

GENERIC SETTINGS



RESOLUTION

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

FOV

LENS

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

SC

SCHEDULED CAPTURE

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



DURATION

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

FPS

FRAME RATE

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



HYPER SMOOTH

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



HINDSIGHT

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



TIMER

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



ZOOM

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



SPEED

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



SPEED RAMP

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



FORMAT

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



INTERVAL

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

PHOTO

RAW

OUTPUT

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



BURST RATE

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

ADVANCED SETTINGS: PROTUNE



BIT RATE

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



SHUTTER

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



ISO

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



WB

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



SHARP

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



COLOR

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



RAW AUDIO

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



EV COMP.

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



WIND

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



MEDIA MOD

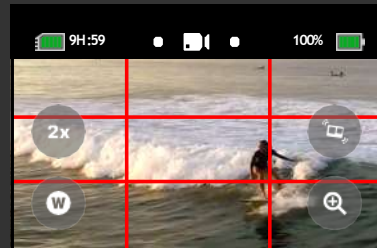
Camera Mics This option is only available when you connect the GoPro Media Mod. It lets you select different microphone setups. Ideal for advanced Audio design.

PRO TIPS

#1: Enable the Grid

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

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



#2: Disable Hypersmooth in Low-Light

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

Disable Hypersmooth for a cleaner image in low-light.



SETTINGS BY ACTIVITY

 TRAVEL <table><tr><td> VIDEO</td><td>5.3K 4K (4:3)</td><td>30fps 60fps</td><td>Wide Linear Lens</td></tr><tr><td> PHOTO</td><td>Photo</td><td>HDR</td><td>Wide Linear Lens</td></tr></table>	 VIDEO	5.3K 4K (4:3)	30fps 60fps	Wide Linear Lens	 PHOTO	Photo	HDR	Wide Linear Lens	 BIKE <table><tr><td> VIDEO</td><td>4K (4:3) 2.7K (4:3)</td><td>60fps</td><td>Wide Lens</td></tr><tr><td> PHOTO</td><td>Time Lapse Photo</td><td>Interval 5s</td><td>Wide Lens</td></tr></table>	 VIDEO	4K (4:3) 2.7K (4:3)	60fps	Wide Lens	 PHOTO	Time Lapse Photo	Interval 5s	Wide Lens	 AIR <table><tr><td> VIDEO</td><td>4K 1080p</td><td>60fps 120fps</td><td>Wide Lens</td></tr><tr><td> PHOTO</td><td>Time Lapse Photo</td><td>Interval 1s</td><td>Wide Lens</td></tr></table>	 VIDEO	4K 1080p	60fps 120fps	Wide Lens	 PHOTO	Time Lapse Photo	Interval 1s	Wide Lens
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*POV: Point of View shots are those taken from your point of view using a body mount or handheld mount.

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