

Jan Wegener
PHOTOGRAPHY



CANON R1 SETUP GUIDE

by JAN WEGENER

Welcome!



The R1 has a lot to offer, and in this guide, I'll walk you through the settings that have worked best for me after extensive real-world use.

Some settings have a clear best option, while others come down to personal preference. Sometimes different shooting situations will require adjustments, but I aim to give you as much of an insight as possible into the camera and how to get stunning results!

To simplify the setup process, I've included a **.CSD file** that you can install directly onto your camera via the **yellow menu #5 (Save/Load cam settings)**. This will also install all my custom modes.

However, before installing it, **I strongly recommend saving your own settings first, so you can restore them if needed. Uploading my setup file will overwrite your current settings**, including file names. While this is a fast way to get started, some settings may not transfer correctly and will need to be adjusted manually. After installing the file, double-check your settings with this guide to ensure everything is set up properly.

Let's set up your camera now! I'll see you again at the end of the guide.

Jan

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(...) = Only the menu item selected in the slide is named for easier navigation, but all relevant items are discussed.

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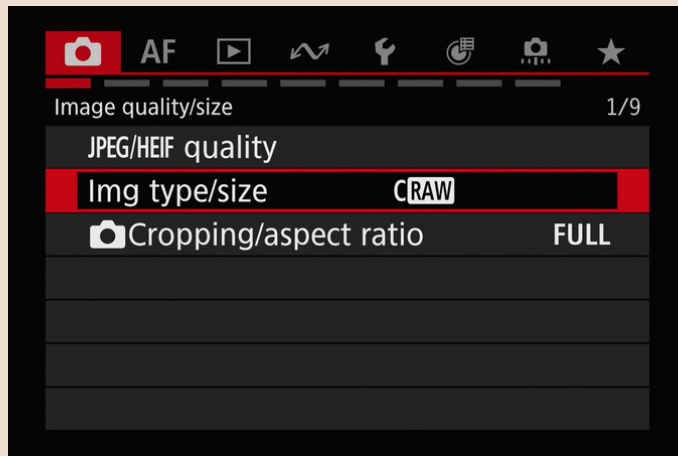


PHOTO
SETUP

RED PHOTO MENU

This menu controls all our *core shooting settings*—
like image quality, drive mode, white balance, metering,
and display settings. It's where we fine-tune how the
camera captures photos.

We will make a lot of changes in this menu.



JPEG/HEIF quality – Adjust JPEG/HEIF settings

- I recommend shooting in **RAW**

Img type/size – Select RAW or CRAW

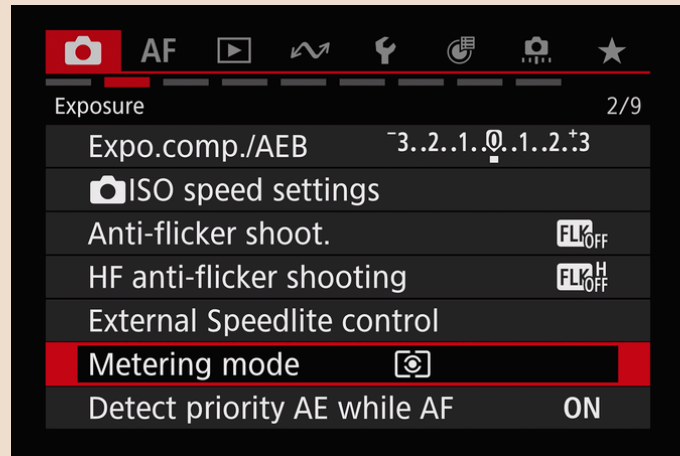
- CRAW for smaller file size and larger buffer
- RAW for max quality
- In most situations I like to shoot **CRAW** because of the increased buffer size and minimal image quality loss. Shooting in full **RAW** I recommend when buffer size doesn't matter and we are dealing with difficult subjects that may require brightening when editing.

Cropping/aspect ratio – FULL

- Here you can select 1.6 crop mode if wanted



R1 | RF 100-500 | F 5.6 | ISO 12800 | 1/2000 | CRAW



Expo. comp./AEB – Adjust exposure compensation and auto exposure bracketing settings

- Expo.comp for M (auto ISO), TV, AV, FV – Best to use dial on camera to adjust

ISO speed settings – Set ISO range for manual ISO, Auto ISO & set min. shutter speed

Anti-flicker shoot. – **OFF** – Prevents exposure inconsistencies under flickering light (e.g., fluorescent)

HF anti-flicker shooting – **OFF** – Prevents high-frequency LED flickering

External Speedlite control – Flash settings for Canon Speedlites

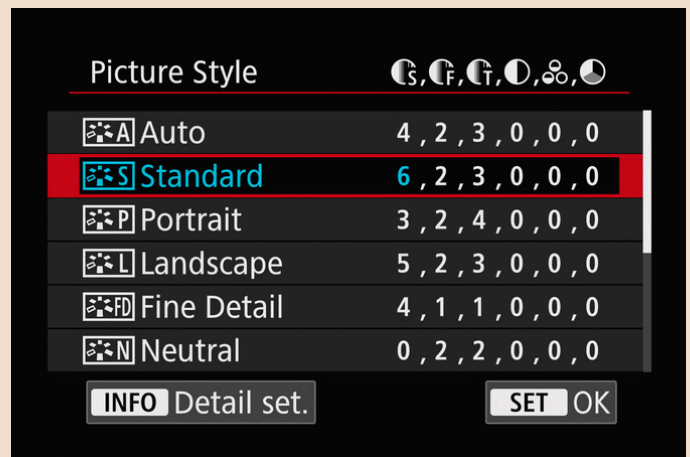
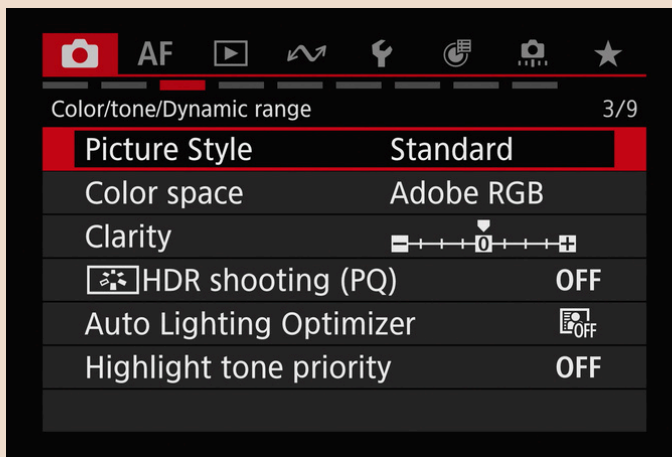
Metering mode – Evaluative – Select metering mode

- *I like to use evaluative metering*
- *If shooting full manual like I do most of the time, the metering mode is irrelevant, since we control all settings*

Detect priority AE while AF – **ON** – Gives priority to the active AF point for more accurate exposure on your subject



R1 | RF 600 L IS | F 6.3 | ISO 6400 | 1/400 | CRAW



Picture Style – Select desired image look

- These settings affect the image look of JPEG/HEIF & the back of camera preview of RAW files
- *I only shoot RAW, so I like to choose the **Standard** picture profile that gives me a good preview of colours and sharpness*
 - Press *INFO* to access the sub menu, where you can adjust the settings for each colour profile
- *I change the sharpness of the Standard profile to 6. This let's me judge the sharpness of the RAW file when zooming in the best.*

Color space – Adobe RGB or sRGB – I use Adobe RGB, this can be adjusted later when shooting in RAW

Clarity – 0 – default – I don't add or remove clarity

HDR shooting (PQ) – HDR mode with PQ gamma

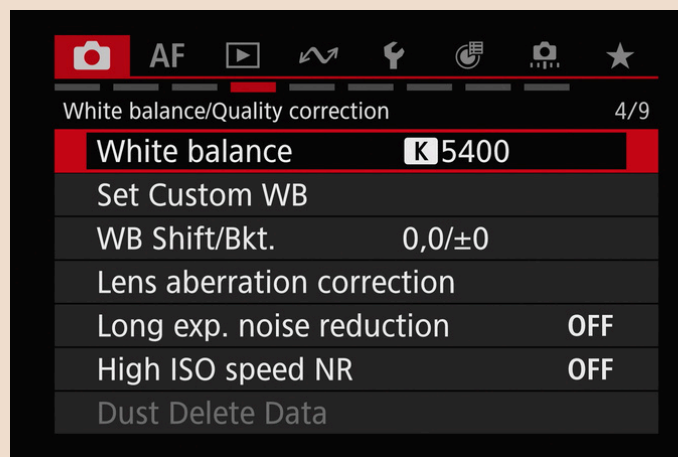
- Enable to shoot in HDR
- Works with RAW & Video

Auto Lighting Optimizer – OFF – JPEG only – Automatic brightness or shadow adjustments

Highlight tone priority – OFF – More detail in highlights, but more noise in dark areas

- Works on RAWs
- *I usually leave it off, but it can help when dealing with bright highlights*

4/9: White balance/Quality correction



White balance – Select different WB options

- I set WB manually to K 5400 and adjust from 5200 (cooler) to 5600 (warmer)
- This gives more balanced RAW files – AWB etc. can get too cold/warm
- When shooting RAW, WB can be adjusted during the editing process

