

Canon

EOS R7



SETUP GUIDE

Glenn Bartley and Jan Wegener

INTRODUCTION

Thank you for purchasing our setup guide and congratulations on the purchase of your new camera! We're sure it will help you to capture many thousands of wonderful images.

The purpose of this guide is to help you to set up and understand the features, functions and settings of your new Canon R7. We have tried our best to simplify things and make the choices clear. In some cases the best setting is an obvious one. Other times there are options based on personal preferences. In each case We have tried to make this clear and provide the information that you need in order to get the absolute most out of your new camera.

Throughout the guide you will see places where we have stated (P.P.). This stands for personal preference and means that there is no correct setting but rather a few options that are up to your own preferences.

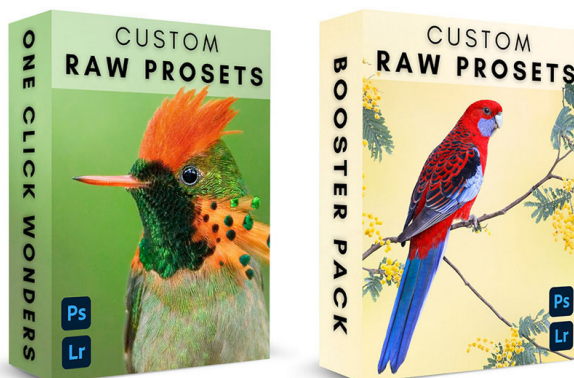
If you have any suggestions or find any typos please feel free to email me us – rgbartley@gmail.com

Thank you again and all the best!

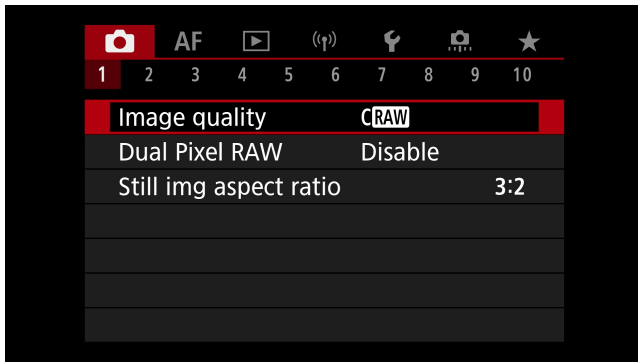
Glenn and Jan

ADDITIONAL RESOURCES

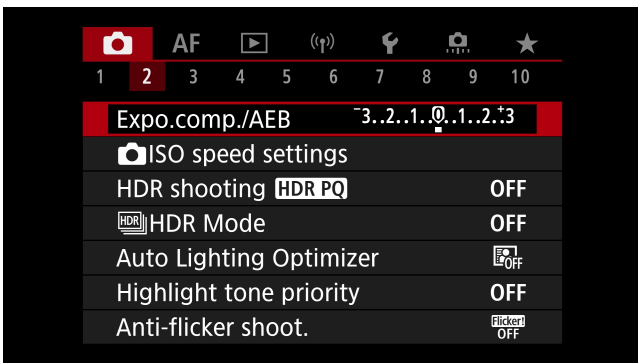
If you enjoy this guide you may want to check out our other guides on post processing and our PROSETS.



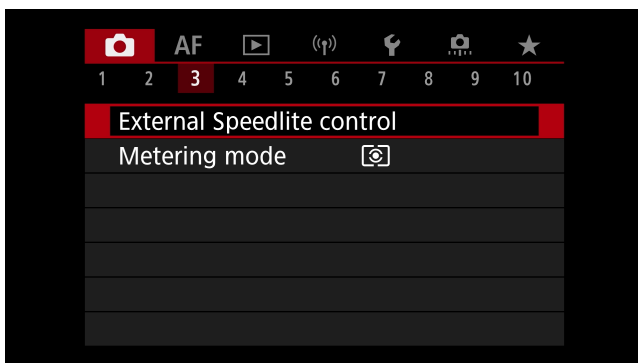
RED MENU



- **Image Quality** - RAW or cRAW
- **Dual Pixel RAW** - Disable.
- **Aspect ratio** - 3:2

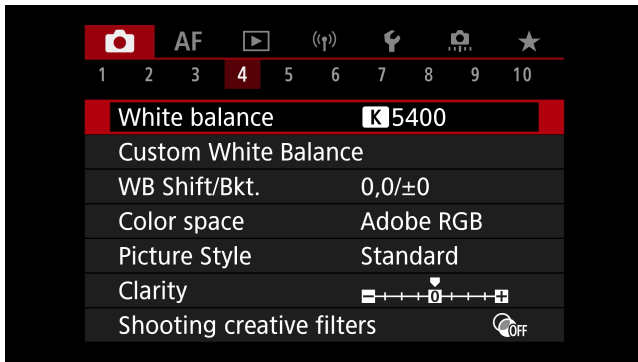


- **Expo.comp** - Use back camera wheel to control this.
- **ISO speed** - Displays existing ISO
- **HDR PQ** - Left off as default. Adjust to suit your needs if shooting in HDR mode.
- **HDR Mode** - Enable when you want to shoot an HDR image (jpg only)
- **Auto Lighting Optimizer** - Off
- **Highlight tone priority** - Off (unless very contrasty subject)
- **Anti Flicker Shoot** - Disable

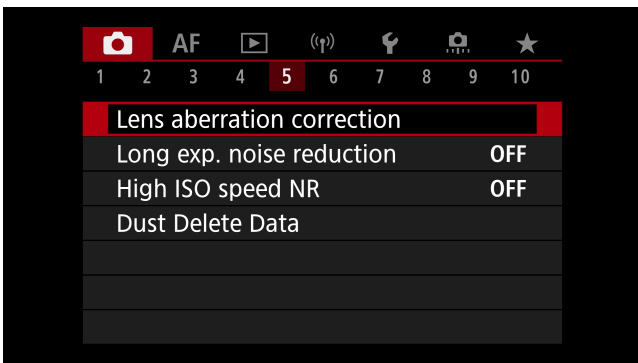


- **External Speedlight Control** - See pg 6
- **Metering Mode** - Evaluative (P.P.)

