, frame it perfectly, see all of the footage stored on your camera's SD card, and can automatically transform your footage into awesome video stories synced with effects and music.

PAIRING TO THE APP

1. Download the GoPro Quik app from the Apple® App Store® or Google Play™.
2. Follow the app's on-screen instructions to connect your camera.
Heads Up for iOS®: When prompted, be sure to allow notifications from the GoPro Quik app so you know when your video is ready. To learn more, see [Creating Video Stories \(page 37\)](#).

Connecting to the GoPro Quik App

UPDATING YOUR CAMERA'S SOFTWARE

To get the latest features and best performance from your GoPro, make sure it's using the most current software.

Updating With the GoPro Quik App


Follow the app's on-screen instructions to connect your camera to your mobile device. If new camera software is available, the app will tell you how to install it.

Updating Manually

1. Visit gopro.com/update.
2. Choose *Regulatory Model Number CPPM1* from the list of cameras.
3. Select *Update your camera manually* and follow the instructions.

PRO TIP: Want to know what software version you're using?

Here's where you can find out.

1. After connecting to the GoPro Quik app, tap  on the app screen.
2. Scroll down to Camera Info.

Powering On + Recording

POWERING ON

Press the Status/Pair button  to turn on your camera.



Heads Up: Your camera will turn itself off if no other buttons are pressed within 10 seconds.

POWERING OFF

Press and hold the Status/Pair button  for 3 seconds to turn it off.




WARNING: Use caution when using your GoPro and its mounts and accessories. Always be aware of your surroundings to avoid injuring yourself and others.

Be sure to follow all local laws including all privacy laws, which may restrict recording in certain areas.

Powering On + Recording

GETTING THE SHOT

1. Simply press the Shutter button  to start recording.



2. Press the Shutter button  again to stop recording.

Powering On + Recording

RECORDING WITH QUIKCAPTURE

QuikCapture is the fastest and easiest way to power on your GoPro and start recording. All it takes is the push of the Shutter button.

1. With your camera off, press the Shutter button .




2. Press the Shutter button  again to stop recording and turn off your camera.

Heads Up: When using QuikCapture, your camera will start recording with the video mode and settings that you used last.

TURNING OFF QUIKCAPTURE



QuikCapture is on by default, but you can turn it off.

1. After connecting to the GoPro Quik app, tap  on the app screen.
2. Tap QuikCapture to toggle it on or off.


PRO TIP: Since it only turns the camera on when it's recording, QuikCapture is a great way to maximize battery life.

Powering On + Recording

ADDING HIGHLIGHT TAGS

Mark favorite moments by pressing the Status/Pair button  during recording or playback. This adds a HiLight Tag  that makes those moments easier to find when you're watching your footage, creating a video, or looking for a certain shot.



You can also add HiLight Tags by saying, "GoPro, HiLight" when Voice Control is on and by tapping  when watching your footage with the GoPro Quik app.

PRO TIP: The Quik app looks for HiLight Tags when it creates videos. This helps to ensure that favorite moments are included in your stories.

Using Your GoPro

THE STATUS SCREEN



1. Remaining Recording Time
2. Battery Status
3. Capture Settings

The screen also shows the recording time when you are actively capturing footage and important messages about your camera's status.

To learn more, see [Important Messages \(page 41\)](#).

Using Your GoPro

EASY + PRO CONTROLS

Your camera gives you the option to choose between a simplified interface or one that offers full camera control.

Easy Controls (Default)

Features streamlined controls with limited access to modes and settings so that you focus on getting the shots you want. Use easy controls after you've set up your camera with the mode and settings you need for your footage or if you simply want to record with the default settings.

Pro Controls

Unlocks full camera control with complete access to camera functions. Use pro controls if you want the ability to adjust modes and settings at any time.

Switching Controls

1. TBD.
2. TBD.

Using Your GoPro

VIDEO PERFORMANCE MODES

These modes help you optimize video performance based on how you use your camera.

Maximum Performance (Default)

Includes all resolutions and frame rates for the best possible video and ultra slo-mo footage.


Extended Battery

Maximizes your camera's recording time by using only the most battery-efficient resolutions, frame rates, and features.

Compatibility



Records lower resolution video at lower frame rates for maximum compatibility with older devices.

CHANGING VIDEO PERFORMANCE MODES


1. After connecting to the GoPro Quik app, tap  on the app screen.
2. Tap Video Performance Mode to select the one you want.

Using Your GoPro

NAVIGATING WITH THE BUTTONS

You can use the Status/Pair button  Shutter button  to adjust modes and settings on your camera. More details to come.

Video Modes + Settings

Your GoPro comes loaded with seven video modes. Each has its own specialty. Once you've locked a mode into your camera, simply press the Shutter button  to start recording.


Heads Up: When using QuikCapture, your camera will start recording with the video mode and settings that you used last.

VIDEO (DEFAULT)

Video mode captures traditional footage using the resolution and frame rate that were chosen when you first set up your camera.

TIMEWARP

Your camera lets you speed up time by using TimeWarp video stabilization to capture ultra smooth time lapse video while you're on the move. Speed Ramp slows down your TimeWarp to real speed or half speed while recording for added dramatic effect.

PRO TIP: Press the Status/Pair button  during recording to activate Speed Ramp. This slows down your TimeWarp to real speed or half speed. Press the Status/Pair again speed back up.

STAR TRAILS

Mount your camera to a stationary object or tripod and point it toward the night sky. Star Trails uses the earth's rotation and the stars to create beautiful trails of light across the sky. Use the trail length effect to choose maximum, long or short trail lengths.

Video Modes + Settings

LIGHT PAINTING

Light Painting uses a long exposure in dark environments to create brilliant brush stroke effects with moving light.

VEHICLE LIGHTS

Uses a long exposure in dark environments to create light trails from moving vehicles.