Set Custom WB – Assign a custom white balance based on a reference image

WB Shift/Bkt. – Adjust tint of the WB

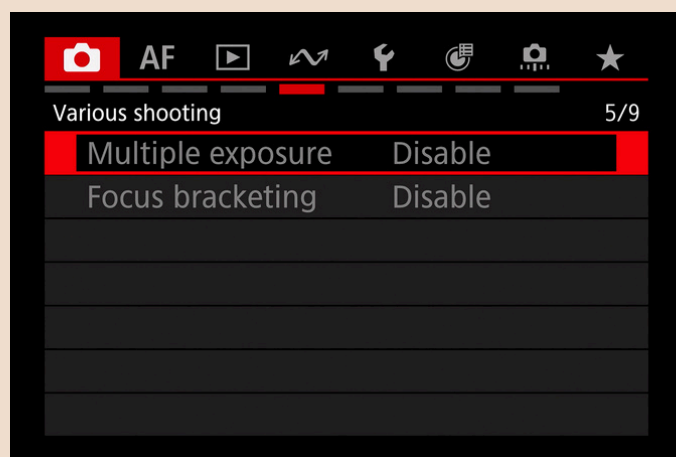
Lens aberration correction – Enable/disable corrections for distortion, chromatic aberration, etc. – I usually leave these **OFF**

Long exp. noise reduction – **OFF** – Applies additional processing to reduce noise in long exposure images, particularly in dark areas

High ISO speed NR – **OFF** – JPEG only – Reduces image noise when shooting at high ISO settings, at the potential cost of some fine detail

Above NR & corrections can slow down the camera

5/9: Various shooting

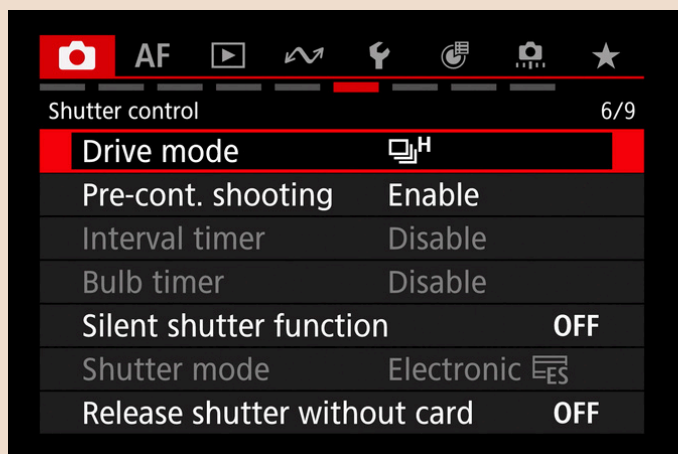


Greyed-out, because pre-shooting is active (next menu tab)

Multiple exposure – Combine multiple shots into one image

Focus bracketing – Capture multiple images with different focus points for stacking

6/9: Shutter control



Drive mode – Sets the camera's shooting behavior (single, continuous, timer, etc.)

- You can adjust the frames per second for each drive mode in the **orange menu #4**

Because I want to set up different shooting speeds by half or fully pressing the AF-ON button, I am choosing H mode here, which is the second highest speed.

- This allows us to shoot at H mode when half pressing and switch to full speed H+ mode on full press
- We will assign the needed settings for that in the **green custom button menu**

Pre-cont. shooting – Enable

- Captures 0.5 sec of images when half-pressing shutter button
- Ideal for action like a bird taking off, so you don't miss the moment, but you will get 20 extra images each time
- **Activating this option will grey out many menu items!**

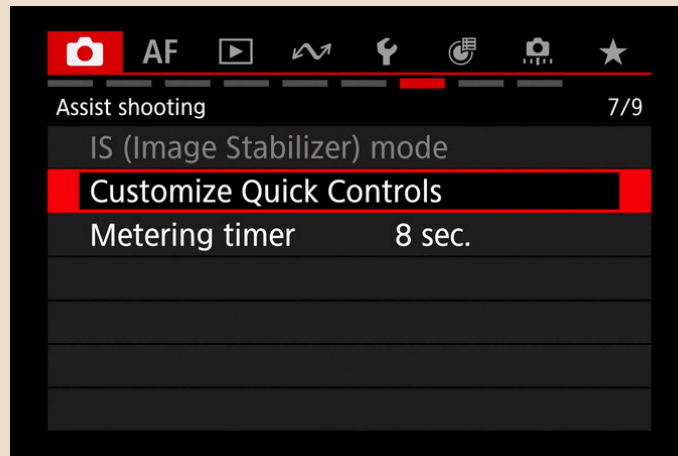
Interval timer – Disable – Set automated shooting at set intervals for time lapse

Bulb timer – Disable – Controls long exposures without holding down the shutter manually



R1 | RF100-500 | F 7.1 | ISO 1600 | 1/640 | CRAW

7/9: Assist shooting



IS Mode – Set on lens

Customize Quick Controls – Adjust the layout of quick settings (Q button) for easy access to important settings

Metering timer (8 sec.) – Sets how long the camera meters before resetting

8/9: Assist shooting

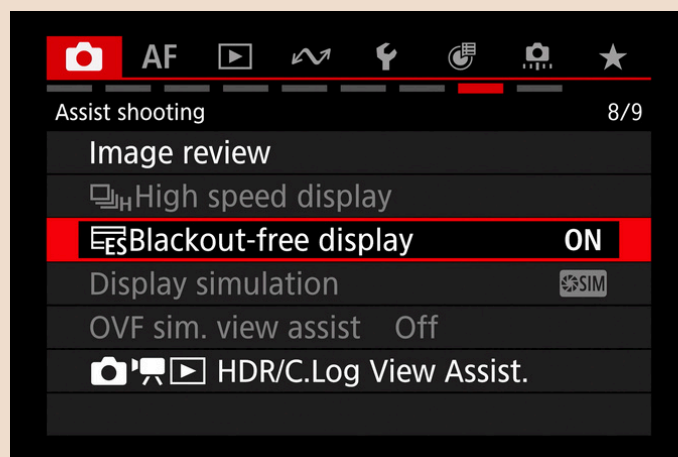


Image review – Select time and place for automatic image review

- *I turn both options OFF.* You can review images by pressing the play button on the back of the camera when needed.

High speed display – For smoother display – Greyed out if Pre-cont. Shooting is ON

Blackout-free display – ON – Keeps the EVF live with no blackout during bursts

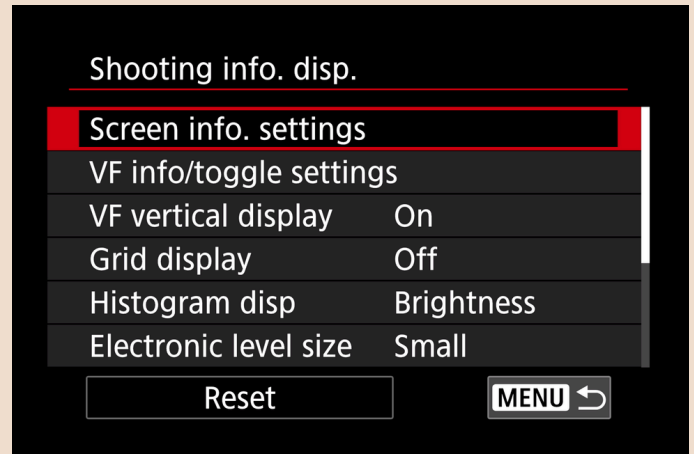
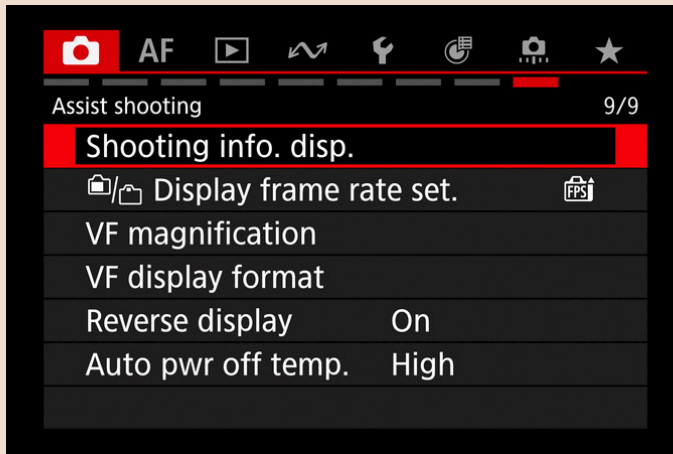
- **Greys out the other 2 display options**

Display simulation – Adjusts the EVF/LCD to match exposure settings

- It's active when using black-out free display

OVF sim. view assist – OFF – Mimics optical viewfinder (No exp. preview)

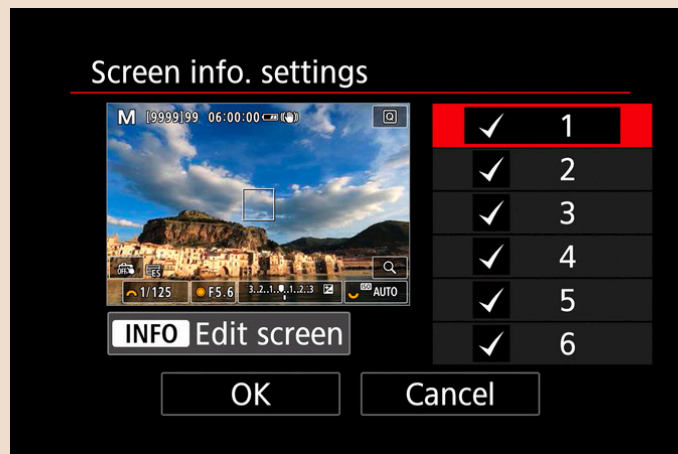
HDR/C.Log View Assist – Helps preview HDR or C-Log footage with adjusted contrast