RED MENU



- **White balance** - We use kelvin and set according to conditions (usually 5200-5800)
- **Custom White balance** - Off
- **WB Shift** - Off
- **Color Space** - Adobe RGB
- **Picture Style** - Standard - edit to add sharpness if desired (JPG only)
- **Clarity** - Affects only jpg. Bump up if you want to see images sharper on LCD
- **Shooting creative filters** - Off

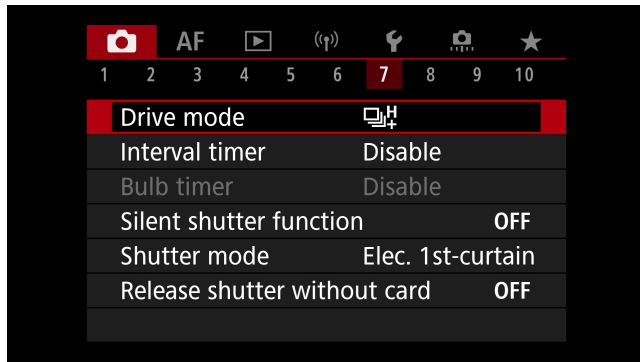


- **Lens aberration correction** - Off
- **Long exp noise** - Off
- **High ISO speed NR** - Off
- **Dust Delete Data** - Set if dust becomes a problem

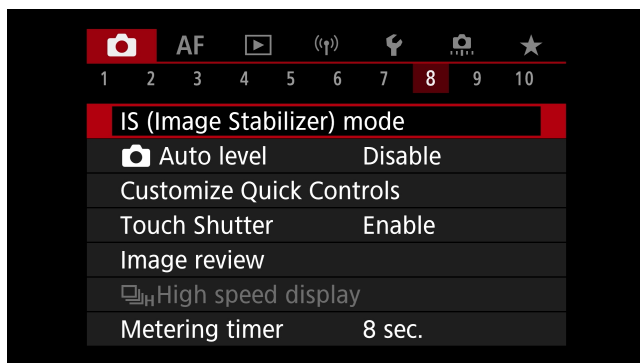


- **Multiple Exposure** - Disable
- **RAW Burst Mode** - Disable as default. Use this for "blast off" action (e.g. A bird about to take off from a perch).
- **Focus bracketing** - Disable

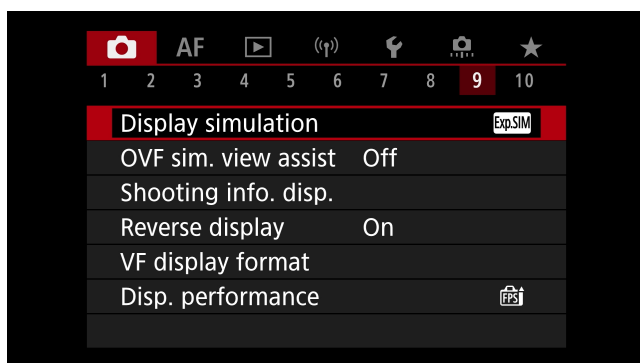
RED MENU



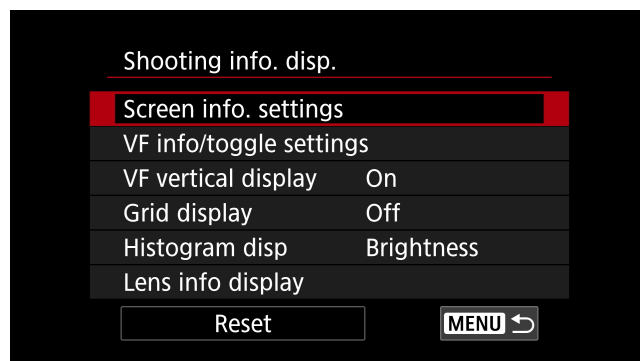
- **Drive mode** - H+ as default
- **Interval Timer** - Disable
- **Bulb timer** - Disable
- **Silent Shutter** - Off
- **Shutter Mode** - Use Elec 1st curtain by default. switch to electronic for fast action scenarios and flight (added to Green user menu).
- **Release Shutter without Card** - Off



- **IS Mode** - Digital IS Off
- **Auto Level** - Disable
- **Customize Quick Controls** - If you want you can edit your Q menu here to suit your needs (P.P.)
- **Touch Shutter** - Disable
- **Image review** - Off / Disable.
- **High speed display** - Not enabled.
- **Metering timer** - mid range at 8 sec. Shorter may preserve battery life.

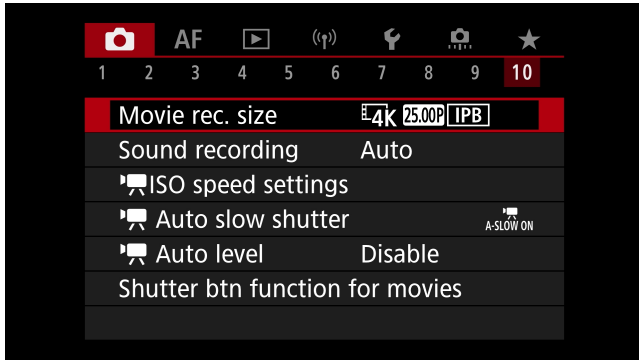


- **Display sim** - Exposure + DOF (P.P.)
- **OVF sim view** - Off
- **Shooting info disp** - See next menu
- **Reverse display** - On
- **VF Display Format** - Option 1
- **Disp Performance** - Smooth



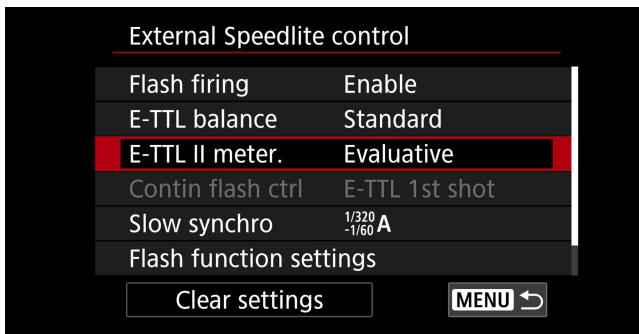
- **Screen Info** - I leave all options
- **VF Info/toggle** - I leave all options
- **VF vert disp** - On
- **Grid display** - I prefer 3x3
- **Histogram disp** - Brightness
- **Lens info disp** - Enable (P.P.)

