

# ROCKY POINT

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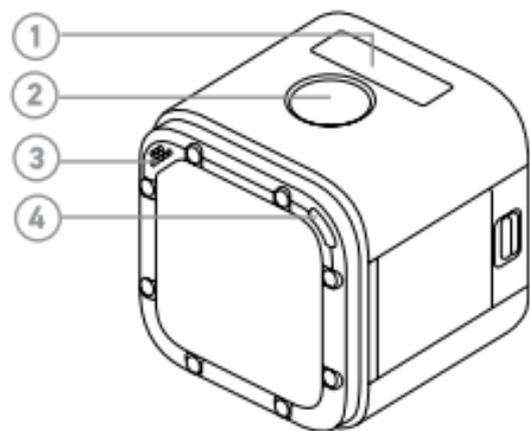
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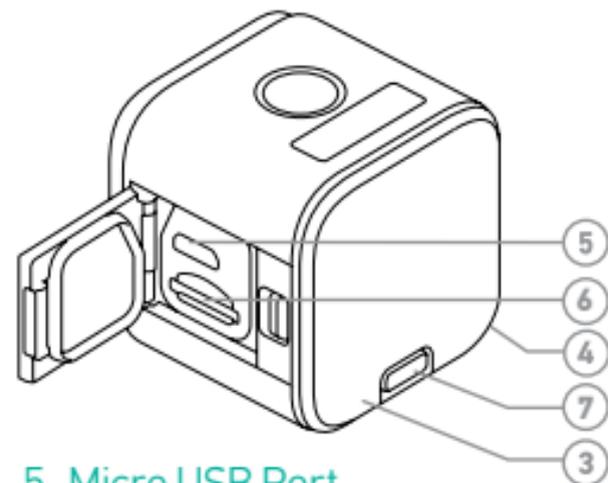
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1. Camera Status Screen
2. Shutter/Select Button [  ]
3. Microphone
4. Camera Status Light (red) / Wireless Status Light (blue)



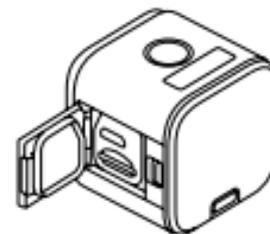
5. Micro USB Port
6. microSD Card Slot
7. Camera Status/Wireless Button

*For #3, show dots like in first drawing, but in square pattern (3 across, 3 down)*

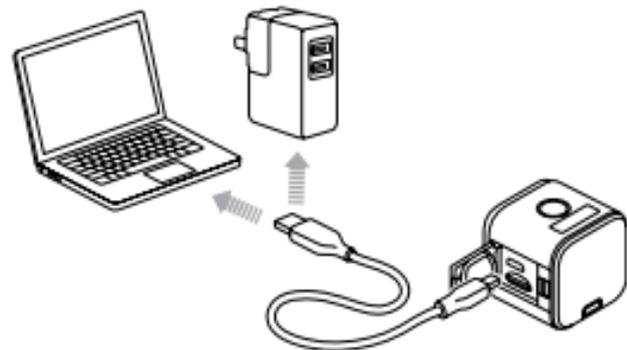
### CHARGING THE BATTERY

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

#### To Charge the Battery:



1. Open the **side door**.



2. Charge the battery using the included USB cable.

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

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

**NOTICE:** Using a wall charger other than a GoPro Wall Charger can damage the battery. Only use USB charging adapters marked 5V 1A. If you do not know the voltage and amperage of your charger, use the included USB cable to charge the camera from your computer.

For more battery information, see [Battery](#) (page 89).



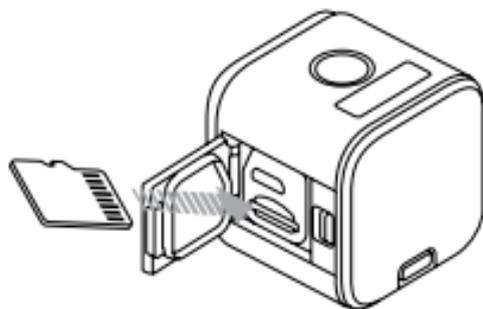
**WARNING:** Use caution when using your GoPro as part of your active lifestyle. Always be aware of your surroundings to avoid injury to yourself and others. Abide by all local laws when using your GoPro and related mounts and accessories, including all privacy laws, which may restrict recording in certain areas.

### INSERTING + REMOVING MEMORY CARDS

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

- microSD, microSDHC, or microSDXC
- Class 10 or UHS-1 rating
- Capacity up to 64GB

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



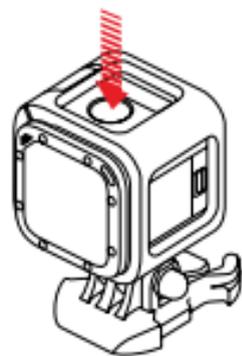
**NOTICE:** Use care when handling memory cards. Avoid liquids, dust, and debris. As a precaution, power off the camera before inserting or removing the card. Check manufacturer guidelines regarding use in acceptable temperature ranges.