Shooting info. disp. – Choose what appears on LCD screen & EVF

- Press *INFO* on back of camera to toggle through display options

→ submenu: Screen info. settings

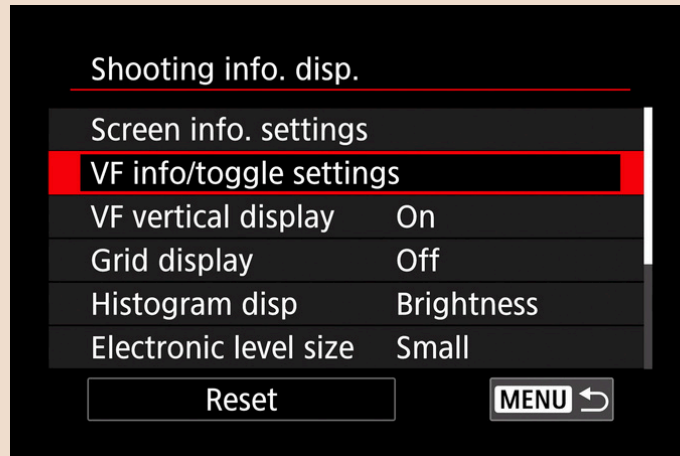


Screen info. settings – Tick/Untick wanted/unwanted options

- Press *INFO* to adjust which items are displayed in each option
- To keep it simple, you could untick most options and just add whatever you want to just one or two options

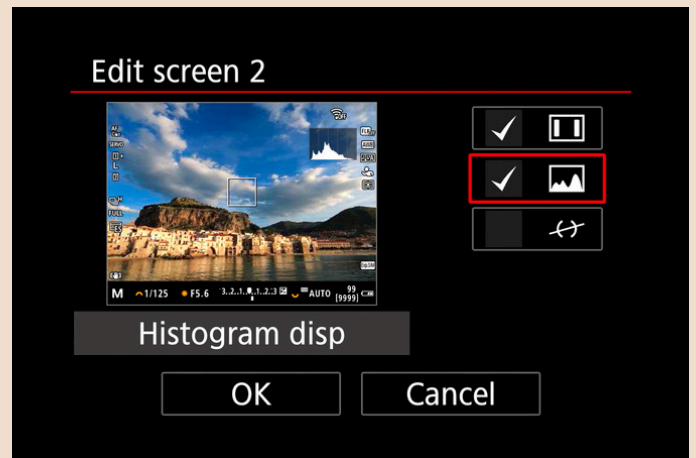
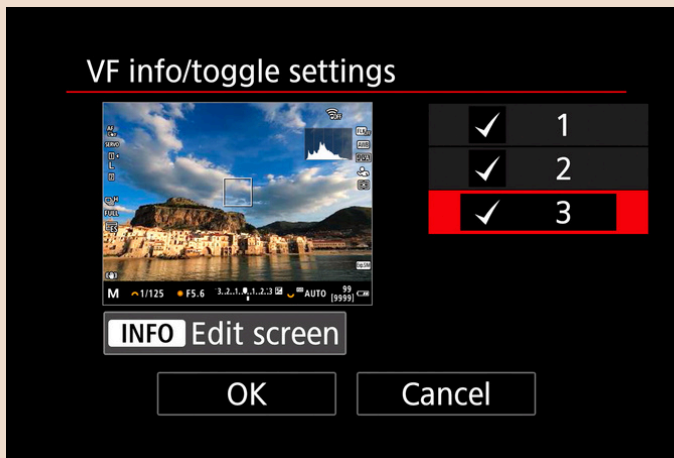


→ submenu: Shooting info. disp. Cont'd



→ submenu: VF info/toggle settings

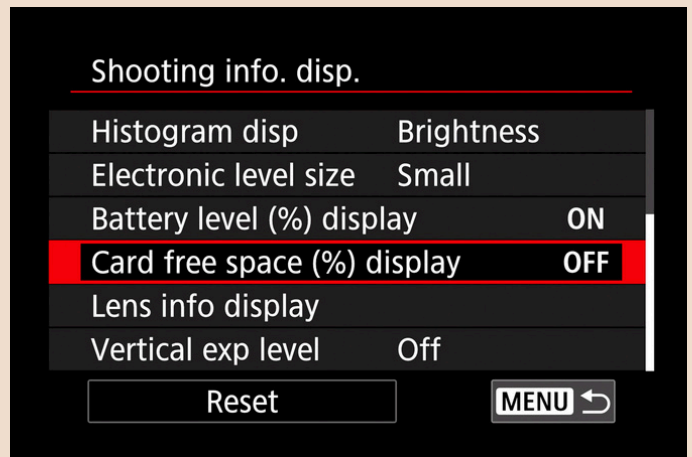
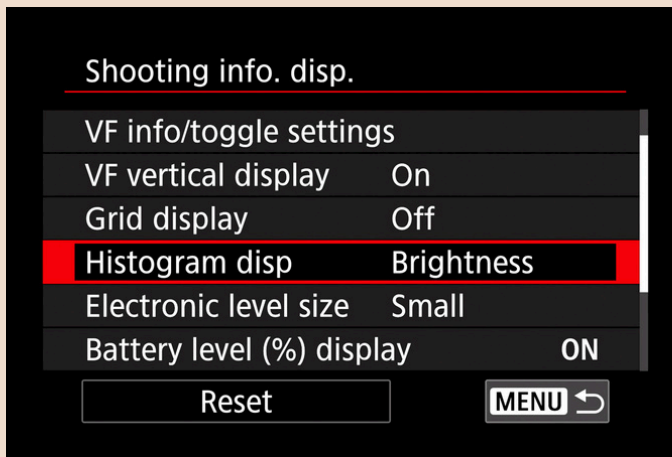
→ submenu: Edit screen 2



VF info/toggle settings – Set what will be displayed in the viewfinder

- Press *INFO* to select which items are displayed in each option
- Tick/Untick wanted/unwanted options
- I usually leave just 1-2 options ticked and add elements to each option (i.e. histogram), so there are not so many options to toggle through





VF vertical display – ON – Auto-rotate VF info for vertical shots

Grid display – OFF – Choose Grid overlay to help with composition

Histogram disp – Brightness – Shows brightness-based histogram

Electronic level size – Small – Compact level display in Live View

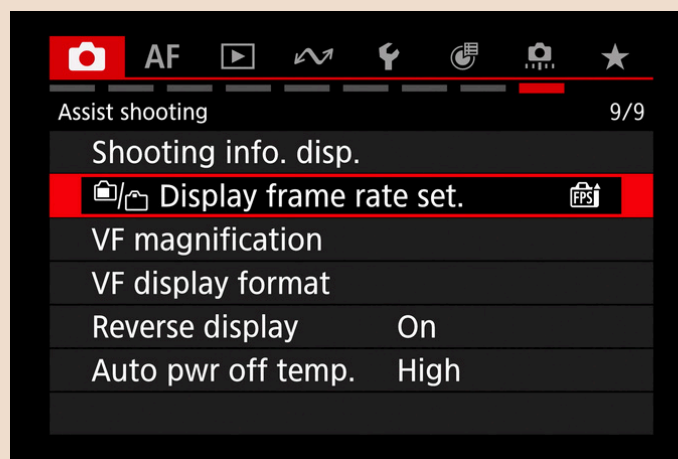
Battery level (%) – ON – Shows battery as percentage vs. bars

Card free space (%) – OFF – Shows memory card space as percentage

Lens info display – Shows lens details in EVF (i.e. focal length)

Vertical exp. level – Off – Shows the exposure meter on the rhs, not below

9/9: Assist shooting



Display frame rate set. – Smooth – Increases refresh rate for smoother motion

VF magnification – (default) Adjusts size of the viewfinder image

VF display format – (default) Changes aspect/layout of viewfinder info display

Reverse display – On – Flips screen info based on camera orientation

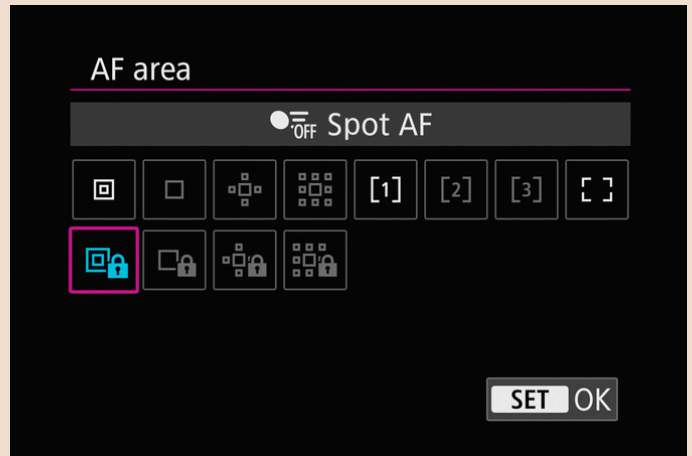
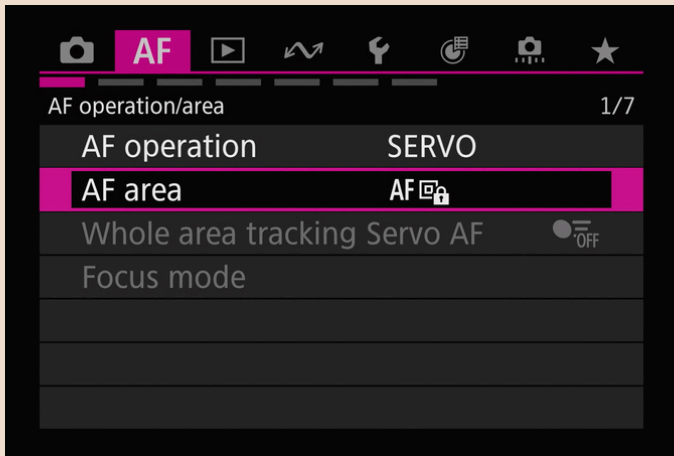
Auto pwr off temp. – High – Delays shutdown from heat

- **Important when using pre-shooting and video to delay early shut off & overheating**

PINK PHOTO MENU

This menu handles everything related to *focusing*. It's where you set how the camera detects and follows your subject.