RED MENU



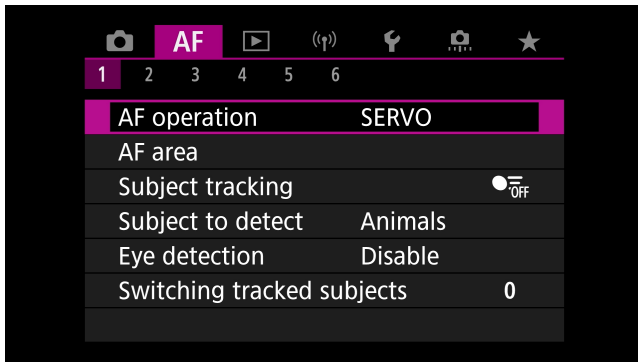
- **Movie Rec Size** - 4k 29.97 / 25 IPB
- **Sound** - Auto
- **ISO settings** - Only for auto ISO. Default
- **Auto slow shutter** - Enable
- **Auto Level** - Disable
- **Shutter btn function** - Meter + movie servo

EXTERNAL FLASH SETTINGS

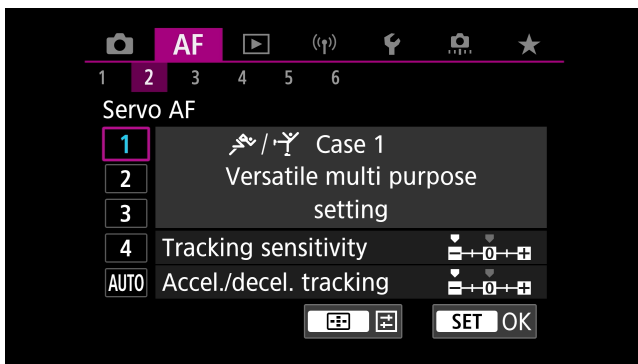


- **E-TTL II balance** - Ambience priority for a more natural look
- **E-TTL II meter** - Evaluative
- **Contin flash ctrl** - E-TTL 1st shot - speeds up continuous shooting with flash on
- **Slow synchro** - 1/320 - 30" A
- **Flash function settings** - E-TTL, high speed sync, FEC as needed
- **Flash C.Fn setting** - These settings vary based on the model of EX flash used. Consult your flash manual.

PURPLE MENU



- **AF operation** - Servo
- **AF area** - Accurate single point
- **Subject tracking** - Off
- **Subject to detect** - Animals
- **Eye detection** - Disable (we will enable for one of our back buttons)
- **Switching tracked subjects** - Set to 0



Use case 1 or 2 with a few modifications. Using the focus point button switch both sliders to the left. This helps to hold on to birds in flight.

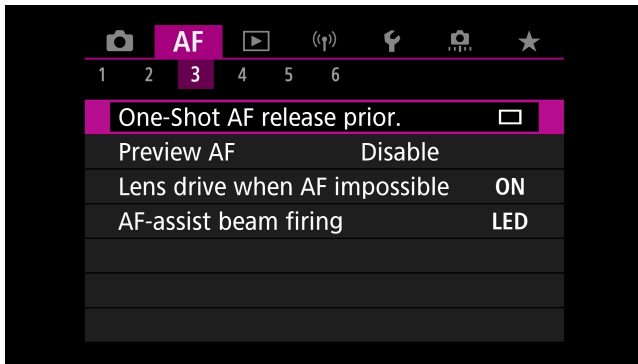
What is **MOST** important is to understand what each slider is doing:

- **Tracking sensitivity** - if the AF point is tracking a subject, and then “sees” a new subject, how will it respond? [-1 or -2 to stay locked on].
- **Accel / decel tracking** - Set to [0 or -1] for a steadily-moving subject, or to [1 or 2] for one with a stop-and-start character.

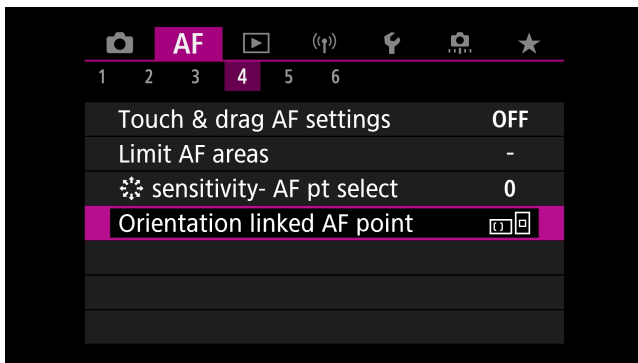
The “cases” presented mean little to wildlife photographers. Instead I suggest setting up custom settings for scenarios that you are most likely to encounter. For example:

- **Birds in flight** - The best strategy is always to lock on early and have the focus hold the subject as it approaches. [Set -2, -2].
- **Erratic, small & difficult birds** (e.g. swallows) - Those subjects that are very hard to keep the focus point one may require the focus to search quicker if the subject is lost [Set -1, 1].

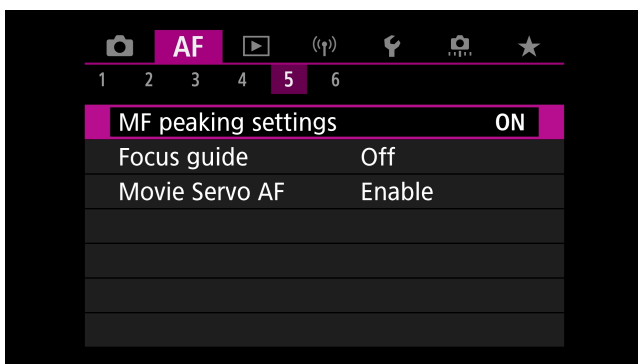
PURPLE MENU



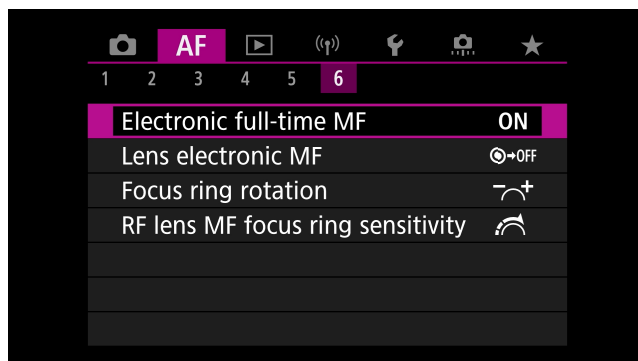
- **One shot af release prior** - Prioritize focus
- **Preview AF** - Disable
- **Lens drive when AF...** - ON
- **AF-assist beam** - LED



- **Touch and drag** - Off
- **Limit AF methods** - leave all enabled (PP)
- **Sensitivity AF pt select** - Set to 0
- **Orientation Linked pt** - Seperate points