TIME LAPSE



Time Lapse turns long events into short, shareable videos by taking a frame of video at set intervals. Use it to capture time lapse video when your camera is mounted and still. It's great for sunsets, street scenes, art projects, and other shots that unfold over a long period of time.

NIGHT LAPSE

Night Lapse was made to capture time lapse video in dark and low-light environments. It automatically adjusts the shutter speed to let in more light and picks the interval that will give you the best results. Night Lapse isn't recommended for handheld or mounted shots when the camera is moving.

Video Modes + Settings

Here's a breakdown of the video settings. You can make adjustments using the camera buttons or with the GoPro Quik app.

1. Tap  on the app screen.
2. Tap  next to the mode that you want to adjust.
3. Tap the setting to make adjustments.

Also see [Navigating with the Buttons \(page 21\)](#)

ASPECT RATIO

Aspect ratio refers to the width and height of an image. Your camera captures footage in the tall 4:3 format, 16:9 widescreen format, and ultra immersive 8:7 aspect ratios.

To learn more, see [Aspect Ratio \(page 59\)](#)

RESOLUTION

Resolution refers to the number of horizontal lines used in a frame of video. The more lines, the more detail there is in the shot. Your camera can capture 5.3K, 5K, 4K, 2.7K and 1080p footage.

To learn more, see [Video Resolution \(page 56\)](#)

FPS

Frames per second (fps) refers to the number of frames captured in each second of video. Use higher frame rates to capture fast action or slo-mo shots. Available frame rates vary based on resolution.

To learn more, see [Frames Per Second \(FPS\) \(page 58\)](#)

Video Modes + Settings

LENS

Choose the best digital lens for your shot—HyperView, SuperView, Wide, or Linear. Available lenses will vary based on the resolution and frame rate you select.

To learn more, see [Digital Lenses \(Video\) \(page 60\)](#).

HYPERSMOOTH

Perfect for biking, skiing, handheld shots, and more, HyperSmooth video stabilization delivers insanely smooth, gimbal-like footage without the gimbal. The available settings are Off, Standard, High, and Boost.

To learn more, see [HyperSmooth Video Stabilization \(page 66\)](#).

MAX LENS MOD

Turn on Max Lens Mod mode when recording with Max Lens Mod

CONTROLS

Choose whether to use easy controls to streamline camera functions or pro controls unlock full access to capture modes and settings.

SPEED (TIMEWARP)

Set your video speed. Choose a lower speed (2x or 5x) for short activities or higher speeds (10x, 15x, or 30x) for longer activities. Leave speed on Auto (default) to let your GoPro automatically adjust the speed based on motion, scene detection, and lighting.

To learn more, see [TimeWarp Video Speed \(page 68\)](#).

Video Modes + Settings

SPEED RAMP (TIMEWARP)

Choose to slow your TimeWarp video down to real speed or half speed while recording.

To learn more, see [TimeWarp Video Speed \(page 68\)](#).

INTERVAL (TIME LAPSE)

Choose how often your camera captures a frame of video. Use shorter intervals for quick activities and longer intervals for extended activities.

To learn more, see [Time Lapse Interval \(page 70\)](#).

INTERVAL (NIGHT LAPSE)

Set how often your camera takes a shot in low and ultra low-light scenes. Choose short intervals for scenes with a lot of movement and more light. Use longer intervals in scenes with little or no movement or light.

To learn more, see [Night Lapse Interval \(page 72\)](#).

TRAIL LENGTH EFFECT (STAR TRAILS, VEHICLE LIGHTS)

Set the length of light trails when capturing Star Trails footage. Choose Max for continuous trails with no breaks, long trails, or short trails.

HORIZON LEVELING + HORIZON LOCK

Information about Horizon Leveling and Horizon Lock goes here.

Capturing Photos from Your Videos



Information about screen grabs with the GoPro app goes here.

Regulatory Model Number CPPM1 Power Tools

Your camera comes with Power Tools—smart capture settings that extend the capture options beyond simply pressing the shutter button.

SCHEDULED CAPTURE




Scheduled capture lets you set your GoPro to automatically turn itself on and capture a shot up to 24 hours in advance. It's available for all presets. Set scheduled capture with the GoPro Quik app.

1. Tap  on the app screen.
2. Tap  next to the mode that you want to adjust.
3. Tap Scheduled Capture.
4. Set when you want your GoPro to capture the shot.
5. After setting the time, you can turn your GoPro off or continue using your camera's other presets.

Regulatory Model Number CPPM1 Power Tools

DURATION CAPTURE

Use duration capture to set how long your GoPro records before it stops. It's available in Video, TimeWarp, Time Lapse, and Night Lapse modes in increments from 15 seconds to 3 hours. Set duration capture with the GoPro Quik app.

1. Tap  on the app screen.
2. Tap  next to the mode that you want to adjust.
3. Tap Duration.
4. Choose the duration for your shot.
5. Press the Shutter button  to start recording. Your GoPro will automatically stop after recording for the set duration.


Heads Up: Duration capture sets how long your GoPro will record. The length of your final video will vary based on the mode you're using. TimeWarp and time lapse videos will be shorter than the set duration.

PRO TIP: Choose No Limit to capture footage without a time limit. Press the Shutter button to stop recording.

Controlling Your GoPro With Your Voice

Voice Control gives you easy, hands-free control of your GoPro. It's great when you're busy with handlebars, ski poles, and more. Just tell your GoPro what you want it to do.

TURNING VOICE CONTROL ON + OFF

1. After connecting to the GoPro Quik app, tap  on the app screen.
2. Tap Voice Control to toggle on and off.

VOICE COMMANDS


Here are the all of the things that can be done with voice commands.

Command	Description
GoPro, capture	Starts capturing with the mode your camera is set to.
GoPro, start recording	An alternative to "GoPro, capture"
GoPro, stop capture	Stops capture in the mode your camera is set to.
GoPro, stop recording	An alternative to "GoPro, stop capture"
GoPro, HiLight	Adds a HiLight Tag to your video during recording.
GoPro, turn off	Turns your camera off.