### CAMERA SOFTWARE UPDATES

To get the latest features and best performance from your HERO4 Session camera, make sure you are using the most current camera software. You can update your camera software with the GoPro App, GoPro Studio, or at [gopro.com/getstarted](https://gopro.com/getstarted).

### POWERING ON + OFF

HERO4 Session automatically powers on when you **short press** the **Shutter/Select** button [  ] to begin capturing video or Time Lapse photos. When you **press the Shutter/Select button** [  ] **again** to stop recording, the camera automatically powers off to conserve battery power.



**PRO TIP:** When carrying your camera in a bag or pocket, place the camera **upside down in a frame** with the **Shutter/Select** button [  ] covered to prevent the camera from accidentally powering on.

### DISPLAYING THE CAMERA STATUS

**Short press** the **Camera Status/Wireless** button. The status screen cycles through the information below, then automatically turns off.

1. Capture Mode/Software Version
2. Available Memory/  
Capture Mode Settings
3. Wireless (when on)
4. Battery Status
5. Wireless Connection  
Confirmation
6. Current Wireless Option
7. Additional Wireless Options



### GEAR CHECK

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

- ☑ **The camera is waterproof to 30' (10m)—no housing needed.**  
Ensure that the **side door** is closed before using the camera in or around water, dirt, or sand.
- ☑ Before opening the **side door**, be sure the camera is free of water or debris.
- ☑ If sand or debris hardens around the **side door**, soak the camera in warm tap water for 15 minutes and then rinse thoroughly to remove the debris before opening the door.

- ☑ For best audio performance, shake the camera to remove water **and** debris from the microphone holes. (**Blowing on the mic holes does not remove water and debris.**)
- ☑ After every use in salt water, rinse the camera with fresh water, and dry with a soft cloth.
- ☑ If the camera lens becomes foggy, let it sit until it dries.

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

## / Capturing Video and Time Lapse Photos

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When your camera is not connected to the [remote](#) (sold separately) or the GoPro App, two capture modes are available: Video and Time Lapse. [To access more modes or change camera settings](#), see [Accessing Camera Settings](#) (page 20).

### CAPTURING VIDEO

The default video resolution is 1080p48 SuperView.

#### To Start Recording Video:

[Short press](#) the **Shutter/Select** button [  ]. Your camera automatically powers on, emits [three](#) beeps, and begins recording video. The camera status lights blink while the camera is recording.

## / Capturing Video and Time Lapse Photos

---

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

#### To Stop Recording:

[Short press](#) the **Shutter/Select** button [  ]. The camera automatically stops recording ([indicated by one beep](#)), [saves the file](#) ([three beeps](#)), and then powers off ([seven beeps](#)).

## / Capturing Video and Time Lapse Photos

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### HIGHLIGHT TAGGING

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

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

### To Add HiLight Tags During Recording:

**Short press** the **Camera Status/Wireless** button.

---

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

*Show rear 3/4 view with arrow pointing to Wireless button (back bottom of camera), not Shutter button*



## / Capturing Video and Time Lapse Photos

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### CAPTURING TIME LAPSE PHOTOS

The default interval for Time Lapse photos is 0.5 second.

### To Start Capturing Time Lapse Photos:

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

### To Stop Recording:

**Short press** the **Shutter/Select** button [  ]. The camera automatically stops recording (indicated by one beep), saves the file (three beeps), and then powers off (seven beeps).

## / Accessing Camera Settings

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To [access more modes](#) or adjust camera settings, connect your camera to the remote (sold separately) or the GoPro App. All modes and settings that you select are saved after you disconnect the camera. However, only Video and Time Lapse [modes](#) can be accessed when the camera is not connected to the remote or the app.

*Note: HERO4 Session is compatible with the Smart Remote and the Wi-Fi Remote.*

### CONNECTING TO THE GOPRO APP

The GoPro App lets you [adjust modes and camera settings](#) remotely using a smartphone or tablet. Features include full camera control, live preview, playback and sharing of content, and camera software updates.

## / Accessing Camera Settings

---

You can also use the GoPro App to see what your camera sees when you mount [HERO4 Session](#) in hard-to-reach places. To learn more about the app, see [gopro.com/getstarted](https://gopro.com/getstarted).

### To Connect to the GoPro App:

1. Download the GoPro App to your smartphone/tablet from the Apple® App Store, Google Play, or Windows® Phone marketplace.
2. Open the app.
3. Tap Connect Your Camera.
4. Follow the app's on-screen instructions to connect your camera. The default password for your camera is *goprohero*.

## / Accessing Camera Settings

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### 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.