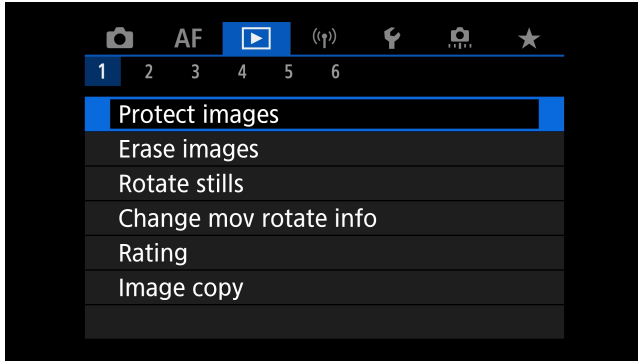


- **MF peaking** - On
- **Focus Guide** - Off
- **Movie Servo AF** - Enable

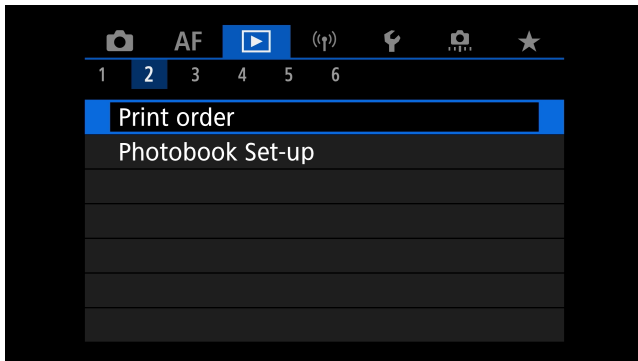


- **Electronic full time MF** - On
- **Lens electronic MF** - Default - disable after one shot
- **Focus ring rotation** - Default
- **RF lens MF focus** - Default

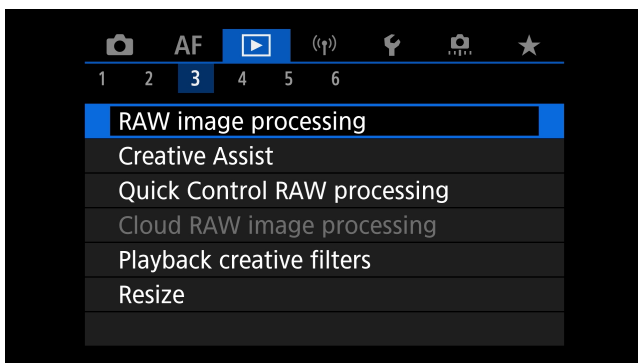
BLUE MENU



- **Protect images** - Use as needed.
- **Erase images** - I prefer to format card.
- **Rotate stills** - Not done on camera.
- **Change mov rotate info** - Default setting.
- **Rating** - Not done on camera.
- **Image copy** - If needed images can be copied from one card to another in camera.

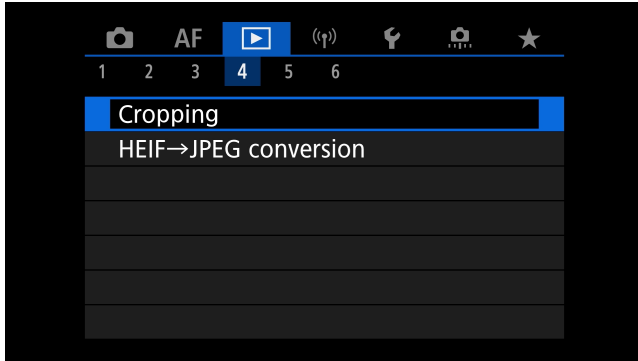


- **Print order** - Only if printing directly.
- **Photobook set up** - Never used on camera

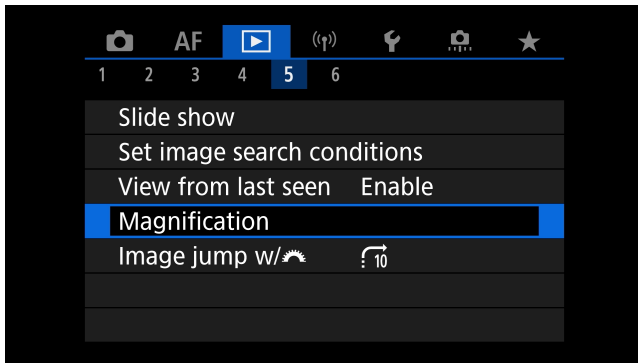


- **RAW Processing** - Better done on computer
- **Creative Assist** - Better done on computer
- **Quick RAW Processing** - Better done on computer
- **Cloud RAW Processing** - Better done on computer
- **Playback Filters** - Better done on computer
- **Resize** - JPG only. Never on camera.

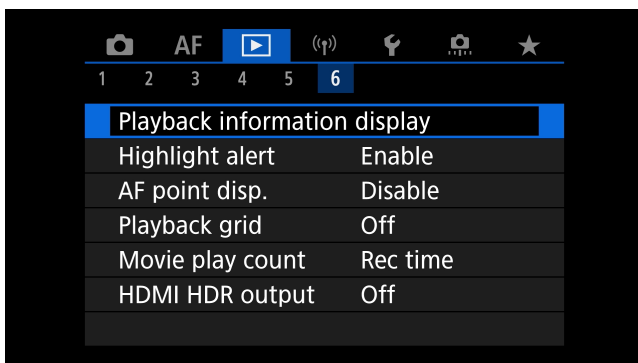
BLUE MENU



- **Cropping** - Better done on computer.
- **HEIF - JPG** - Better to shoot RAW

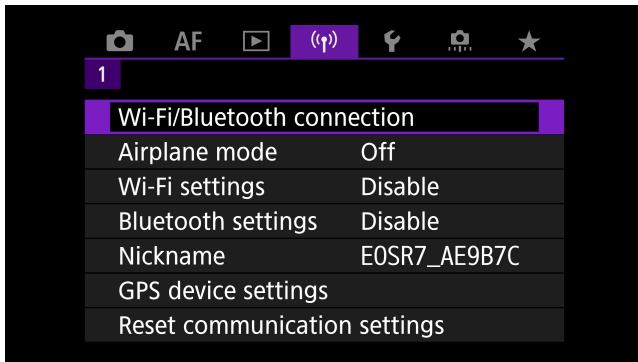


- **Slide show** - Never on camera.
- **Set Search Conditions** - Can limit search (e.g. only jpg, date, etc). Not very useful for most.
- **View from last seen** - Enable
- **Magnification** - Actual size from selected pt (P.P.)
- **Image jump** - 10 pics at a time (P.P.)