We will make important changes here and finish setting up the AF in the green custom button menu.



AF Operation: SERVO – Continuous focus for moving subjects

- *I always shoot in servo and just let the back button go if I want to focus on a specific point and have focus stay there*

AF Area – Choose AF points or zones best suited to the shooting situation

- *I deactivated the AF areas I am not using (#5 in this menu). This allows cycling through the remaining ones more quickly.*

Whole Area Tracking Servo AF – Greyed out – Enables full-area tracking in modes like Spot AF

Focus Mode – Greyed out – MF/AF – Set on lens

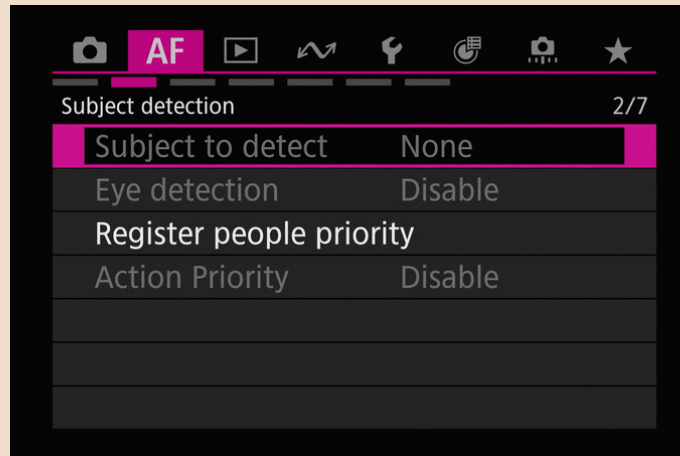
On the R1, I like to use triple back button autofocus. We will set this up across a few different menus.

- *My base autofocus is **Spot with no tracking** (small lock icon). It allows us to move the focus point wherever we want and focus without any tracking interfering. This is the ideal base AF mode, offering full control and making pre-focusing easy.*
- *We will also set up **Animal Eye tracking AF**. It will be assigned to the AF-ON button in the **green menu**, not here.*

When selecting Spot AF without tracking, many options like “Subject to detect” will be greyed out – that’s normal. We will set those up in other menus later and those later settings will overwrite the settings here.

- *You can unlock & adjust the greyed-out items by choosing an AF mode (without lock), but it’s not necessary*

2/7: Subject detection



Greyed-out,
because Spot with
no tracking is active
(see above)

Subject to detect – Select subjects to detect

Eye detection – Turn on/off eye detection

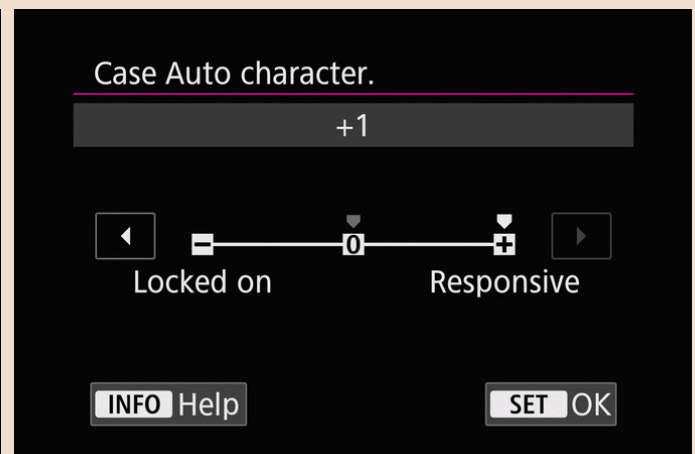
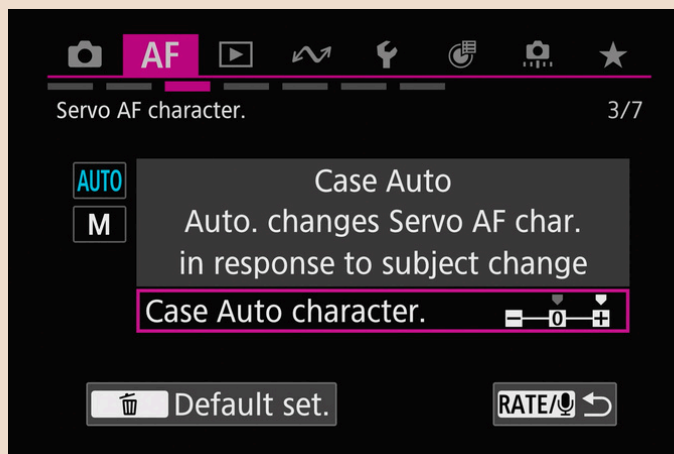
- No need to select subject or eye detection here in our case, it will be set up later

Register people priority – For people only – Register a face the camera will give priority to, if detected within a scene when subject tracking is on

Action Priority – Disable – Lets the camera detect the action in certain ball sports and moves focus directly there

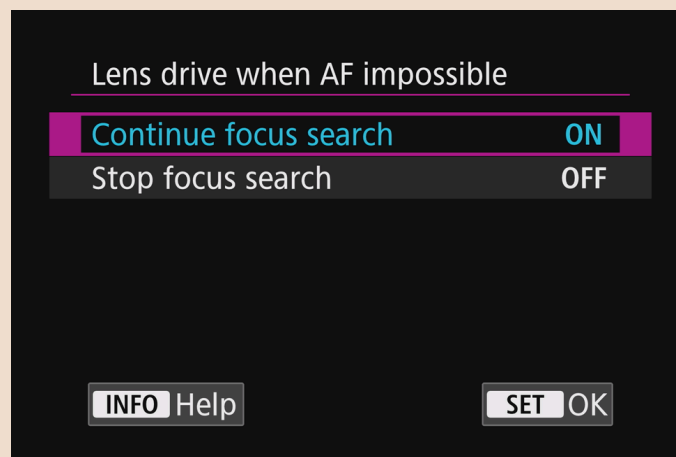
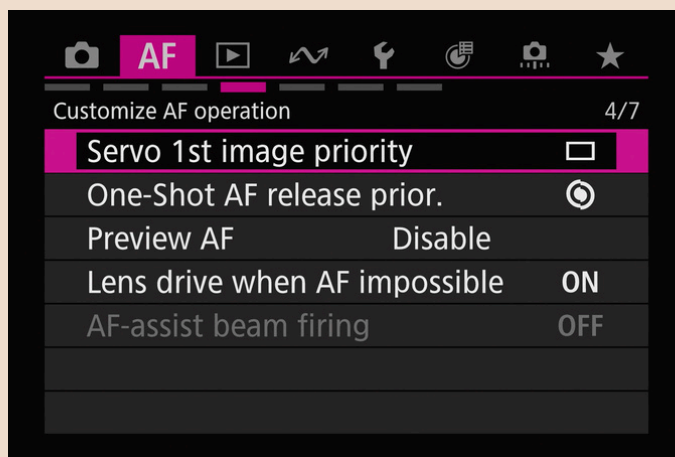
3/7: Servo AF character. →

→ submenu: Case auto character.



Servo AF character – Select tracking behaviour

- On the R1 I have good success with the AF case set to **AUTO** and **0** or **+1** depending on the situation. In most cases **+1** has worked very well. Locked on tends to stick to the perch too long, especially when birds are taking off or moving fast. If the camera is switching subjects too fast, dial it back.



Servo 1st Image Priority – Release Priority – I prefer the camera to fire whenever I press the shutter, focus priority may cause a strange delay

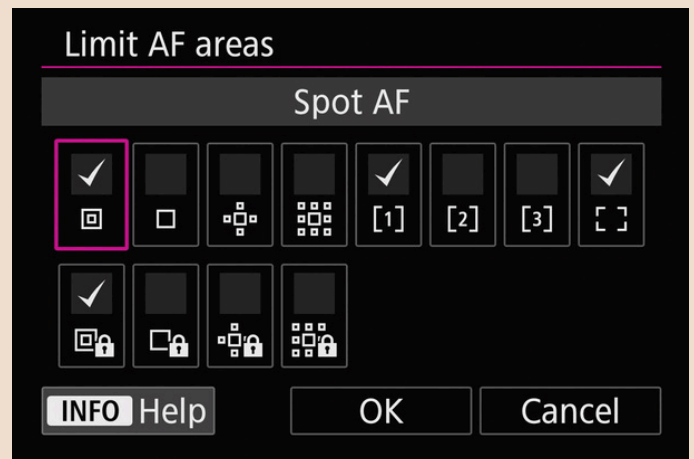
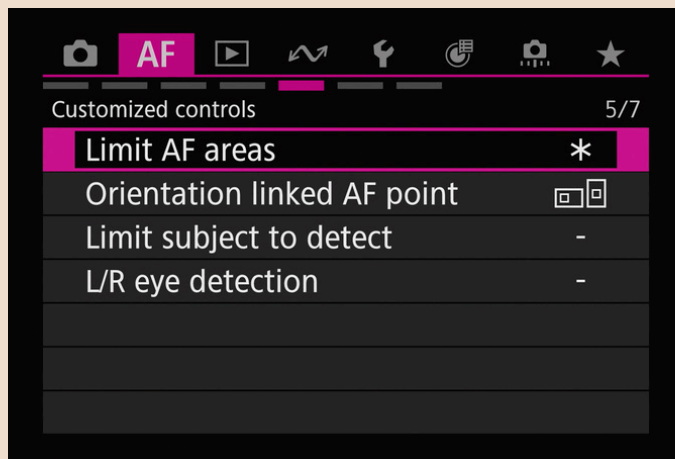
One-Shot AF Release Prior. – Set shutter to fire immediately or wait for focus lock