#### To Pair with [the Remote](#):

1. On HERO4 Session, [short press](#) the **Camera Status/Wireless** button repeatedly to cycle to *Rem Ctrl*, then [short press](#) the **Shutter/Select** button [  ] to select it. The camera automatically begins pairing.
2. Put the remote into pairing mode. For more information, see the user manual for your remote at [gopro.com/getstarted](http://gopro.com/getstarted).

## / Accessing Camera Settings

---

### CONNECTING AFTER PAIRING

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

#### To Connect Your Camera after Pairing:

1. [Short press](#) the **Camera Status/Wireless** button to open the wireless menu.
2. If needed, [short press](#) the **Camera Status/Wireless** button again to display the setting that you want (GoPro App or Rem Ctrl), and then [short press](#) the **Shutter/Select** button [  ] to select it.

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

*Note: If your smartphone/tablet has Bluetooth<sup>®</sup> LE, the wireless options are combined as RC/App.*

## / Accessing Camera Settings

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### TURNING WIRELESS ON/OFF

After you connect HERO4 Session to the GoPro App for the first time or pair it with the remote, you can connect your camera in the future using the **Camera Status/Wireless** button.

#### To Turn Wireless On:

1. **Short press** the **Camera Status/Wireless** button to open the wireless menu.
2. If needed, **short press** the **Camera Status/Wireless** button again to display the setting that you want (GoPro App or Rem Ctrl), and then **short press** the **Shutter/Select** button [  ] to select it.

## / Accessing Camera Settings

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

*Note: If your smartphone/tablet has Bluetooth LE, the wireless options are combined as RC/App.*

#### To Turn Wireless Off:

1. **Short press** the **Camera Status/Wireless** button to open the wireless menu.
2. **Short press** the **Camera Status/Wireless** button repeatedly to cycle to Turn WiFi Off, and then **short press** the **Shutter/Select** button [  ] to select it.