PRO TIP: Voice commands will start capture using the mode and settings you currently have on your camera. Make sure you have the mode and settings you want dialed in before you start recording.

Controlling Your GoPro With Your Voice



CHANGING YOUR VOICE CONTROL LANGUAGE

1. After connecting to the GoPro Quik app, tap  on the app screen.
2. Tap Voice Control Language.

Heads Up: Voice Control may be affected by wind, noise, and your distance from the camera. Keep your camera clean and wipe away any debris for the best performance.

Playing Back + Transferring Your Media

PLAYING BACK ON YOUR PHONE

1. Connect to the GoPro Quik app and tap  or  to view your media on your phone.

For details, see [Connecting to the GoPro Quik App \(page 13\)](#).

2. Use the controls on the app to play back, edit, and share your videos.

PRO TIP: Use the GoPro Quik app to grab still photos from videos, create short shareable videos from full-length footage, save media to your phone, and more.

PLAYING BACK ON A COMPUTER

For desktop editing and viewing your media on a computer, you must first save the files to the computer.

1. Remove the SD card from your camera.
2. Insert the card into an SD card reader or adapter.
3. Plug the card reader into your computer's USB port, or insert the adapter into the SD card slot.
4. Copy the files to your computer.

Playing Back + Transferring Your Media

TRANSFERRING TO YOUR PHONE WITH A WIRED CONNECTION

Use a wired connection to transfer videos from your GoPro to your phone faster and more reliably.


1. Use the appropriate cable/adaptor (not included) to connect your GoPro to your phone.
2. Start the GoPro Quik app on your phone and follow the on-screen instructions.

Phone	Require Cable or Adapter
Android	Standard USB-C to USB-C
iOS® device with USB-C port	Standard USB-C to USB-C
iOS® device with Lightning port	Standard USB-A to USB-C and Apple® Lightning to USB Camera Adapter

Playing Back + Transferring Your Media

AUTO UPLOADING TO THE CLOUD

With a GoPro subscription, you can automatically upload your media to the cloud where you can view, edit, and share it from any device.

1. Subscribe to GoPro at gopro.com/subscribe or through the GoPro Quik app.
2. Connect your camera to the GoPro Quik app. For details, see *Connecting to the GoPro Quik App* (page 13).
3. Tap  on the camera chooser screen.
4. Connect your camera to a power outlet. The upload will start automatically.

After first-time setup, your camera won't need to connect to the app to start Auto Upload.

Heads Up: Your original files remain on your camera even after they've been backed up to the cloud.


Playing Back + Transferring Your Media

SWITCHING TO MANUAL CLOUD UPLOAD

You can also manually upload your media to the cloud at any time. (Your GoPro must be connected to a power outlet, and Auto Upload must be off.)

1. Connect your camera to a power outlet.
2. TBD.
3. TBD.

ACCESSING YOUR CLOUD MEDIA

1. Open the GoPro Quik app on your device.
2. Tap  and select Cloud to view, edit, and share your content.

PRO TIP: Use your cloud media to create video stories with the GoPro Quik app. Simply choose Cloud Media when you start a new story.

Playing Back + Transferring Your Media

TURNING OFF AUTO UPLOAD

You can keep your camera from trying to upload every time it's connected to a power outlet and fully charged.

1. TBD.
2. TBD.
3. TBD.

CONNECTING TO A DIFFERENT WIRELESS NETWORK

1. Connect your camera to the GoPro Quik app. For details, see [Connecting to the GoPro Quik App \(page 13\)](#).
1. After connecting, tap Manage Auto Upload on the app.
2. Tap Wi-Fi Networks on the app.
3. Choose a Wi-Fi network.
4. Enter the Wi-Fi password.
5. Tap Connect.

CHANGING YOUR GOPRO SUBSCRIPTION PREFERENCES

Manage your Auto Upload settings, set up your wireless network, and more.

1. TBD.
2. TBD.

Heads Up: GoPro Subscription will be available in your Preferences after you've signed up.

Creating Video Stories

You can set up your GoPro to automatically send your shots to your phone. The GoPro Quik app will use them to create a fully edited video story complete with music and effects.

1. Connect your camera to the GoPro Quik app. For details, see [Connecting to the GoPro Quik App \(page 13\)](#).
2. Swipe down on the app's home screen. Shots from your most recent session will be copied to your phone and transformed into a fully edited video.
3. Tap your video to view it.
4. Make any edits you'd like.
5. Save the story or share it with your friends, family, and followers.


FINDING THE BEST SHOTS

Be sure to mark your best shots with HiLight Tags. The GoPro Quik app looks for tags when it creates videos. This helps ensure that favorite moments are included in your stories.

Your GoPro also knows when you face the camera, smile, and more. It automatically tags these shots with data so the app can handpick them for your videos.

To learn more, see [Adding HiLight Tags \(page 17\)](#).

Setting Your Preferences

To adjust your camera's preferences, tap  after connecting to the GoPro Quik app.

SETUP

Set up your camera exactly the way you want it in just a few taps.

Voice Control

Turn Voice Control on and off.

Voice Control Language

Choose your Voice Control language.

LED

Turn the status light on (default) or off. Note that Regulatory Model Number CPPM1 only has one status light.

QuikCapture

QuikCapture is on by default. You can turn it off here.

Auto Power Off

Choose 5 Min, 15 Min (default), 30 Min, or Never.

Anti-Flicker

Choose the regional frame rate for recording and playback on a TV. Set 60Hz (NTSC) for North America. Try 50Hz (PAL) if you're outside of North America. The right format for your region will help prevent flicker on a TV/HDTV when you play back video that was recorded indoors.

Video Compression

Use HEVC to reduce file sizes or H.264 + HEVC to maximize compatibility with older devices and HEVC for advanced settings.

Setting Your Preferences

Max Lens Attached

Tap this on any time you're recording with Max Lens Mod.