Preview AF – Disable – Camera continuously attempts to focus, even when the focus button is not pressed (not recommended for photos)

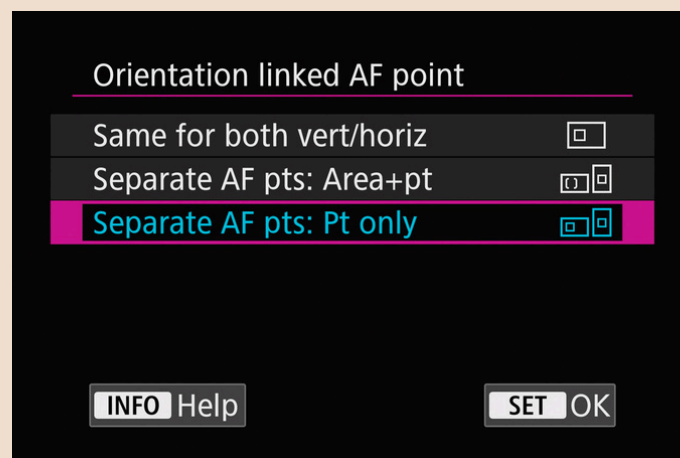
Lens Drive When AF Impossible – ON – Determines if the camera keeps searching for focus across the range or stops searching when focus is lost

- **Continue focus search (ON)** – Lens keeps hunting if focus fails
- **Stop focus search (OFF)** – Lens stops searching when focus is lost
- *In theory, OFF would be the better choice, because it will stop the camera from jumping on to the background, but the problem is that you cannot easily focus into the distance or close up anymore. If a bird suddenly lands close to you and you have focused into the distance or the other way around, the camera won't focus unless you manually bring focus closer to the subject first.*
- *That's why I leave it ON, even though it lets the AF sometimes slip onto the BG. However, I feel like I miss too many shots when I can't quickly focus between different distances.*

AF-Assist Beam Firing: Greyed out – OFF – Stops infrared flashes being fired to assist focus



→ submenu: Orientation linked AF point



Limit AF areas – Select which AF modes appear when cycling

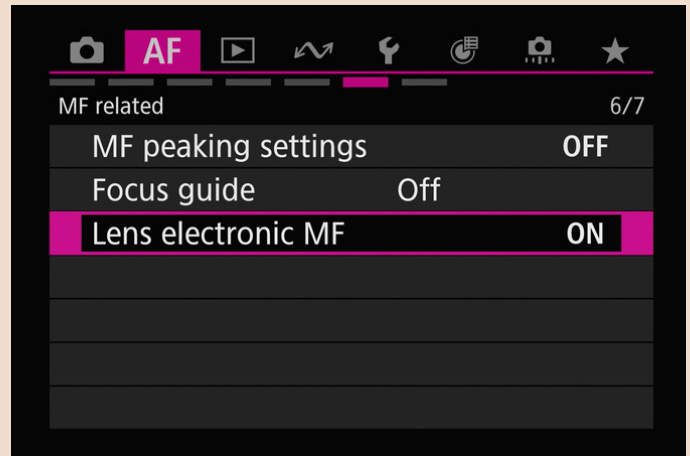
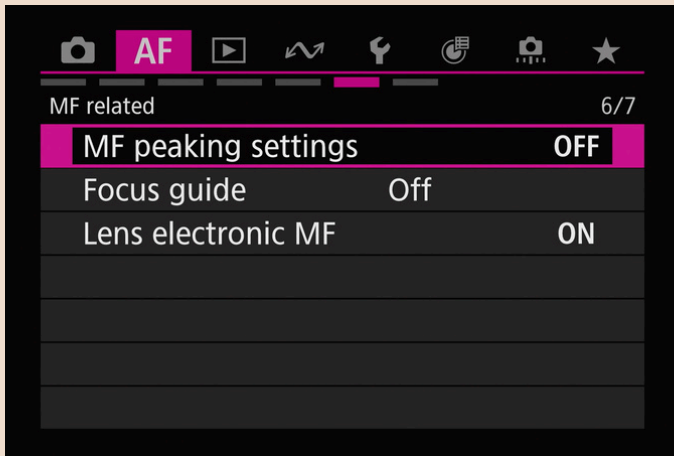
- *I like to limit them only to the AF areas I am using, so I can cycle between them faster (Spot with tracking, Spot without tracking, Whole Area, Flexible Zone 1)*

Orientation linked AF point – Select AF point/zone behaviour when changing orientation

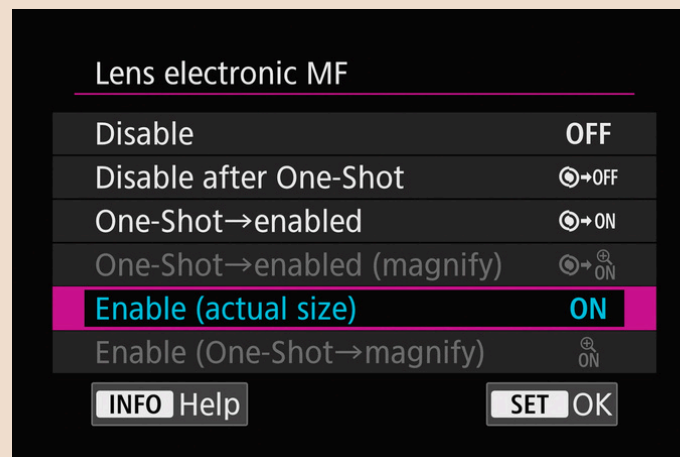
- *I use Separate AF pts: PT Only*
- Assigns separate AF points for horizontal and vertical shooting. This helps to quickly switch between vertical and horizontal shooting and maintains the selected AF point for each orientation.

Limit subject to detect – Restrict AF to specific subjects (e.g., people, animals)

L/R eye detection – Prioritize left or right eye during Eye AF; useful for controlled portrait focus



→ submenu: Lens electronic MF Cont'd.



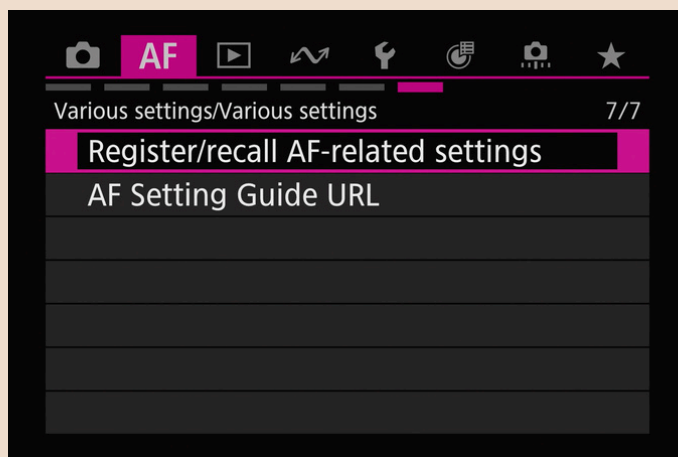
MF peaking – OFF – Highlights in focus areas

- Turn on for precise manual focus

Focus guide – OFF – Visual focus aid: Shows direction and confirmation of focus when enabled in MF mode

Lens electronic MF – ON – Enable (actual size) – Allows manual focus tweaks while in AF: Great for fine-tuning focus

7/7: Various settings



Register/recall AF settings – Save and/or load custom AF setups for different shooting needs

AF Setting Guide URL – Shows Canon's online AF guide link for deeper setup tips and support



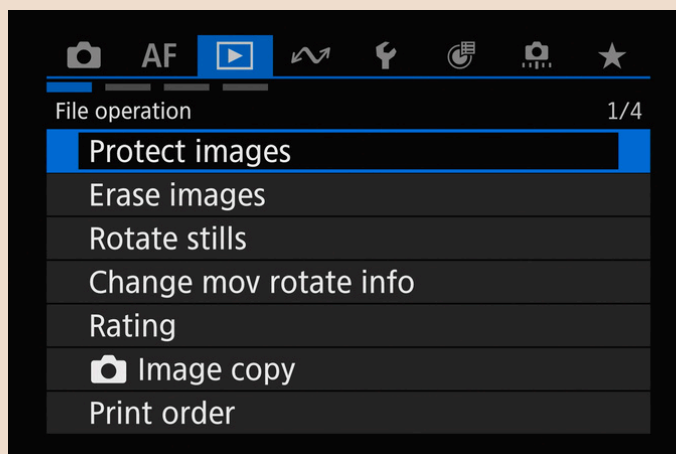
R1 | RF 600 L IS | 1.4X TCF8 | ISO 3200 | 1/8000

BLUE PHOTO MENU

This menu manages *playback settings* like image review time, playback options, and how photos or videos are shown on the screen. It's all about how you view and manage your captured content.

We don't make many changes here.