## / Camera Icons

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Beeps



Burst Photos



Date/Time

**ICON**

Default Mode



Delete

**FOV**

Field of View

**FPS**

Frames Per Second



Interval



LEDs



Looping Video



Low Light

**MP**

Megapixels



Orientation



Photo Mode

## / Camera Icons

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Protune™

**RATE**

Rate



Setup Mode



Spot Meter



Time Lapse



Video Format



Video Mode

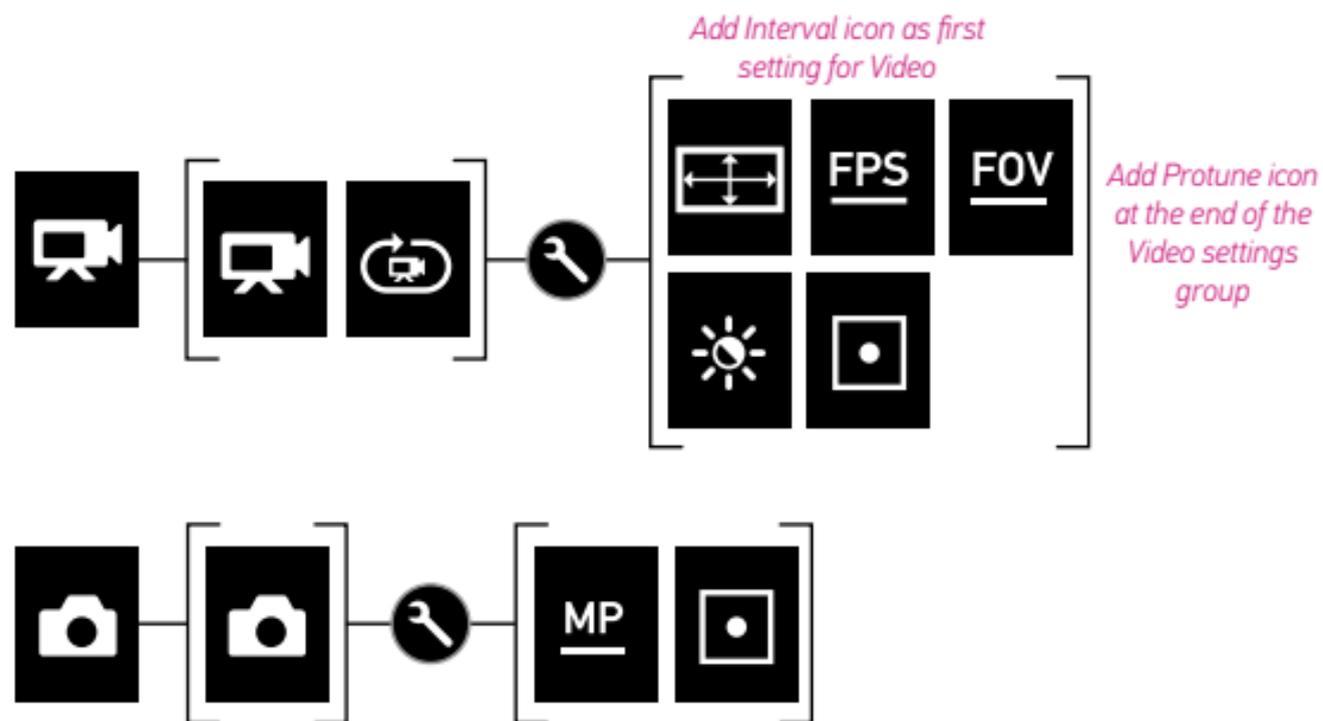


Video Resolution

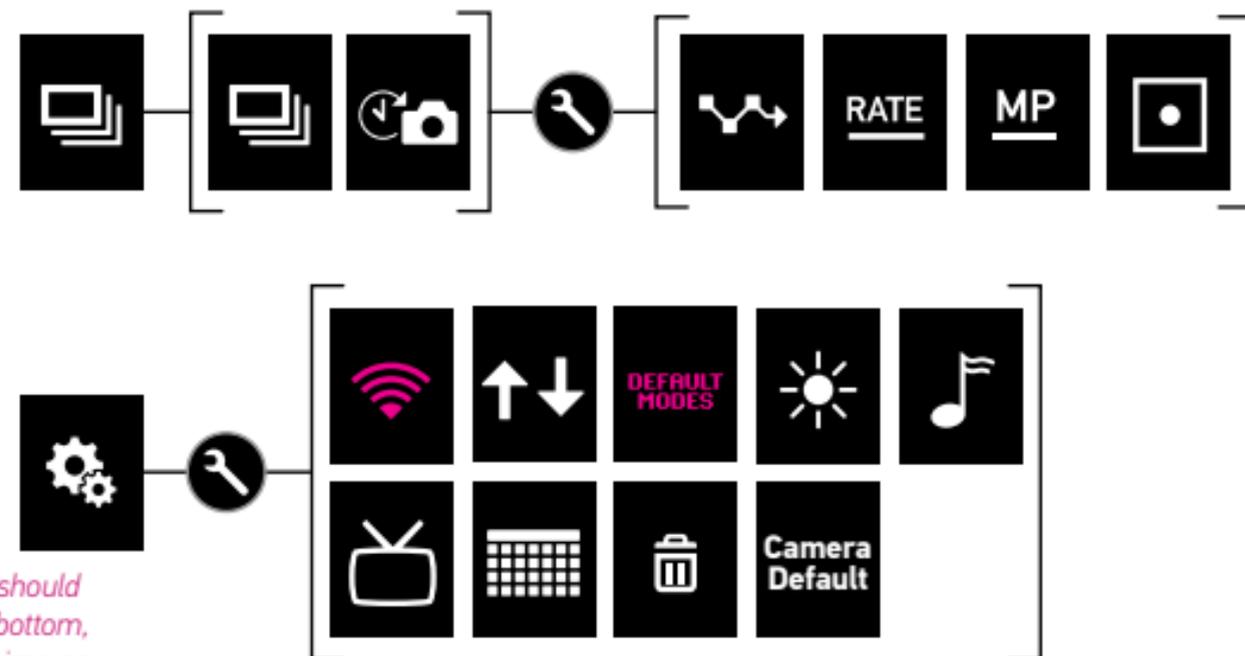


Wireless

## / Camera Modes and Settings



## / Camera Modes and Settings



### VIDEO CAPTURE MODES

When you connect your camera to the GoPro App or remote, you can access two capture modes in **Video** mode: Video and Looping Video.

| Capture Mode    | Description  |
|-----------------|--|
| Video (default) | Captures video.  |
| Looping Video   | Lets you continuously record and save only the best moments, which helps to conserve space on your microSD card. |

### CAPTURING VIDEO

1. Select **Video** mode [] on the GoPro App or the remote.
2. Select the desired capture mode (Video or Looping Video).
3. On the camera or remote, **short press** the **Shutter/Select** button []. On the app, tap the Record button. The camera beeps once and the camera status lights flash while the camera is recording.
4. To stop capturing, **short press** the **Shutter/Select** button []. On the app, tap the Record button. The camera status lights flash three times and the camera beeps three times.

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

**PRO TIP:** Videos captured at lower resolutions like 960p or 720p are supported by more mobile devices, and are easier to share and upload to the web.

### VIDEO SETTINGS

You can change the video settings by connecting HERO4 Session to the GoPro App or the remote. When you connect to the remote, the capture mode that you select (Video or Looping Video) determines the settings that appear when you press the **Settings/Tag** button [  ].



The Interval setting applies to Looping Video. Interval determines the length of a video loop segment.

Available intervals for Looping are 5, 20, 60, and 120 minutes. For example, if you select a 5-minute interval, only the previous 5 minutes is saved when you stop recording.

You can also select Max as the interval. With this option, the camera records until the memory card is full, then overwrites the content if you do not stop recording and save the footage.