- **Playback Info Display** - (P.P.)
- **Highlight alert** - Enable
- **AF point disp** - Enable (P.P.)
- **Playback grid** - Various grids to check level and composition (P.P.)
- **Movie play count** - What to display during movie playback (P.P.)
- **HDMI HDR Output** - Off

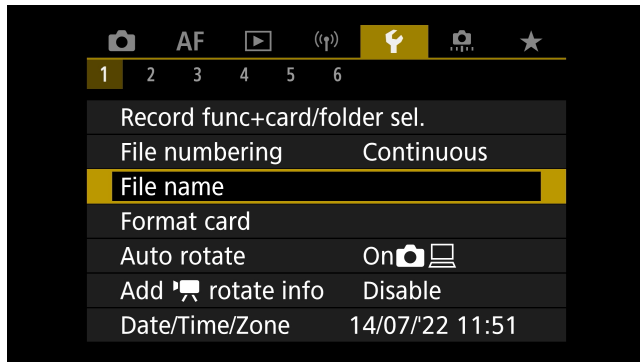
PINK MENU



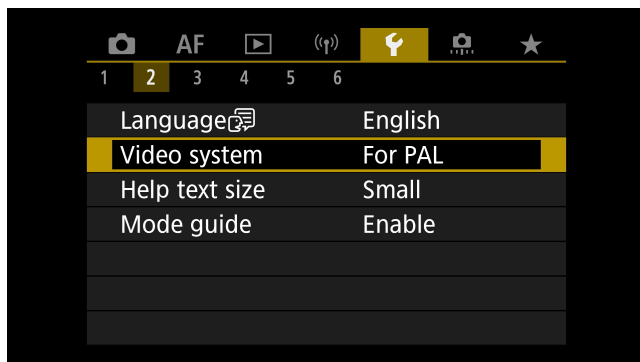
- **WIFI Connect** - See manual to configure (PP)
- **Airplane Mode** - On (PP) I dont use any of the wifi settings to save battery life
- **WIFI Settings** - Disable
- **Bluetooth Settings** - Disable
- **Nickname** - Change if you like (PP)
- **GPS Settings** - I prefer not to use as it drains battery. (PP)
- **Reset** - If you need to start fresh

** NOTE - This menu and these settings are more targetted at photojournalists. Most nature photographers have no need for such image transfer capabilities.

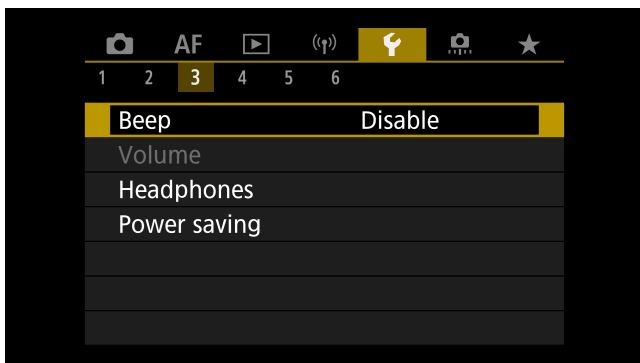
YELLOW MENU



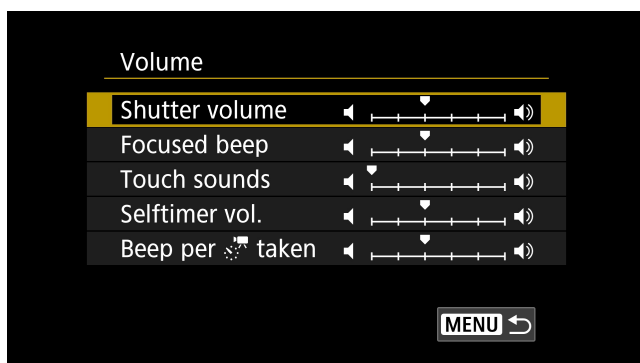
- **Record func +** - Can customize to P.P.
- **File numbering** - Continuous (P.P.)
- **File name** - Default (P.P.)
- **Format card** - I format each time I use a card
- **Auto rotate** - On (middle setting) (P.P.)
- **Add movie rotate info** - Disable
- **Date/Time** - Set accordingly



- **Language** - Set accordingly
- **Video System** - For NTSC (North America)
PAL for Australia
- **Help Text Size** - Small
- **Mode Guide** - Enable

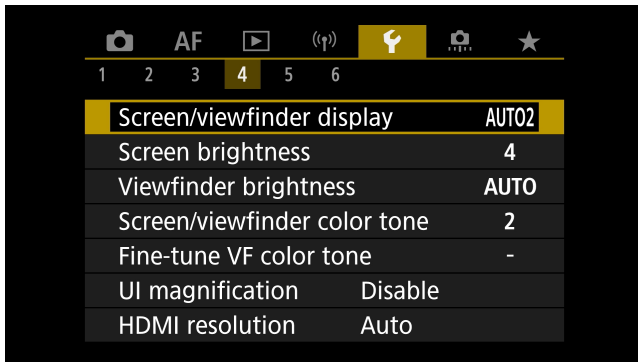


- **Beep** - Enable (P.P.)
- **Volume** - Default
- **Headphones** - Default
- **Power Saving** - 15,15,3,1

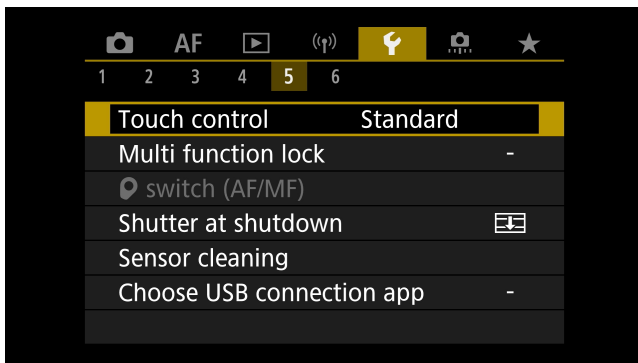


- **Volume** - Note that you can adjust the volume of the various sounds on the R7

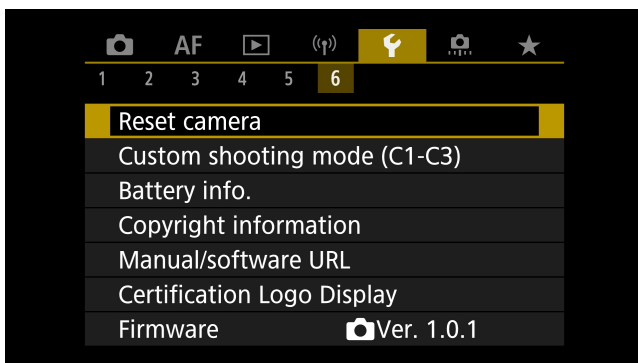
YELLOW MENU



- **Screen Display** - Auto 2
- **Screen Brightness** - 4 (PP)
- **Viewfinder Brightness** - Auto
- **Screen / View Color** - 2
- **Fine-tune VF color** - Default
- **UI magnification** - Disable
- **HDMI Rez** - Auto