1/4: File operation All left as default



Protect images – Prevent selected files from being accidentally erased

Erase images – Delete chosen photos or videos from the memory card

Rotate stills – Manually rotate images for correct orientation in playback

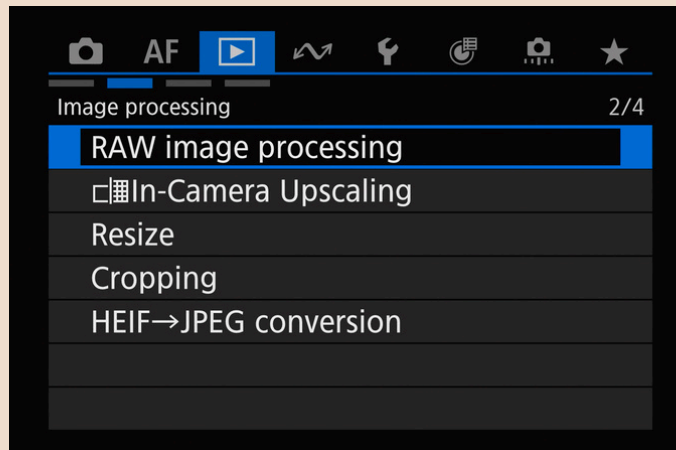
Change mov rotate info – Adjust playback rotation metadata for movies

Rating – Tag images with star ratings for easy sorting or culling

Image copy – Copy photos/videos from one card slot to another

Print order – Select images and settings for direct printing

2/4: Image processing All left as default



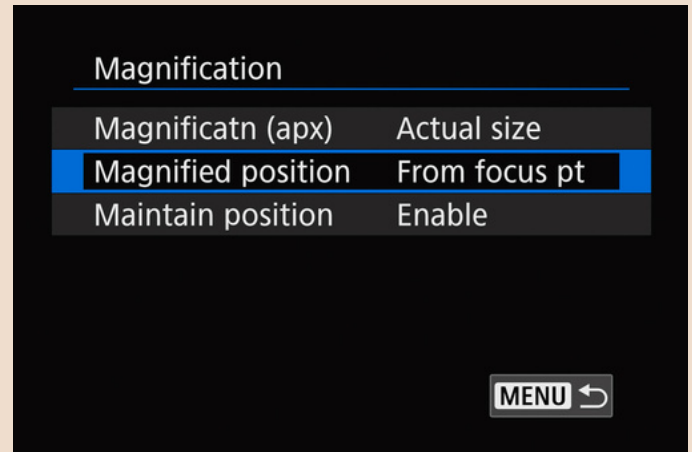
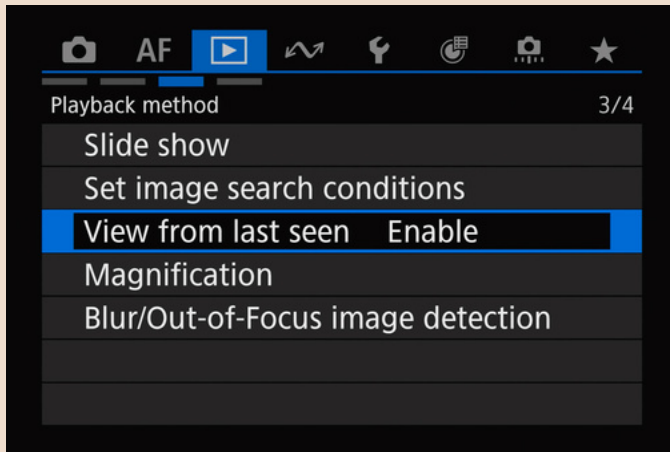
RAW image processing – Convert RAW files to JPEG or HEIF with in-camera adjustments

In-Camera Upscaling – Increase image resolution directly in-camera (JPEG/HEIF only), even crops can be upsized

Resize – Create smaller copies of JPEG/HEIF images: Original remains unchanged

Cropping – Trim image composition and save a new file from the cropped area

HEIF→JPEG conversion – Convert high-efficiency HEIF images into standard JPEG format



Slide show – Auto-plays images with custom intervals/effects

Set image search conditions – Filter images by rating, date, etc.

View from last seen: Enable – Resume playback from last viewed image

- Helpful when scrolling through large amounts of images, so the camera doesn't always restart from last image taken if you leave the menu

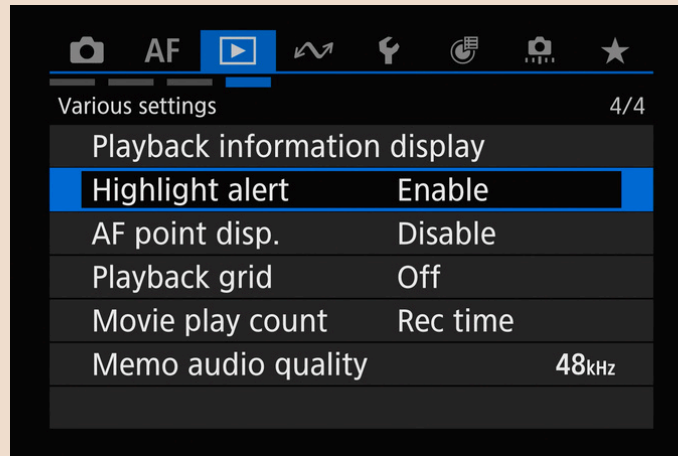
Magnification – Set zoom level for playback

- Set to **Actual size** (Zoom to 100% when pressing magnifying button)
- Set to **From focus pt** (Zooms in to focus point, rather than center)
- Enable **maintain position** (Helps when zooming through a burst of photos)

Blur/Out-of-Focus detection – *I don't use this* – Highlights blurry or out-of-focus images during playback for easier review and deletion



4/4: Various settings



Playback information display – Choose what info is shown during image review (e.g., histogram, shooting data)

Highlight alert – **Enable** – **Very helpful** – Blinks overexposed highlights to warn of clipping

AF point disp. – **Disable** – Shows AF point overlay in review images

Playback grid – **Off** – Turns off compositional grid overlay during playback

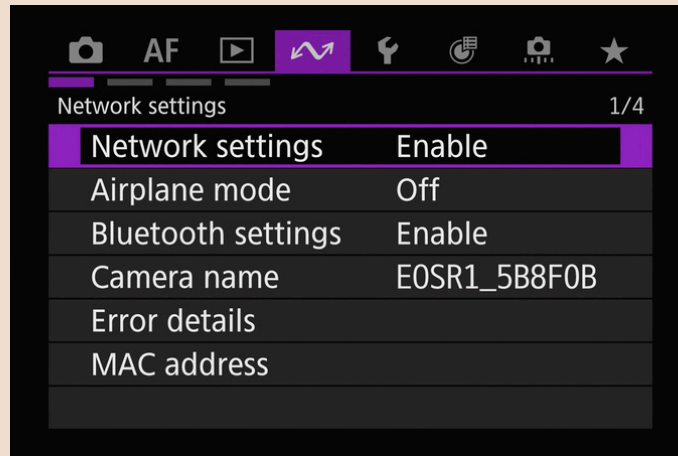
Movie play count – **Rec time** – Shows recording time instead of time code during video playback

Memo audio quality – **48kHz** – Sets high-quality audio for voice memos

PURPLE PHOTO MENU

This menu covers *communication settings* – including Wi-Fi, Bluetooth, and other connectivity options. It's where you set up how your camera connects to smartphones, computers, or cloud services.

I don't make any changes here, except that I like to connect my phone to use the Canon Camera Connect app for remote shooting.



Network settings – Enable – Activates wireless communication features like Wi-Fi and Bluetooth

Airplane mode – Off

- *I turn it ON when I am not connecting my phone. Leaving Wi-Fi on may slow down certain functions.*

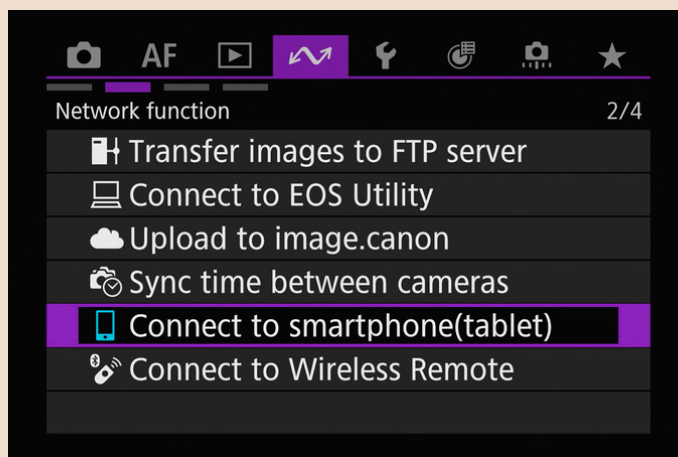
Bluetooth settings – Enable – Turns on Bluetooth for pairing with smart devices or remote controls

Camera name – Identifier shown when connecting via Wi-Fi/Bluetooth

Error details – View logs if a network connection fails

MAC address – Displays the camera's unique network hardware address





Transfer images to FTP server – Send photos directly to a designated FTP server

Connect to EOS Utility – Link the camera to a computer for remote shooting or file transfer

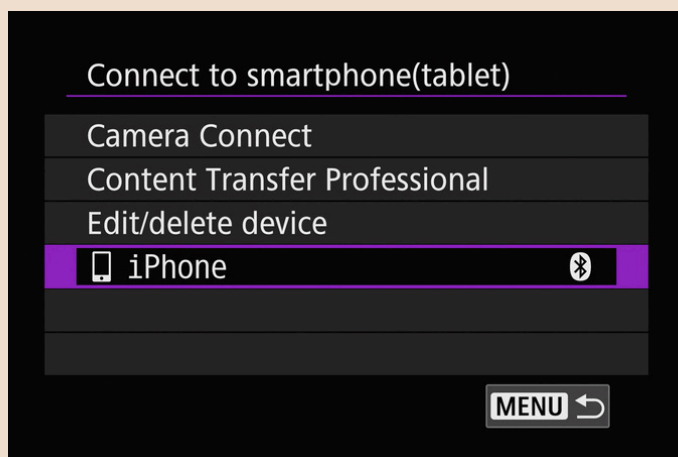
Upload to image.canon – Automatically transfer images to Canon's cloud service

Sync time between cameras – Match timestamps across multiple cameras (helpful for multi-cam setups)