*Note: To use Looping, be sure that your microSD card has sufficient space to create the loop segment based on the interval that you select. If the microSD card becomes full, Looping does not overwrite the content.*

*Please check hierarchy of headings in this section -- currently, both "VIDEO SETTINGS" heading and the individual setting names are in grey caps. But the settings fall under VIDEO SETTINGS, so seems like they should be formatted differently. I'll let you determine the Creative call on this.*

## / Video Mode

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### RESOLUTION, FPS, AND FOV

HERO4 Session features the video resolutions listed below. The default video resolution is 1080p48 SuperView.

| Video Resolution | FPS (NTSC/PAL) | FOV                   | Screen Resolution |
|------------------|----------------|-----------------------|-------------------|
| 1440p            | 30/25          | Ultra Wide            | 1920x1440, 4:3    |
| 1080p            | 60/50<br>30/25 | Ultra Wide,<br>Medium | 1920x1080, 16:9   |
| 1080p SuperView  | 48/48<br>30/25 | Ultra Wide            | 1920x1080, 16:9   |

## / Video Mode

---

| Video Resolution | FPS (NTSC/PAL)            | FOV                   | Screen Resolution |
|------------------|---------------------------|-----------------------|-------------------|
| 960p             | 60/50<br>30/25            | Ultra Wide            | 1280x960, 4:3     |
| 720p             | 100/100<br>60/50<br>30/25 | Ultra Wide,<br>Medium | 1280x720, 16:9    |
| 720p SuperView   | 60/50<br>30/25            | Ultra Wide            | 1280x720, 16:9    |
| WVGA             | 120/100                   | Ultra Wide            | 848x480, 16:9     |

## / Video Mode

---

| Resolution | Best Use  |
|------------|---|
| 1440p      | Good for advanced users who want to capture a full image and then edit to the desired aspect ratio. |
| 1080p      | Great for all shots. High resolution and frame rate yield stunning results.                         |

## / Video Mode

---

| Resolution      | Best Use  |
|-----------------|---|
| 1080p SuperView | SuperView delivers the world's most immersive field of view. Recommended for body- or gear-mounted shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer or TV. |

## / Video Mode

---

| Resolution | Best Use   |
|------------|--|
| 960p       | <a href="#">Good for users</a> who want to capture a full image and then edit to the desired aspect ratio.   |
| 720p       | Good for handheld shots and when slow motion is desired. <a href="#">720p</a> is optimal for sharing on social media sites. <a href="#">720p100</a> is great for <a href="#">slow motion</a> . |

## / Video Mode

---

| Resolution     | Best Use   |
|----------------|--|
| 720p SuperView | SuperView delivers the world's most immersive field of view. Good for body- or gear-mounted shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer or TV. |
| WVGA           | Good when super slow motion is desired and standard definition is acceptable.  |

### FOV

### Best Use

Ultra Wide (W)

**Largest field of view.** Recommended for body-and gear-mounted shots. Good for action shots where you want to capture as much as possible within the frame.

Medium (M)

**Mid-range field of view.**

**PRO TIP:** Easily create epic GoPro-style videos using free GoPro Studio [software](#). Learn more at [gopro.com/getstarted](https://gopro.com/getstarted).



### LOW LIGHT

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

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



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

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



For details about Protune settings, see [Protune](#) (page 66).

### PHOTO CAPTURE MODE

When you connect your camera to the GoPro App or remote, you can access one capture mode in **Photo** mode: Single photo.

### CAPTURING A SINGLE PHOTO

1. Select Single photo mode [  ] [on the GoPro App or the remote](#).
2. [Short press](#) the **Shutter/Select** button [  ]. The camera beeps two times, the camera status lights flash and the counter on the camera status screen increases by one.

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

### PHOTO SETTINGS

You can change the photo settings by connecting HERO4 Session to the GoPro App or the remote.

### MP MEGAPIXELS

HERO4 Session captures photos at 8MP and 5MP.

---

|                             |   |
|-----------------------------|---|
| 8MP Ultra Wide<br>(default) | Largest field of view. Good for action shots. |
| 5MP Medium                  | Mid-range field of view.                      |

---

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



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

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

### MULTI-SHOT CAPTURE MODES

When you connect your camera to the GoPro App or remote, you can access two capture modes in **Multi-Shot** mode: Burst and Time Lapse.

| Capture Mode | Description   |
|--------------|---|
| Burst        | Captures up to 10 photos in 1 second. Burst is perfect for capturing the definitive moment in fast-action sports. |

| Capture Mode                | Description  |
|-----------------------------|--|
| Time Lapse Photos (default) | Captures a series of photos at specified intervals. You can use Time Lapse to capture photos of any activity, so you can choose the best ones later. |

### CAPTURING BURST PHOTOS

1. Select Burst mode [  ] on the GoPro App or the remote.
2. **Short press** the **Shutter/Select** button. The camera status lights flash and the camera beeps multiple times.