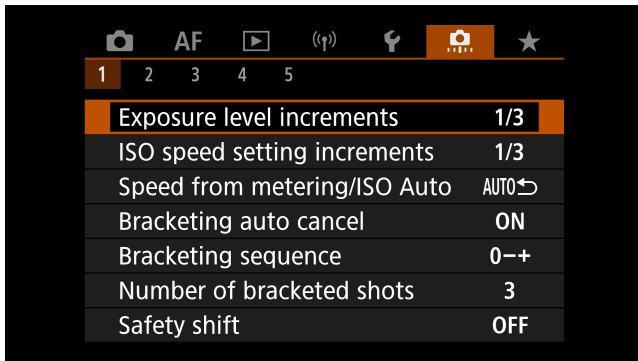


- **Touch control** - Standard
- **Multifunction lock** - Default
- **Switch AF/MF** - Default
- **Shutter at shutdown** - closed
- **Sensor cleaning** - cleaning options as needed
- **USB App** - For use with specific software

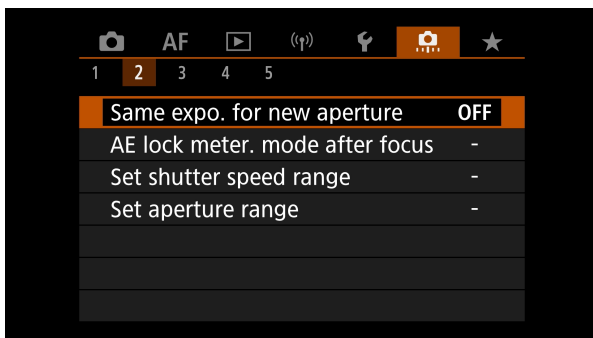


- **Reset Camera** - Resets everything
- **Custom shooting modes** - I don't use for still shooting (PP). But I do set a custom setting (C3) here for when shooting videos. This is what the red record button will default to.
- **Battery Info** - Displays battery level and performance
- **Copyright** - Add your copyright info (PP)
- **Manual URL** - links to manual web URL
- **Logo Display** - Displays Logo
- **Firmware** - Displays Firmware

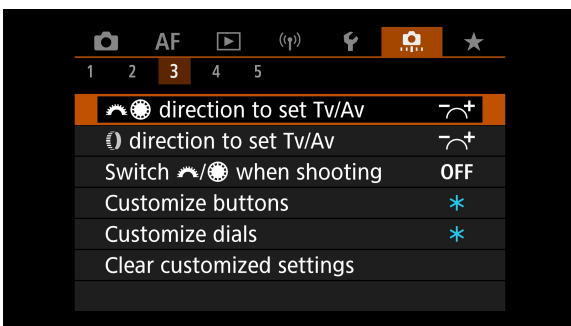
ORANGE MENU



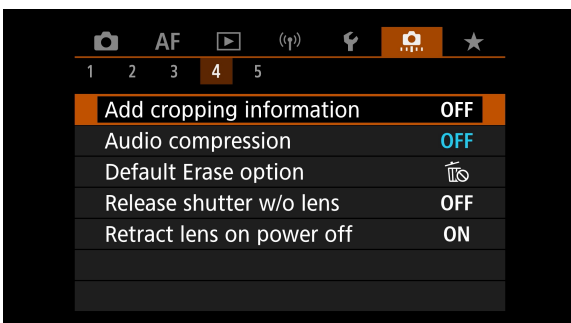
- **Exposure level increments** - 1/3
- **ISO setting increments** - 1/3
- **Speed from metering** - Auto
- **Bracketing auto cancel** - ON - shuts off EXP / WB bracketing after camera turned off. (P.P.)
- **Bracketing sequence** - P.P.
- **Number of bracketed shots** - 3 or 5 (P.P.)
- **Safety Shift** - OFF



- **Same expo for new aperture** - Off
- **AE lock meter** - I enable for all metering modes.
- **Set shutter speed range** - Full range
- **Set aperture range** - Full range

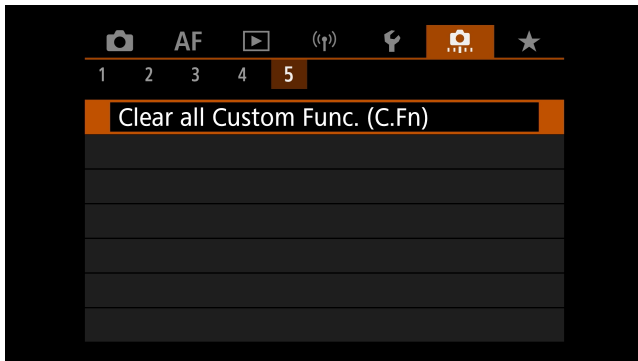


- **Dial direction** - Default
- **Control ring** - Default
- **Switch when shooting** - Off
- **Custom Controls** - Many camera buttons can be customized to user P.P. (e.g. assigning back button focus). See below for how I set up my camera.
- **Custom dials** - Set according to P.P. (see below)
- **Clear custom** - To reset



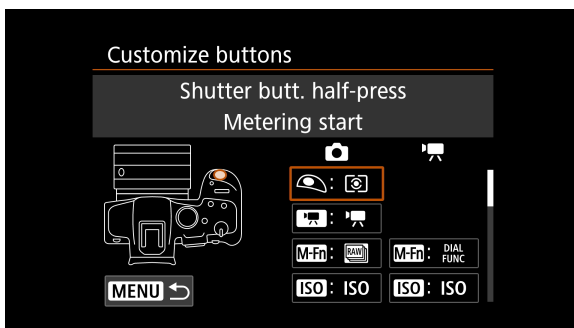
- **Add cropping info** - Better done in Photoshop
- **Audio compression** - Disable for max audio quality in video.
- **Default Erase** - Erase selected
- **Release shutter w/o lens** - OFF
- **Retract lens** - ON