Video Performance Mode

Choose the Maximum Video Performance for the highest resolutions and frame rates, plus ultra slo-mo video. Extended Battery mode only uses resolutions and frame rates that preserve battery life. Use Compatibility mode to help ensure that your footage works with older devices.

Set Date and Time

Tap to automatically sync camera's date and time with the app.

DELETE

Manage the files on your SD card using the GoPro Quik app.

Delete Last File

Deletes the last video captured by your camera.

Delete All Files from SD Card

Removes all of the files from your SD card.

CAMERA INFO

Use the GoPro Quik app to get your camera's software version or find it if it's lost.

Setting Your Preferences

Version

See the software version your camera is currently using.

Locate Camera

Your camera will beep to let you know where it is.

CAMERA STATUS

Check out your camera's battery and SD card capacity.

Battery Level

Use the GoPro Quik app to see how much charge is left in your camera's battery.

SD Card Capacity

See how much space is left on your camera's SD card.

Important Messages

Problems are rare, but your GoPro will let you know if anything comes up. Here are some of the icons you might see on your camera's status screen and what they mean.

[ICON]

CAMERA IS TOO HOT

The Temperature icon appears status screen if your camera becomes too hot and needs to cool down. Your camera was designed to recognize when it's at risk of overheating and will shut down when needed. Simply let it sit and cool before using it again.

Heads Up: The operating ambient temperature range of your Regulatory Model Number CPPM1 is 14° F ~ 95° F (-10° C ~ 35° C). Its normal charging temperature range is 32° F ~ 95° F (0° C ~ 35° C). High temperatures will cause your camera to use more power and drain the battery faster.

PRO TIP: Shooting video at a high resolution and frame rate will also cause your camera to heat up faster, especially in hot environments. Try switching to a lower resolution and frame rate to lower the risk of overheating your GoPro.

[ICON]

SD CARD ERROR

Your GoPro can detect a variety of problems with your SD card. Problems can be due to, but not limited to, electrostatic discharge. Restart your camera if this occurs. It will automatically try to repair any damaged files and restore your camera back to full function.

Important Messages

[ICON]

REPAIRING YOUR FILE

Your GoPro will automatically try to fix damaged files. Files can be damaged if your camera loses power while recording or if there's a problem saving the file. The File Repair icon will appear on the touch screen when a repair is in progress. Your camera will let you know when it's finished and if the file was fixed.

[ICON]

MEMORY CARD FULL

Your camera will let you know when your SD card is full. You'll need to move or delete some files if you want to keep recording.

[ICON]

SD CARD RATING

Your camera needs an SD card rated V30, UHS-3, or higher to operate at its best. It will let you know if your card is rated below V30/UHS-3 or if your card has degraded over time and can no longer perform up to its standards.


[ICON]

BATTERY LOW, POWERING OFF

A low-battery message will appear on the screen when the battery charge drops below 10%. If the charge runs out while recording video, your camera will stop recording, save the video, and turn itself off.

Resetting Your Camera

RESTARTING YOUR GOPRO

If your camera is not responding, press and hold the Status/Pair button  for 10 seconds. This will restart your camera. There will be no changes to your settings.

RESTORE PRESETS TO THE DEFAULTS

This will reset all of your camera's original preset settings to the defaults.

1. TBD.
2. TBD.

Heads Up: Restoring your camera's original preset settings to their defaults will delete your custom presets.

RESETTING CONNECTIONS

This will clear your device connections and reset your camera's password. Resetting connections means you'll have to reconnect all of your devices.

1. TBD.
2. TBD.

RESTORING FACTORY SETTINGS

This will restore all of your camera's original settings, clear all device connections, and deregister your camera from GoPro Subscription. This is useful if you're giving your camera to a friend and want to completely reset it to its original state.

1. TBD.
2. TBD.

Heads Up: Restoring the factory settings will not delete any content from your SD card or have any effect on your camera's software.

Mounting Your GoPro



1



2



3

MOUNTING HARDWARE

1. Mounting Buckle
2. Thumb Screw
3. Curved Adhesive Mount

Mounting Your GoPro

USING THE MOUNTING FINGERS

Your camera has two sets of mounting fingers. Depending on the mount you're using, you'll either use a mounting buckle or attach your GoPro directly to the mount itself.

Use the bottom mounting fingers in most mounting scenarios to attach your GoPro to grips, tripods, and gear mounts. Use the back mounting fingers when you want a more low-profile mounting option including helmet mounts.

See [Using the Adhesive Mounts \(page 47\)](#) for tips on using adhesive mounts.

1. Flip the folding fingers down into the mounting position.
2. Interlock the folding fingers on your camera with the mounting fingers on the buckle.
3. Secure your camera to the mounting buckle with a thumb screw.



Mounting Your GoPro

4. Attach the mounting buckle to the mount.
 - a. Flip up the mounting buckle plug.
 - b. Slide the buckle into the mount until it clicks into place.
 - c. Press the plug back down so that it sits flush with the buckle.



Mounting Your GoPro

USING THE ADHESIVE MOUNTS

Follow these guidelines when attaching adhesive mounts to helmets, vehicles, and gear:

- Attach mounts at least 24 hours before you use them.
- Only attach the mounts to smooth surfaces. They won't stick properly to porous or textured surfaces.
- Firmly press mounts into place. Be sure the adhesive is in full contact with the surface.
- Only use on clean, dry surfaces. Wax, oil, dirt, or other debris will weaken the bond, and you could lose your camera.
- Attach mounts in dry, room-temperature conditions. They won't stick properly in cold or damp environments or on cold or damp surfaces.
- Check state and local regulations and laws to ensure that attaching a camera to equipment (such as hunting gear) 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 your camera on a helmet. Do not mount the camera directly on skis or snowboards.

For more information about mounts, visit gopro.com.