### CAPTURING TIME LAPSE PHOTOS

1. Select Time Lapse mode [  ] on the GoPro App or the remote.
2. **Short press** the **Shutter/Select** button [  ]. The camera status lights flash each time a photo is captured.
3. To stop capturing, **short press** the **Shutter/Select** button [  ]. The camera status lights flash three times and the camera beeps three times.

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

---

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

### MULTI-SHOT SETTINGS

You can change the Multi-Shot settings by connecting HERO4 Session to the GoPro App or the remote. When you connect to the remote, the capture mode that you select (Burst or Time Lapse) determines the settings that appear when you press the **Settings/Tag** button [  ].



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

*Please check hierarchy of headings in this section -- currently, both "MULTI-SHOT SETTINGS" heading and the individual setting names are in grey caps. But the settings fall **under** MULTI-SHOT SETTINGS, so seems like they should be formatted differently. I'll let you determine the Creative call on this.*

### Time Lapse Intervals

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

| Interval      | Examples  |
|---------------|---|
| 0.5-2 seconds | Surfing, biking or other <a href="#">sports</a>   |
| 2 seconds     | Busy street corner                                |
| 5-10 seconds  | Sunset  |
| 10-60 seconds | Lengthy activities, such as construction projects |

## / Multi-Shot Mode

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### RATE

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

---

3 photos in 1 second

---

5 photos in 1 second (default)

---

10 photos in 1 second

---

10 photos in 2 seconds

---

## / Multi-Shot Mode

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### MP MEGAPIXELS

HERO4 Session captures photos at 8MP and 5MP. Smaller megapixel values take up less space on the microSD card.

| Setting                  | Description                                   |
|--------------------------|---|
| 8MP Ultra Wide (default) | Largest field of view. Good for action shots. |
| 5MP Medium               | Mid-range field of view.                      |

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



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

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

### SETUP MODE SETTINGS

In **Setup** mode, you can change settings that apply to all camera modes. To change a setting, your camera must be connected to the GoPro App or the remote. For more information, see [Accessing Camera Settings](#) (page 20).

When you disconnect your camera from the app or the remote, your camera saves the settings and returns to two capture modes: Video and Time Lapse.



### WIRELESS

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

| Setting   | Description  |
|-----------|--|
| GoPro App | Connects the camera to the GoPro App. When the connection is made, a checkmark appears next to this option. For instructions on connecting to this app, see <a href="#">Connecting to the GoPro App</a> (page 20). |
| Rem Ctrl  | Connects the camera to the remote control. When the connection is made, a checkmark appears next to this option. For instructions on pairing, see <a href="#">Pairing with the Remote</a> (page 22).               |

| Setting       | Description   |
|---------------|---|
| Turn WiFi Off | Turns off wireless. This option appears only if wireless is on. Available capture modes on the camera are Video and Time Lapse. |
| Add New       | Pairs your camera with an additional remote or with the GoPro App on an additional smartphone/tablet.                           |

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

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

1. Press and hold the **Camera Status/Wireless** button until the reset options appear (about 8 seconds).
2. Short press the **Camera Status/Wireless** button again to highlight Yes.
3. Short press the **Shutter/Select** button [  ] to select Yes and reset your camera name and password. The default password is *goprohero*.

### ↑↓ ORIENTATION

This setting eliminates the need to flip your video during editing when the camera is mounted upside down.

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

| Setting  | Description  |
|--|--|
| Auto (default)   | Camera automatically selects Up or Down, based on the orientation of the camera when recording begins. |
| Up    | Camera is used right-side up.  |
| Down  | Camera is used upside down.  |

### ICON DEFAULT MODE

This setting applies only when HERO4 Session is connected to the GoPro App or the remote. You can select the capture mode that appears when the camera is powered on with the app or the remote. The options are Video (default), Photo, Looping Video, Burst, and Time Lapse photos.



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



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



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

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



### DATE/TIME

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



### DELETE

This setting lets you delete the last file, or delete all files and format the memory card. The camera status lights blink until the operation is complete.

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

### CAMERA RESET

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

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

### **PROTUNE BENEFITS**

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

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

Protune enables manual control of ISO Limit and Sharpness for advanced control and customization of your video footage.



The options for this setting are Off (default) and On. When Protune is on, *PT* appears on the camera status screen. Protune is available for these video resolutions: 1440p, 1080p, and 960p60/50.



### ISO LIMIT

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

| Setting        | Resulting Quality  |
|----------------|--|
| 1600 (default) | Moderately bright video in low light, moderate image noise |
| 400            | Darker video in low light, reduced image noise             |



### SHARPNESS

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

| Setting        | Resulting Quality      |
|----------------|------------------------|
| High (default) | Ultra-sharp video      |
| Medium         | Moderately sharp video |
| Low            | Softer video           |

## / Transferring Files to a Computer

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

### To Transfer Files to a Computer

1. Download and install GoPro Studio from [gopro.com/getstarted](https://gopro.com/getstarted). The HERO4 Session camera was designed to communicate with GoPro Studio to help you easily locate and transfer your files.
2. Connect the camera to your computer using the included USB cable.