ORANGE MENU

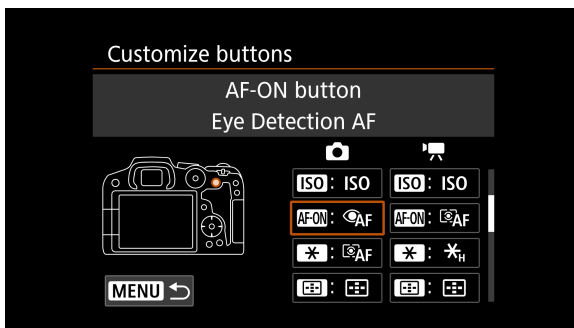


- **Clear all Custom Func** - To reset

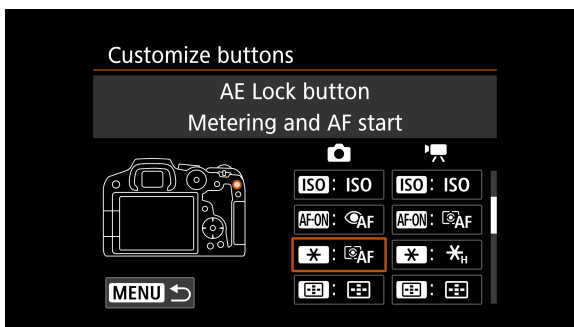
HOW WE SET OUR CUSTOM BUTTONS



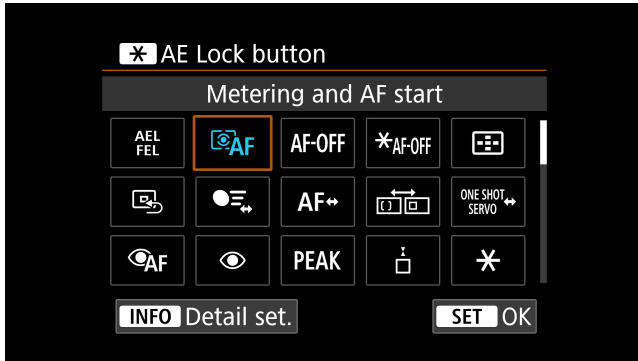
- **Shutter** - Metering start
- **AF ON** - Eye Detection Autofocus (details on customization below)
- *** Button** - Metering and AF Start - Single Servo Point (details on customization below)
- **Mfn** - RAW Burst Mode
- **DOF Preview** - Start/Stop tracking function - this is really nice to be able to turn on and off as you choose.
- **Up Button** - ISO
- **Multi Controller** - Direct AF point Select



The above are the custom settings that Jan uses with his R7.



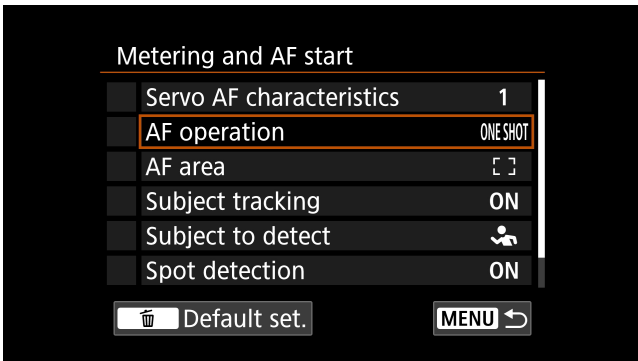
ORANGE MENU



ADDITIONAL CUSTOMIZATION OPTIONS

Note that you can set up your back button focus options specifically to suit your needs. To customize either button hit INFO to access the **Detail Set**.

EXAMPLE - GLENN DOES THE FOLLOWING

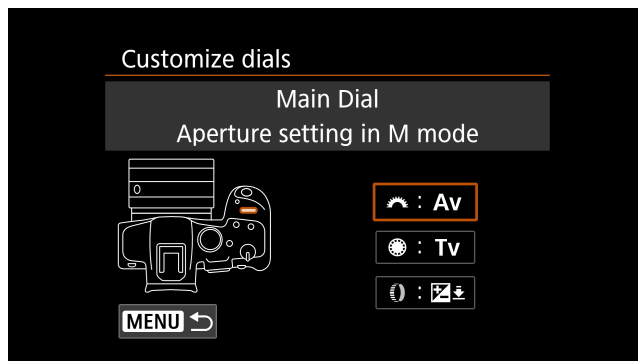


Glenn likes to have the star button use the single detail AF point in one shot mode and the AF ON button set to use the animal eye detect. He sets the Servo AF characteristics to maintain current setting (the case we set up in the Purple 2 menu).

For the Servo eye detect button you will want to use the whole AF area. Subject tracking should be off (although you can turn it on with a separate custom button assigned to the DOF preview).

Subject to detect should be animals.

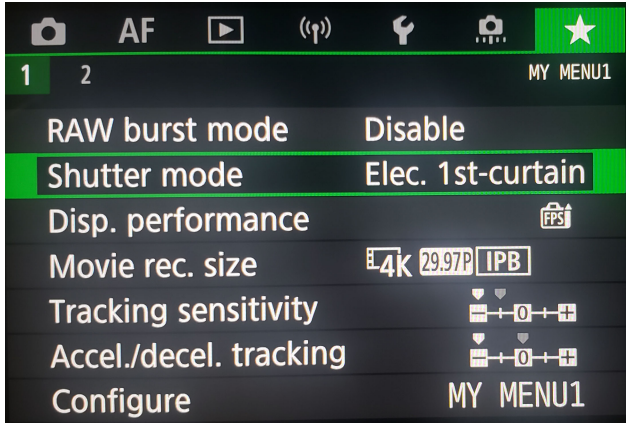
Spot detection and eye detection can be left on.



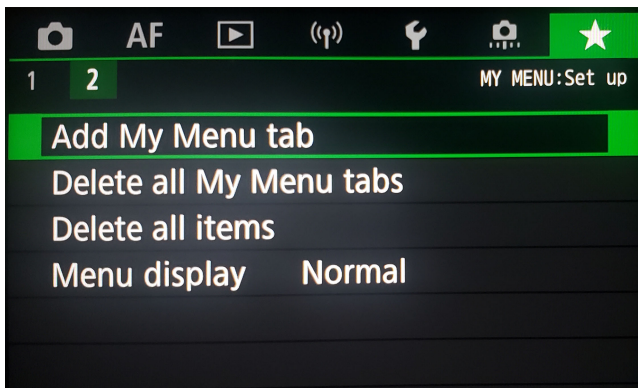
Jan likes to modify his dials as shown here.

Glenn leaves his at the default.

GREEN MENU



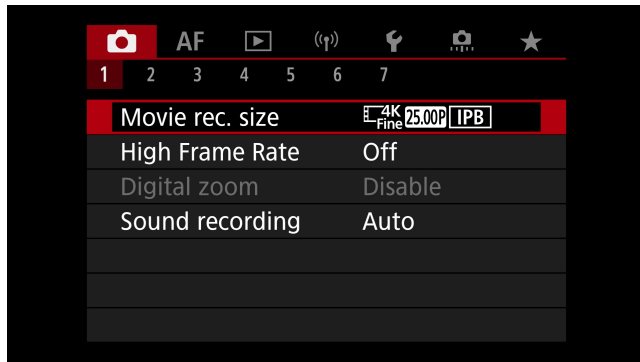
- **Configure** - Add commonly accessed menu items here.
- You may wish to register the 2 AF parameters of Tracking Sensitivity, Accel/Decel? Shutter Mode? Expo Simulation? (PP)



- **Add My Menu tab** - Up to 5 custom menus can be created, named and sorted according to P.P. This is a handy place to store menu settings that you may wish to access quickly such as mirror lockup, GPS, etc. (See above).
- **Menu display** - Can be personalized so that the menu button takes you straight to the “My Menu” or ONLY shows “My Menu” items.