Connect to smartphone (tablet) – Use this option to connect your camera to your phone or tablet to control remotely

Connect to Wireless Remote – Enable wireless shutter release via compatible remotes

→ **submenu: Connect to** +



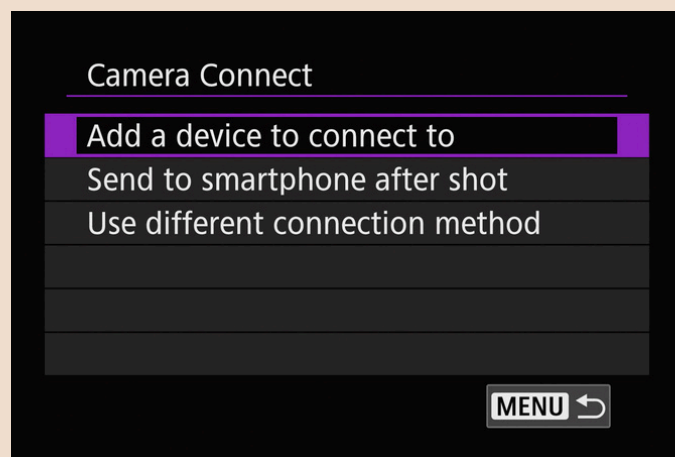
Camera Connect – Connect to Camera Connect app to transfer images and remotely control the camera with your phone or tablet

Content Transfer Professional – Sync images to Canon's enterprise mobile app

Edit/delete device – Manage previously paired devices

iPhone (Bluetooth icon) – Indicates an active Bluetooth connection

→ **submenu: Camera Connect**

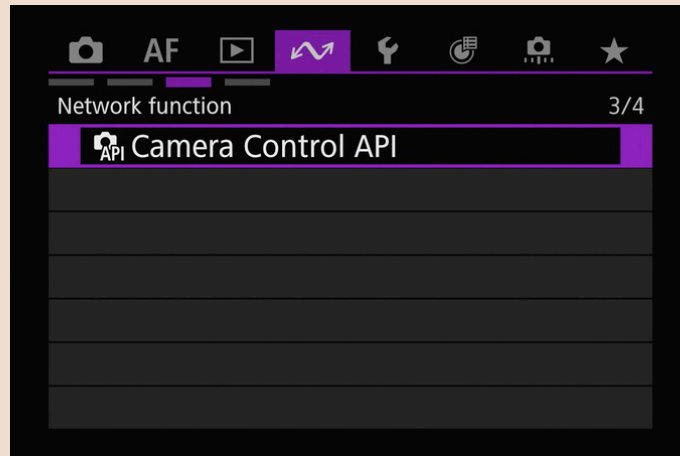


Add a device to connect to – Pair a new smartphone or tablet for wireless functions. Follow steps on the app to finalize connection.

Send to smartphone after shot – Auto-transfer images to phone right after capture

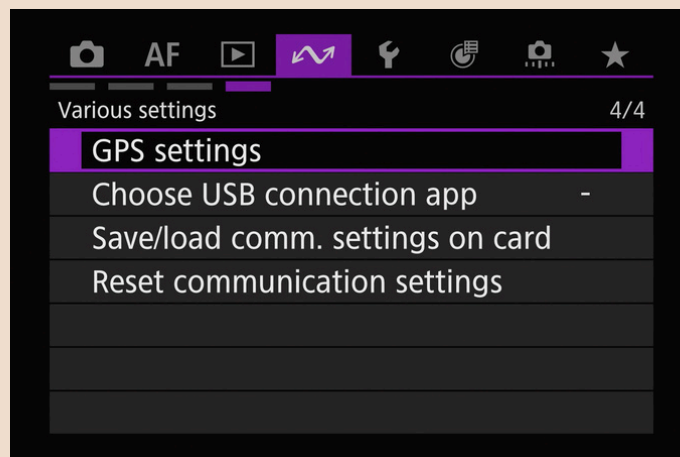
Use different connection method – Switch between Wi-Fi or Bluetooth pairing options

3/4: Network function All left as default



Camera Control API – (default) – Enables remote control of camera via third-party apps using Canon’s API (ideal for automation or studio setups)

4/4: Various settings All left as default



GPS settings – Configure GPS features when using compatible GPS accessories or smartphone link

Choose USB connection app – Selects which app to use when connecting via USB

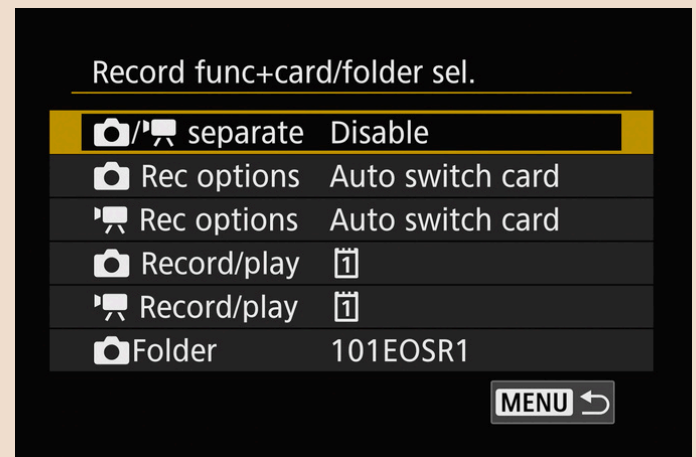
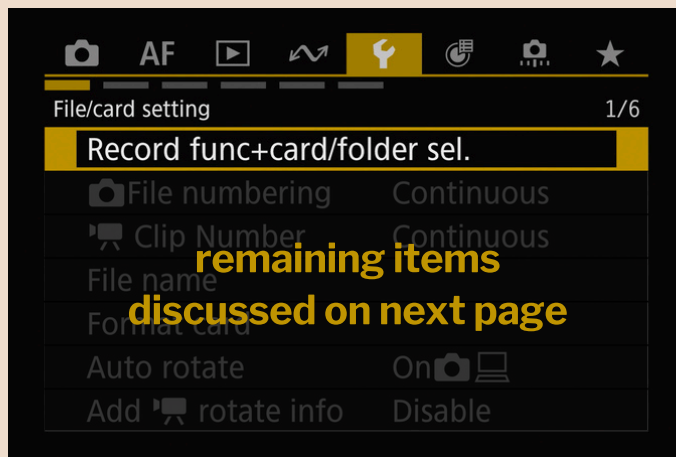
Save/load comm. settings on card – Backup or restore communication settings to/from memory card

Reset communication settings – Reverts all wireless/USB communication settings to default

YELLOW PHOTO MENU

This menu handles *setup and system settings* – such as video standard, card settings, screen brightness, and shutter sound. It's where you configure the general operation of your camera.

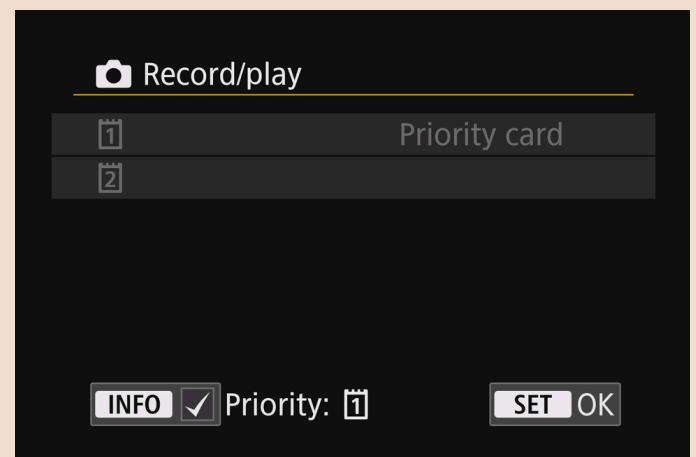
We will make minor changes here.



→ submenu: Rec options photo



→ submenu: Record/play photo



Record func+card/folder sel. – Set which card & folder to record to

- You can either write to one card first and then the other or write to both cards simultaneously (instant back-up). You can also choose to write videos to one card and stills to the other.
- *I usually write to one card and use the second as overflow (Auto switch card), unless it's very important work and I write to both cards at the same time (Record to multiple)*

Rec. func+card/ folder sel. submenu

Still/Video separate – Disable – Write photos & videos to the same card

Still Rec options – Auto switch card – Automatically switches to the second card when the first fills up

Video Rec options – Auto switch card – Automatically switches to the second card when the first fills up

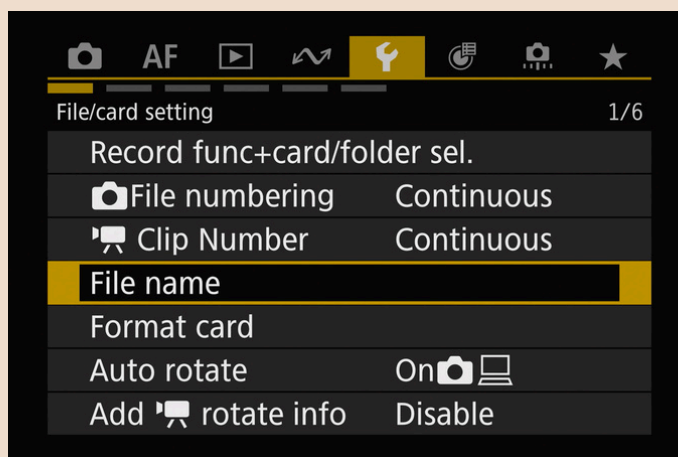
Still Record/play – Card 1 – Sets card 1 for still photo recording and playback

Video Record/play – Card 1 – Sets card 1 for video recording and playback

Folder – 101EOSR1 – Current folder for saving new files

Press *INFO* in the **Record/play submenu** to give priority to card 1 – it will be used first

1/6: File/card setting Cont'd.