Mounting Your GoPro



WARNING: Always use a helmet that meets applicable safety standards if you're using a GoPro helmet mount or strap.

Choose the right helmet for your sport or activity, and make sure that it's the right size and fit for you. Check to see that your helmet's in good condition, and always follow the manufacturer's instructions on safe use.

Replace any helmet that's been subjected to a major impact. No helmet can protect against injury in every accident. Be safe.

USING YOUR GOPRO IN + AROUND WATER

Your GoPro is waterproof to 33ft (10m) with the door locked. You won't need an additional housing before diving in.

Although you cannot use the GoPro Quik app to adjust modes and settings under water, you can use the camera's buttons to navigate the menus when you're submerged. To learn more, see *Navigating with the Buttons* (page 21).

PRO TIP: Use a camera tether and a Floaty (sold separately) to keep your camera afloat in case it detaches from the mount.

To capture extreme adventures down to 196ft (60m), pick up the Protective Housing (Regulatory Model Number CPPM1), sold separately.

For more information on Camera Tethers, Floaty, and the Protective Housing, visit gopro.com.

Removing the Door

There might be times when you need to remove your camera's door.

NOTE: Only remove the door in a dry, dust-free environment. The camera is not waterproof when the door is open or removed.

REMOVING THE DOOR

1. Unlock the latch, and flip the door open.
2. With the door in a horizontal position, gently pull outward until it snaps off.



WARNING: Avoid using your GoPro with the door off. The battery could slide out during use.

Removing the Door

REATTACHING THE DOOR

1. Line the door up with the small silver bar.
2. Press the door tightly into the small silver bar until it snaps into place and is securely attached.



WARNING: Your camera's door is removable. Be sure that the door is securely locked and sealed after closing.

Maintenance

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

- Your GoPro is waterproof to 33ft (10m)—no housing needed. Be sure the door is closed before using it in or around water, dirt, or sand.
- Before closing the door, be sure the seal is free of debris. Use a cloth to clean the seal if needed.
- Make sure your GoPro is dry and clean before opening the door. Rinse your camera with fresh water and dry it with a cloth if needed.
- If sand or debris hardens around the door, soak your camera in warm tap water for 15 minutes and then rinse thoroughly to remove the debris. Make sure your camera is dry before opening the door.
- For the best audio performance, shake your camera or blow on the mic to remove water and debris from the microphone holes. Do not use compressed air to blow into the mic holes. This could damage the internal waterproof membranes.
- After every use in salt water, rinse your camera with fresh water, and dry it with a soft cloth.
- The lens cover is made from extremely tough strengthened glass, but it can still be scratched or cracked. Keep it clean with a soft, lint-free cloth.
- If debris gets stuck between the lens and trim ring, flush it out with water or air. Do not insert foreign objects around the lens.

Battery Information

Your camera and battery are integrated. You cannot remove the battery from the camera. The battery is non-serviceable. Contact GoPro Customer Service for all battery related issues.

MAXIMIZING BATTERY LIFE

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

Here are some things you can do to maximize battery life:

- Capture video at lower frame rates and resolutions.
- Turn off Wireless Connections.
- Use these settings:
 - [QuikCapture \(page 16\)](#)
 - [Auto Power Off \(page 59\)](#)

RECORDING WHEN PLUGGED INTO A POWER SOURCE

You can use the USB-C cable that came with your camera to record while your camera is plugged in to a USB-charging adapter, the GoPro Supercharger, or other external power source. This is perfect for capturing long videos and time lapse events.

Be careful not to touch the area near the SD card slot when recording. Disturbing the SD card could interrupt or stop the recording. Your camera will let you know if this happens. Your content will not be damaged or lost as a result of this disturbance, but you may need to restart your camera to continue.

Battery Information

Even though your camera is charging, the battery will not charge during recording. It will start charging when you stop recording. You cannot record while your camera is plugged into a computer.

Heads Up: Because the door is open, your camera is not waterproof when charging.



WARNING: Using a non-GoPro wall charger or power cable could damage your camera battery and could lead to fire or leakage. With the exception of the GoPro Supercharger (sold separately), only use chargers marked Output 5V 1A. If you don't know your charger's voltage and current, use the included USB-C cable to charge your camera with a computer.

BATTERY STORAGE + HANDLING

Your GoPro is full of sensitive components, including the battery. Avoid exposing your camera to very hot or cold temperatures. Extreme temperatures may temporarily shorten battery life or cause your camera to temporarily stop working properly. Avoid dramatic temperature or humidity changes as condensation may form on or within the camera.

Do not dry your camera with an external heat source such as a microwave oven or a 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 your camera. Doing so may compromise safety, regulatory compliance, and performance, and may void the warranty.

Heads Up: Batteries have reduced capacity in cold weather. Maximize battery life in cold conditions by keeping your camera in a warm place before use.

Battery Information

PRO TIP: Fully charge your camera before storing it away to help maximize battery life.



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

BATTERY DISPOSAL

Most rechargeable lithium-ion batteries are classified as non-hazardous waste and are safe for disposal in the normal municipal waste stream. Many regions require battery recycling. Check your local laws to make sure that you can dispose of your camera and its battery in your regular trash.

Lithium-ion batteries, however, do contain recyclable materials and are accepted for recycling by the Rechargeable Battery Recycling Corporation's (RBRC) Battery Recycling Program. We encourage you to visit Call2Recycle at call2recycle.org or call 1-800-BATTERY in North America to find a convenient recycling location.

Never dispose of a battery in a fire because it may explode.

Troubleshooting

MY GOPRO WON'T POWER ON

Make sure your GoPro is charged. See [Setting up Your Camera](#) [Setting Up Your Camera](#) (page 8). If charging the battery doesn't work, try restarting your camera. See [Restarting Your GoPro](#) (page 4).

MY GOPRO WON'T RESPOND WHEN I PRESS A BUTTON

See [Restarting Your GoPro](#) (page 4).