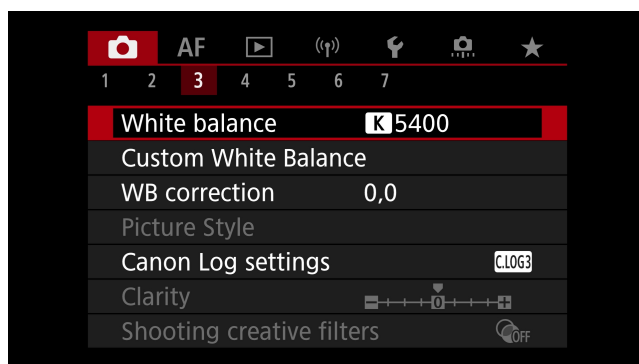
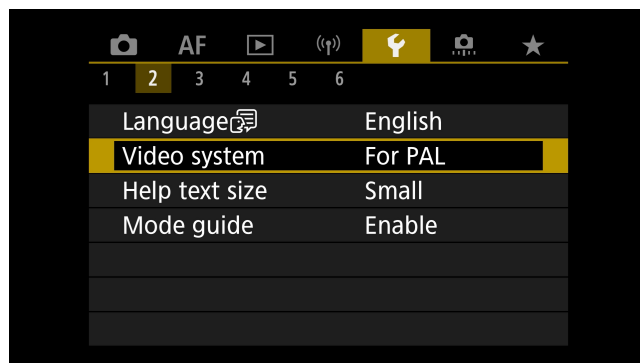
VIDEO MENUS OF NOTE

For the video menus we are showing you the specific settings that we recommend you change or settings that may require some explanation.

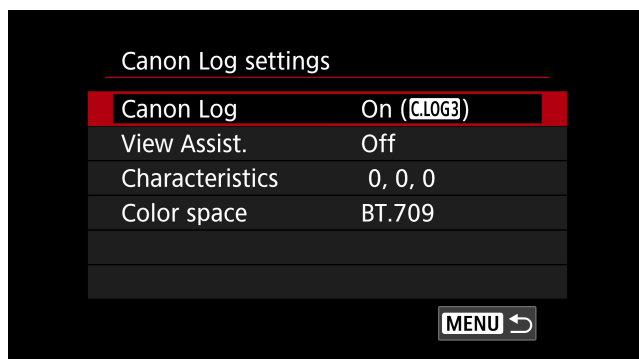


We recommend 4K. Depending on if you select NTSC or PAL you will either have 25 or 29.97 available. We recommend IPB.

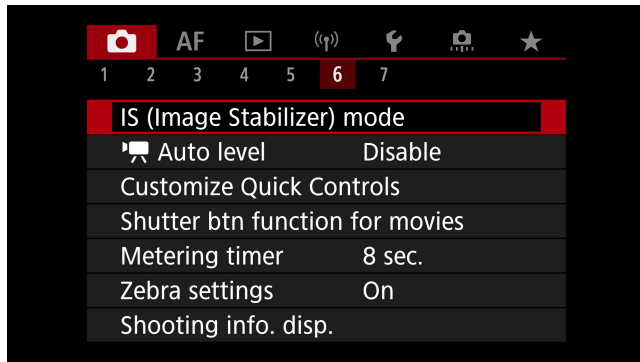
High frame rate is only available in 1080P. You can enable this for slow motion footage.



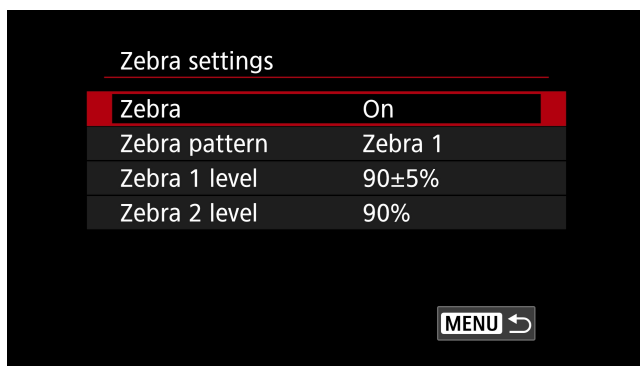
You can select Canon Log if you want a flat neutral profile with maximum dynamic range. This footage will require video editing and the codec for this file type is more difficult to edit.



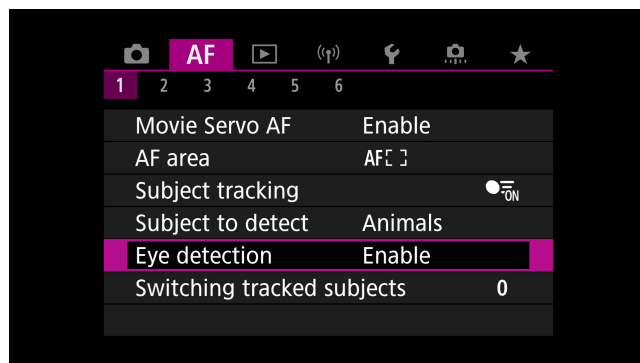
VIDEO MENUS OF NOTE



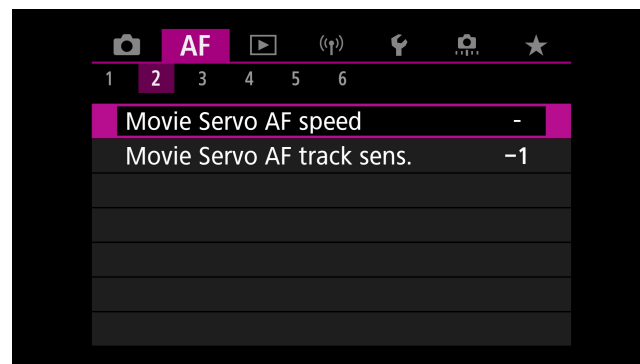
Turn zebra settings on to show highlights that may be too bright.



Use the zebra settings here to start and adjust to your needs.



One option in this menu is to adjust the AF Area zone to give you more specific control. With subject tracking on the video will track the subject even using one of the spot AF modes.



We recommend switching Movie Servo AF track sens to -1. Adjust to suit your needs.