## / Transferring Files to a Computer

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3. Short press the **Shutter/Select** button [  ] to power on the camera and open GoPro Studio Importer.
4. Follow the on-screen instructions.

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

### PLAYING BACK CONTENT ON A COMPUTER

1. Download and install GoPro Studio from [gopro.com/getstarted](https://gopro.com/getstarted). The HERO4 Session camera was designed to communicate with GoPro Studio to help you easily locate and transfer your files.
2. [Transfer your files to your computer. For more information, see \*Transferring Files to a Computer\* \(page 70\).](#)
3. [Use GoPro Studio to play back the files.](#)

### PLAYING BACK CONTENT ON A SMARTPHONE/TABLET

1. [Connect your camera to the GoPro App. For more information, see \*Connecting to the GoPro App\* \(page 20\).](#)
2. [Use the controls on the app to play back your footage on your smartphone/tablet.](#)

### MICROSD CARD MESSAGES

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|            |   |
|------------|---|
| NO SD CARD | No card present. The camera requires a microSD, microSDHC or microSDXC card to capture videos and photos.   |
| SD FULL    | Card is full. Delete files or swap card.  |
| SD ERROR   | Camera is unable to read card formatting. Reformat the card in the camera.<br><b>NOTICE:</b> 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.

### REPAIRING FILE

If your last video file was corrupted during recording, the camera displays *REPAIRING FILE* while it tries to repair the file. When this process is finished, the camera powers off if it is not connected to the GoPro App or the remote. If the camera is connected to one of these devices, short press the **Shutter/Select** button [  ] to continue using the camera when the repair is finished.

### TEMPERATURE ICON

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The Temperature icon and *CAMERA TOO HOT* appear on the camera status screen when the camera becomes too hot and needs to cool down. Simply let it sit and cool before attempting to use it again. Your camera was designed to identify conditions of overheating and is designed to respond accordingly.

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Your HERO4 Session comes with two frames: the Standard Frame and the Low-Profile Frame. Both frames work great in all scenarios. For the most compact mounting, use the Low-Profile Frame.

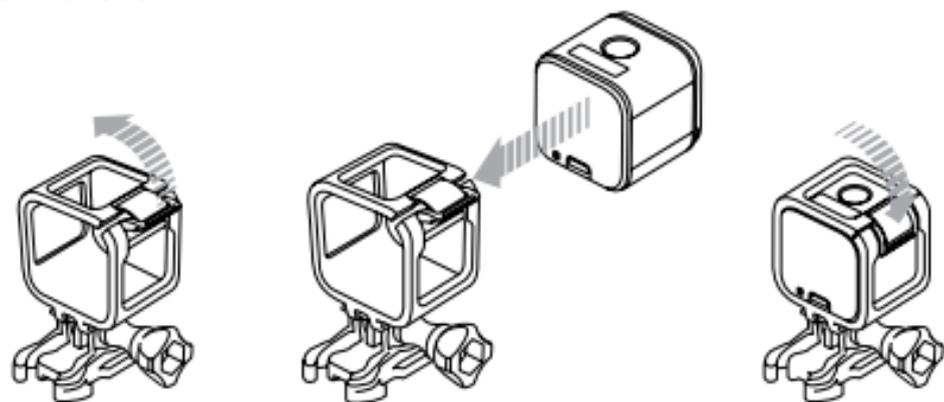
*Note: To prevent marks on the surface of your camera, leave the latch on the frame open if you are storing your camera in a frame for a long period of time.*

HERO4 Session camera is waterproof to 33' (10m) with the [side door](#) closed—no additional housing is needed when using the camera in or around water.

**NOTICE:** The Standard Frame and the Low-Profile Frame do not provide additional waterproof protection for your camera.

### TO SECURE THE CAMERA IN THE FRAME:

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



### ATTACHING YOUR CAMERA TO MOUNTS

To attach your HERO4 Session camera to a mount, you need a **Mounting Buckle**, thumb screw, or hardware depending on the mount you are using.

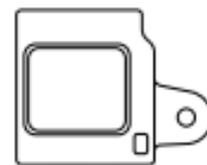
*replace  
thumbscrew in  
first drawing*