PLAYBACK ON MY COMPUTER IS CHOPPY


Choppy playback is usually not a problem with the file. If your footage skips, one of these issues is probably the cause:

- The computer doesn't work with HEVC files. Try downloading the latest version of the GoPro Player for Mac® or Windows® for free at gopro.com/apps.
- Your computer doesn't meet the minimum requirements of the software you're using for playback.

I FORGOT MY CAMERA'S USERNAME OR PASSWORD

TBD.

I DON'T KNOW WHICH SOFTWARE VERSION I HAVE

1. Tap  after connecting to the GoPro Quik app.
2. Scroll down to Camera Info.

I CAN'T FIND MY CAMERA'S SERIAL NUMBER

The serial number is stamped inside the door of your camera.

For more answers to commonly asked questions, see gopro.com/help.

Tech Specs

VIDEO RESOLUTION (RES)

Video resolution refers to the number of horizontal lines used in each frame of video. A 1080p video is made up of 1080 horizontal lines. A 5.3K video is made up of 5312 horizontal lines. Since more lines equals greater resolution, 5.3K will deliver a more detailed picture than 1080p.

Video Resolution	Description
5.3K	Our highest resolution video. Captures breathtaking ultra HD video in the wide 16:9 aspect ratio. Can be used to grab 15.8MP stills from your video.
5.3K 4:3	Ultra high-resolution video that captures more of the screen with the taller 4:3 aspect ratio. Great for point-of-view footage and grabbing 19.6MP stills from your video.
4K 4:3	Ultra HD video with tall 4:3 aspect ratio captures more of the scene than 16:9 shots. Can be used to grab 12MP stills from your video.
4K	Ultra HD video with 16:9 aspect ratio. Great for tripod and fixed-position shots. Can be used to grab 8MP stills from your video.
2.7K 4:3	Great for high-resolution point-of-view body and gear-mounted shots with fluid slo-mo playback.

Tech Specs

Video Resolution	Description
2.7K	High resolution 16:9 video that provides stunning, cinema-quality results for professional productions.
1080p	Standard HDTV resolution that's great for all shots and sharing to social media. High 240 fps and 120 fps options enable super slo-mo during editing.

Tech Specs

FRAMES PER SECOND (FPS)

Frames per second refers to the number of frames captured in each second of video. Higher fps values (60, 120, or 240) are better at capturing fast-action shots. You can also use high fps footage for slo-mo playback.

Resolution + FPS

Higher video resolutions capture more detail and clarity, but they're generally available at lower fps values.

Lower video resolutions capture less detail and clarity, but they can be shot at higher fps values.

When choosing a resolution on the RES | FPS screen, all of the available frame rates for the resolution you selected are shown in white.

Unavailable frame rates are in gray.

Tech Specs

ASPECT RATIO

Aspect ratio refers to the width and height of an image. Your GoPro captures footage in three aspect ratios.

4:3

The tall 4:3 format captures more of the scene than the 16:9 widescreen format. It's great for selfies and point-of-view footage. The 4:3 aspect ratio is available when shooting 5K, 4K, and 2.7K video.

16:9

This is the standard format used for HDTV and editing programs. The widescreen format is ideal for capturing dramatic, cinematic footage. The 16:9 aspect ratio is available when shooting 5.3K, 4K, 2.7K, and 1080p video.

8:7

More details to come.

Heads Up: Black bars will appear on both sides of the screen when playing back 4:3 footage on an HDTV.

Tech Specs

DIGITAL LENSES (VIDEO)

Digital lenses let you choose how much of the scene is captured by your camera. The different lenses also affect the zoom level and the fisheye effect in your shot.

Digital Lens	Description
HyperView (XXmm)	Our tallest and widest field of view in ultra immersive 16:9 video.
SuperView (16mm)	Serves up tall 4:3 aspect ration footage as immersive 16:9 video.
Wide (16–34mm)	Wide field of view that captures as much as possible within the frame.
Linear (19–39mm)	Wide field of view without the fisheye effect of SuperView and Wide.

Heads Up: Only the lenses that are compatible with the resolution and frame rate you selected will be available.

PRO TIP: Use Max Lens Mod (sold separately) to boost your field of view with an ultra-wide 155° digital lens—the widest ever on a HERO camera.

Tech Specs

REGULATORY MODEL NUMBER CPPM1 VIDEO SETTINGS

Here's a rundown of your camera's video resolutions along with available fps, lenses, and aspect ratio for each.

Video Resolution (RES)	FPS (60Hz/Digital 50Hz)*	Lenses	Screen Resolution	Aspect Ratio
5.3K	60/50 30/25 24/24	Wide, Linear	5312x2988	16:9
5K 4:3	30/25 24/24	Wide, Linear	5120x3840	4:3
4K	120/100	Wide, Linear	3840x2160	16:9
4K	60/50 30/25 24/24	SuperView, Wide, Linear	3840x2160	16:9
4K 4:3	60/50 30/25 24/24	Wide, Linear	4000x3000	4:3

*60Hz (NTSC) and 50Hz (PAL) refer to the video format, which depends on your region. To learn more, see [Anti-Flicker \(page 38\)](#).

For tips on which settings to use, see [Suggested Settings \(page 64\)](#).

Tech Specs

Video Resolution (RES)	FPS (60Hz/Digital 50Hz) [*]	Digital Lenses	Screen Resolution	Aspect Ratio
2.7K	240/200	Wide, Linear	2704x1520	16:9
2.7K	120/100 60/50	SuperView, Wide, Linear	2704x1520	16:9
2.7K 4:3	120/100 60/50	Wide, Linear	2704x2028	4:3
1080p	240/200	Wide, Linear	1920x1080	16:9
1080p	120/100 60/50 30/25 24/24	SuperView, Wide, Linear	1920x1080	16:9

^{*}60Hz (NTSC) and 50Hz (PAL) refer to the video format, which depends on your region. To learn more, see [Anti-Flicker \(page 38\)](#).

For tips on which settings to use, see [Suggested Settings \(page 64\)](#).

Tech Specs



High Resolutions/High Frame Rates

Shooting high-resolution or high-fps video when it's warm out can cause your camera to heat up and use more power.

Lack of airflow and connecting to the GoPro Quik app can cause your camera to warm up even more, use even more power, and shorten recording time.

If heat's a problem, try recording shorter videos. Also limit use of features that take a lot of power, such as the GoPro Quik app. The Remote (sold separately) can control your GoPro while using less energy.

Your camera will tell you if it needs to shut down and cool off. To learn more, see [Important Messages \(page 41\)](#).

Tech Specs

SUGGESTED SETTINGS

Here are some of the best modes and settings for capturing your favorite activities. Try them as starting points and then experiment to find what works best for you.

Activity	Video
Air	<ul style="list-style-type: none">• 4K60, Wide Lens• 1080p120, Wide Lens• 15x TimeWarp Video
Bike	<ul style="list-style-type: none">• 4K30 4:3, Wide Lens• 2.7K60 4:3, Wide Lens• 15x TimeWarp Video
Indoor	<ul style="list-style-type: none">• 4K30 4:3, Wide Lens• 1080p30, Wide Lens
Motor	<ul style="list-style-type: none">• 4K30 4:3, Wide Lens• 2.7K60 4:3, Wide Lens• 15x TimeWarp Video
Mounted	<ul style="list-style-type: none">• 5.3K30, Wide Lens• 4K60 4:3, Wide Lens• Auto TimeWarp Video
Outdoor	<ul style="list-style-type: none">• 5.3K30, Wide Lens• 4K60 4:3, Wide Lens• 10x TimeWarp Video

Tech Specs

Activity	Video
POV*	<ul style="list-style-type: none">• 4K60 4:3, Wide Lens• 4K120 4:3, Wide Lens• 15x TimeWarp Video
Selfie	<ul style="list-style-type: none">• 4K30 4:3, Wide Lens• 4K60 4:3, Wide Lens
Snow	<ul style="list-style-type: none">• 4K60, Wide Lens• 1080p120, Wide Lens• 15x TimeWarp Video
Trail	<ul style="list-style-type: none">• 4K30 4:3, Wide Lens• 4K60 4:3, Wide Lens• 15x TimeWarp Video
Travel	<ul style="list-style-type: none">• 5.3K30, Wide Lens• 4K60 4:3, Wide Lens• 10x TimeWarp Video
Water	<ul style="list-style-type: none">• 4K60, Wide Lens• 1080p240, Wide Lens

*Point-of-view (POV) shots are those taken from your point of view using a body mount or handheld mount.

Tech Specs

HYPERSMOOTH VIDEO STABILIZATION

HyperSmooth delivers ultra smooth footage by correcting for camera shake. It crops your videos while recording, which lets it buffer the footage. This makes it perfect for biking, skating, skiing, handheld shots, and more. Your GoPro has four HyperSmooth settings:

Setting	Description
Boost	Maximum video stabilization with tight cropping.
High	Maximum video stabilization.
Standard	Slightly reduced video stabilization for increased battery life.
Off	Records without video stabilization or cropping.

You can smooth out your footage even more by using Horizon Leveling and Horizon Lock.

PRO TIP: Use Max Lens Mod (sold separately) to max out your GoPro with the ultimate in unbreakable video stabilization up to 2.7K.

HORIZON LEVELING + HORIZON LOCK

Information about Horizon Leveling and Horizon Lock goes here.

Tech Specs

TIMEWARP VIDEO SPEED

You can increase TimeWarp video speed up to 30x to turn longer activities into shareable moments. The default setting is Auto, which automatically sets the speed for you.

You can also set the speed yourself. Use this chart to estimate the length of your videos. For example, recording at 2x speed for 4 minutes will give you about 2 minutes of TimeWarp video.

Speed	Recording Time	Video Length
2x	1 minute	30 seconds
5x	1 minute	10 seconds
10x	5 minutes	30 seconds
15x	5 minutes	20 seconds
30x	5 minutes	10 seconds

Heads Up: Recording times are approximate. The video length may vary depending on the movement in your shot.

Speed	Examples
2x–5x	Driving through a scenic route.
10x	Hiking and exploring.
15x–30x	Running and mountain biking.

PRO TIP: For the best results, leave the speed on the Auto setting when shooting footage that may get bumpy.

Tech Specs

SPEED RAMP (TIMEWARP)

Press the Status/Pair button  while recording TimeWarp to ramp down the speed of your video. Press it again to speed it back up.

Speed	Frames per Second	Sound
Real Speed (1x)	30 fps	On
Half Speed (0.5x slo-mo)	60 fps	Off

VIDEO RESOLUTION (TIMEWARP, TIME LAPSE VIDEO)

Regulatory Model Number CPPM1 shoots TimeWarp and Time Lapse in three resolutions and aspect ratios:

Resolution	Aspect Ratio
4K	16:9
4K	4:3
1080p	16:9

To learn more, see:

- [Video Resolution \(page 56\)](#)
- [Aspect Ratio \(page 59\)](#)

Tech Specs

TIME LAPSE INTERVAL

The Interval sets how often your camera takes a shot in Time Lapse mode.

Available intervals are 0.5 (default), 1, 2, 5, 10, and 30 seconds; 1, 2, 5, and 30 minutes; and 1 hour.

Interval	Examples
0.5–2 seconds	Surfing, biking, or other sports.
2 seconds	Busy street corner.
5–10 seconds	Clouds or outdoor scenes for long durations.
10 seconds–1 minute	Art projects or other lengthy activities.
1 minute–1 hour	Construction work or other activities that take place over a very long period of time.

Tech Specs

Time Lapse Video Recording Time

Use this chart to determine the length of your videos.