**Mounting  
Buckle**



**Thumb Screw**



**Frame**



**Complete Unit**

### MOUNTING EXAMPLES

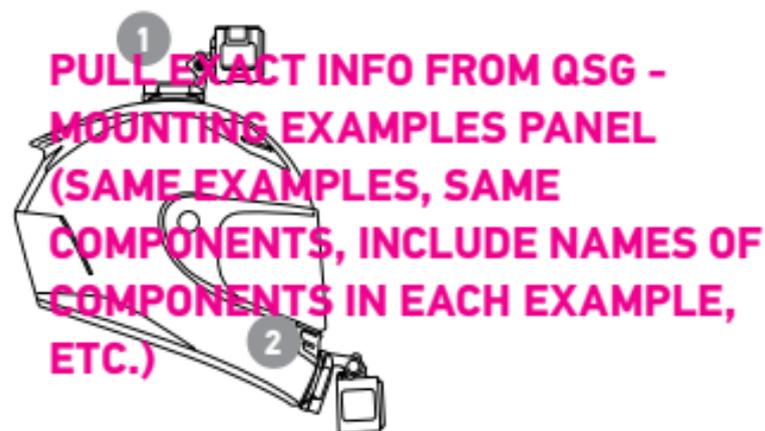
#### 1 HORIZONTAL MOUNTING



#### 2 SIDE MOUNTING



#### 3 VERTICAL MOUNTING



#### 3 SHOW #3 ON CHESTY

### MOUNTING EXAMPLES



**PRO TIP:** If you mount your HERO4 Session upside down, the camera automatically changes the orientation of your image to be right-side up. For more information, see [Orientation](#) (page 60).

### 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. Using the [Mounting Buckle](#), the [frame](#) can be clicked on and off the secured Curved or Flat Adhesive Mounts.



**Flat Adhesive Mount**

**Curved Adhesive Mount**

### MOUNTING GUIDELINES

Follow these guidelines when attaching mounts:

- Attach the adhesive mounts at least 24 hours before use. Allow 72 hours for complete adhesion.
- 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.

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



**WARNING:** If using your camera with a GoPro helmet mount or strap, 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.

### SECURING LOCKING PLUGS

If you are using the HERO4 Session in high-impact sports such as surfing or skiing where significant impact might occur, the integrated locking plug securely locks the fingers on [Ball Joint Mounting Buckle](#) and the [Vertical Mounting Buckle](#) into place. The locking plug helps to prevent the [frame](#) from accidentally releasing from the mount.

The white locking plug is used with the [Mounting Buckle](#). The circular ring acts as a leash to prevent dropping or losing the plug.



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

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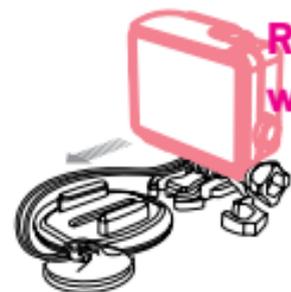
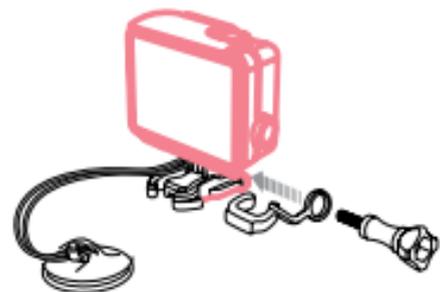
### To Secure the Integrated Locking Plug:

1. Flip up the plug.
2. Insert the buckle into the mount.
3. Press the plug into place.

line drawing(s)?

### To Attach the White Locking Plug:

1. Loop the circular ring over the thumbscrew. The circular ring acts as a leash to prevent dropping or losing the locking plug.
2. Slide the **Mounting Buckle** into the mount until it clicks into place.
3. Press the U-shaped part of the plug into the U-shaped space in the **Mounting Buckle**.



**Step: When we do these drawings for RP, can we get them without the tether?**



Your HERO4 Session camera and battery are integrated. You cannot remove the battery from the camera.

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

### MAXIMIZING BATTERY LIFE

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

When you are not using HERO4 Session, rotate it in the [frame](#) so the **Shutter/Select** button [  ] is covered to prevent the camera from accidentally turning on.

### CHARGING TIME

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

**NOTICE:** Using a wall charger other than a GoPro Wall Charger can damage the GoPro battery. Only use USB charging adapters marked 5V 1A. If you do not know the voltage and amperage of your charger, use the included USB cable to charge the camera from your computer.

### 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. Performance of non-GoPro chargers cannot be guaranteed.

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

### **BATTERY STORAGE AND HANDLING**

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

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.



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

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### MY GOPRO WON'T POWER ON

Make sure your GoPro is charged. To charge your camera, use the included USB cable and a computer [or other charging device](#).

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

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

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

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

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

See [Resetting Your Camera's Wireless Name and Password](#) (page 59).

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

The blue light indicates that wireless is on. To turn off wireless, see [Turning Wireless On/Off](#) (page 24).

### MY PLAYBACK IS CHOPPY

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

- Using an incompatible video player. Not all video players support

the H.264 codec. For best results, use the latest GoPro Studio, available for free at [gopro.com/getstarted](https://gopro.com/getstarted).

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

closed.

For more help, see [gopro.com/support](https://gopro.com/support).

## / Customer Support

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

## / Regulatory Information

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To see the complete list of country certifications, refer to the Important Product Information Guide included with your camera.



## / Trademarks

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