Interval	Recording Time	Video Length
0.5 second	5 minutes	20 seconds
1 second	5 minutes	10 seconds
2 seconds	10 minutes	10 seconds
5 seconds	1 hour	20 seconds
10 seconds	1 hour	10 seconds
30 seconds	5 hours	20 seconds
1 minute	5 hours	10 seconds
2 minutes	5 hours	5 seconds
5 minutes	10 hours	4 seconds
30 minutes	1 week	10 seconds
1 hour	1 week	5 seconds

PRO TIP: For the best results, mount your camera on a tripod or place it on a stable surface where it won't wobble or shake. Use TimeWarp video to capture time lapse video when you're on the move.

Tech Specs

NIGHT LAPSE INTERVAL

Choose how often your GoPro snaps a shot in Night Lapse mode. Night Lapse intervals are Auto; 4, 5, 10, 15, 20, and 30 seconds; and 1, 2, 5, 30, and 60 minutes.



Auto (default) syncs the Interval with the Shutter setting. If the shutter speed is set to 10 seconds and the Interval is set to Auto, your camera will take a shot every 10 seconds.

Interval	Examples
Auto	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, such as 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.

Protune

Protune unlocks your camera's full creative potential by giving you manual control of advanced settings, including Color, White Balance, and Shutter Speed. It's compatible with professional color correction tools and other editing software.

Connect to adjust Protune settings.

1. Tap  on the app screen.
2. Tap  next to the mode that you want to adjust.
3. Tap the setting to make adjustments.

Changes to Protune settings in one mode apply only to that mode. For example, changing the White Balance for TimeWarp does not affect White Balance for Time Lapse.

PRO TIP: You can restore all Protune settings to their defaults by tapping Reset Protune in the app.

BIT RATE

Bit rate determines the amount of data used to record a second of video. Choose between high or low.

Bit Rate	Description
Low (default)	Use a lower bit rate to minimize file sizes.
High	Use higher bit rates up to 100Mbps (4K and 2.7K video) for optimal image quality.

Protune

COLOR

Color lets you adjust the color profile of your videos. Scroll between the options to see a live preview of each setting, and then tap the one you want.

Color Setting	Description
Natural (default)	Captures video with a true-to-life color profile.
Vibrant	Captures video with a color-saturated profile.
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 your footage to optimize for cool or warm lighting conditions. Scroll between the options to see a live preview of each setting, and then tap the one you want.

Options for this setting are Auto (default), 2300K, 2800K, 3200K, 4000K, 4500K, 5000K, 5500K, 6000K, 6500K, and Native. Lower values will give you warmer tones.

You can also choose Auto to let your GoPro set the White Balance or the Native setting to create a minimally color-corrected file that allows for more precise adjustments in post-production.

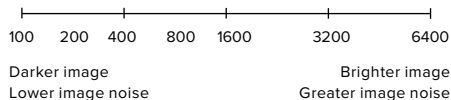
Protune

ISO MINIMUM/MAXIMUM

ISO Minimum and ISO Maximum let you set a range for the camera's sensitivity to light and image noise. Image noise refers to the degree of graininess in the shot.

In low light, higher ISO values result in brighter images but with more image noise. Lower values result in darker images with less image noise. Scroll between the options to see a live preview of each setting, and then tap the one you want.

The default for ISO Maximum is 1600, while the default for ISO Minimum is 100.



Heads Up: ISO behavior depends on the Protune Shutter setting. The ISO Maximum that you select is used as the maximum ISO value. The ISO value that is applied might be lower depending on the lighting conditions.

PRO TIP: To lock the ISO at a specific value, set ISO Minimum and ISO Maximum to the same values.

Protune

SHUTTER

The Protune Shutter setting determines how long the shutter stays open. Scroll between the options to see a live preview of each setting, and then tap the one you want. The default setting is Auto.

The options depend on the fps setting, as shown below.

Shutter	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
1/(8xfps)	1/240 sec	1/480 sec
1/(16xfps)	1/480 sec	1/960 sec

PRO TIP: To reduce the amount of blur when using the Shutter setting, mount your camera on a tripod or other stable surface where it won't wobble or shake.

Protune

EXPOSURE VALUE COMPENSATION (EV COMP)

Exposure Value Compensation affects the brightness of your videos. Adjusting this setting can improve image quality when shooting scenes with sharply contrasting lighting conditions.

Options for this setting range from -2.0 to +2.0. The default setting is 0.0.

Scroll between the options on the right side of the EV Comp screen to see a live preview of each setting, and then tap the one you want. Higher values result in brighter images.

Heads Up: For Video, this setting is available only if Shutter is set to Auto.

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

Protune

SHARPNESS

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

Scroll between the options to see a live preview of each setting, and then tap the one you want.

PRO TIP: If you plan to increase sharpness during editing, select Low for this setting.

Protune

RAW AUDIO

This setting creates a separate .wav file for your video, in addition to the standard .mp4 audio track. You can select the level of processing to apply to the RAW audio track.

RAW Setting	Description
Off (default)	No separate .wav file is created.
Low	Applies minimal processing. Ideal if you want to apply audio processing in post-production.
Med	Applies moderate processing based on the Wind-Noise Reduction setting. Ideal if you want to apply your own gain.
High	Applies full audio processing (automatic gain and Wind-Noise Reduction). Ideal if you want processed audio without AAC encoding.

Insert your SD card into a card reader to access the .wav files with your computer. They're saved with the same name and in the same location as the .mp4 files.

Protune

WIND-NOISE REDUCTION

Your Regulatory Model Number CPPM1 uses three microphones to capture sound while recording video. You can customize how they're used based on conditions where you're shooting and the type of sound you want in your finished video.

Setting	Description
Auto (default)	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.

Customer Support

GoPro is dedicated to providing the best possible service. To reach GoPro Customer Support, visit gopro.com/help.

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Regulatory Information

To see the complete list of country certifications, refer to the Important Product + Safety Instructions included with your camera or visit gopro.com/help.