File numbering – Continuous – Maintains sequential numbering across card changes

Clip Number – Continuous – Ensures movie clips continue sequentially without resetting

File name – Customize the 4-character prefix for image file names

Format card – Erases all data on the selected card: Prepares it for use

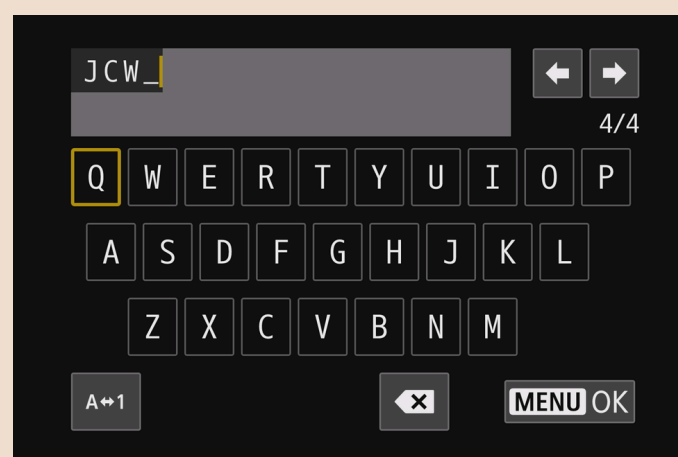
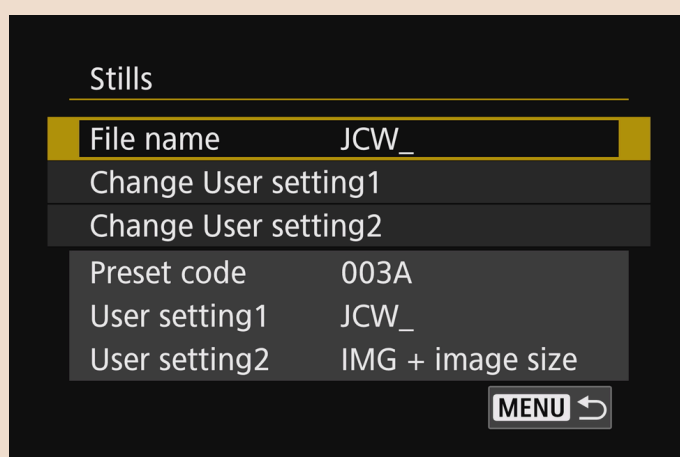
- To keep cards fresh, it's recommended to regularly tick “Low Level Format”
- Always format cards in camera before use

Auto rotate – On (camera + computer) – Images auto-rotate for display on both camera and computer

Add rotate info – Disable – No rotation metadata added to movie files

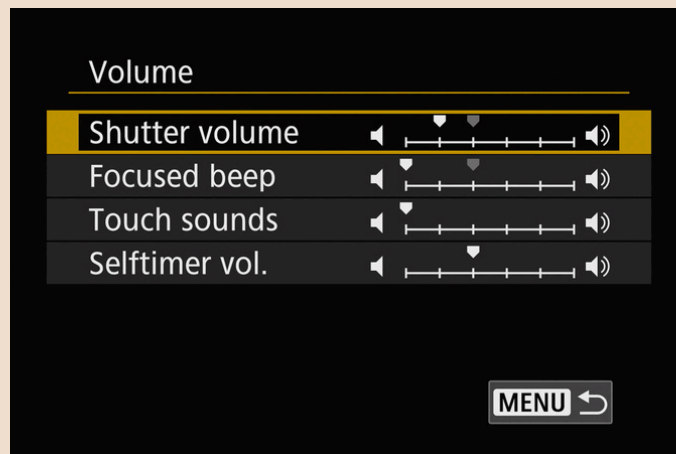
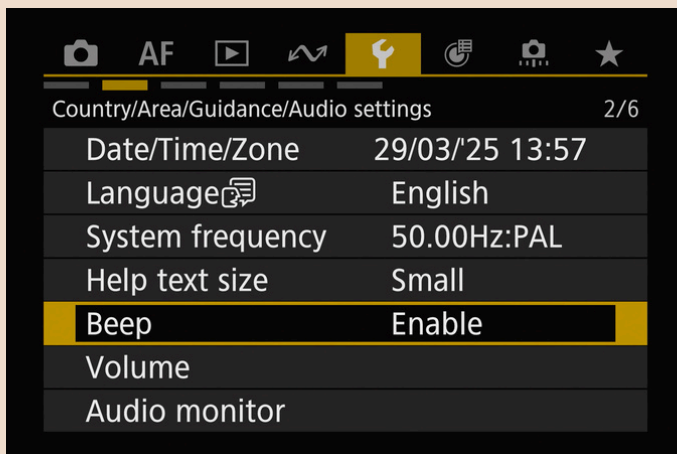
→ **submenu: File name** → **Stills**

→ **submenu: File name**



Change User Setting – Adjust to rename files for stills

- If shooting AdobeRGB, the first letter will be replaced with an underscore



Date/Time/Zone – Set current date, time, and time zone

Language – Choose language for camera menus

System frequency – Match region's video standard (PAL for EU/Asia, NTSC for US)

- **This affects the video frame rates available**
 - **(PAL: 25,50,100 fps) (NTSC: 24,30,60,120fps)**
- For wildlife NTSC or PAL doesn't matter as much, but for shooting inside choosing correctly PAL/NTSC can stop flickering in video files

Help text size (Small) – Adjust size of on-screen help text

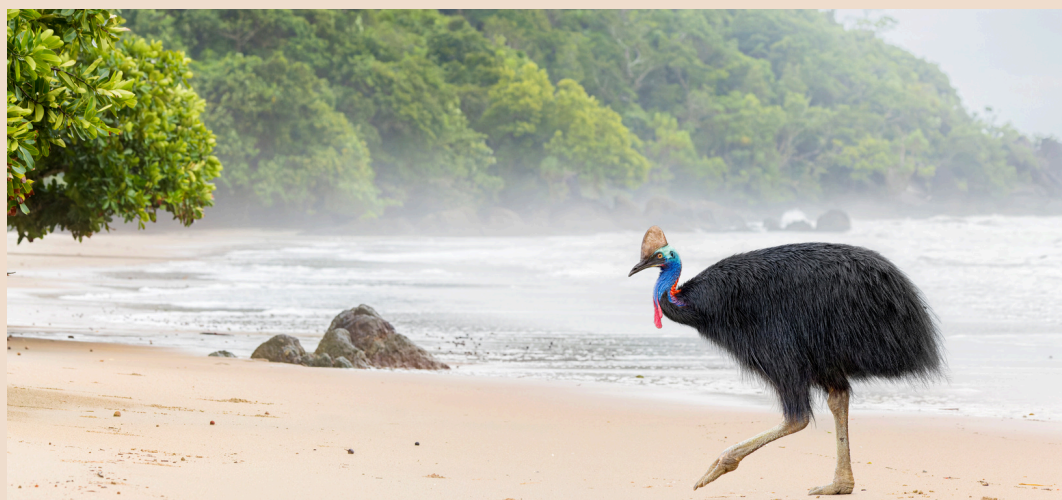
Beep (Enable) – This is where you **set up your camera sounds**

- **To be able to access the Volume menu, you have to enable 'Beep'**

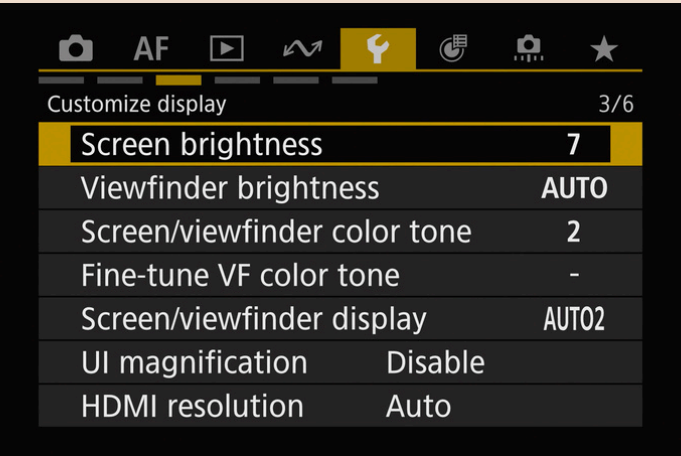
Volume – Control volume for shutter sound, beep, etc.

- *I usually disable all sounds, except for a very quiet shutter sound*

Audio monitor – Enable/disable real-time audio monitoring (headphone jack required)



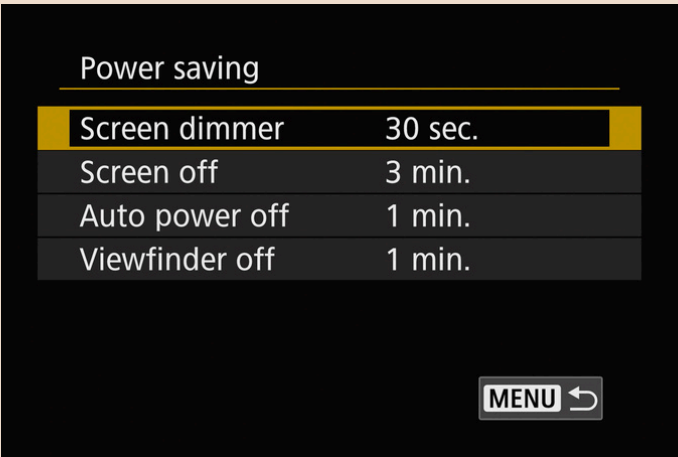
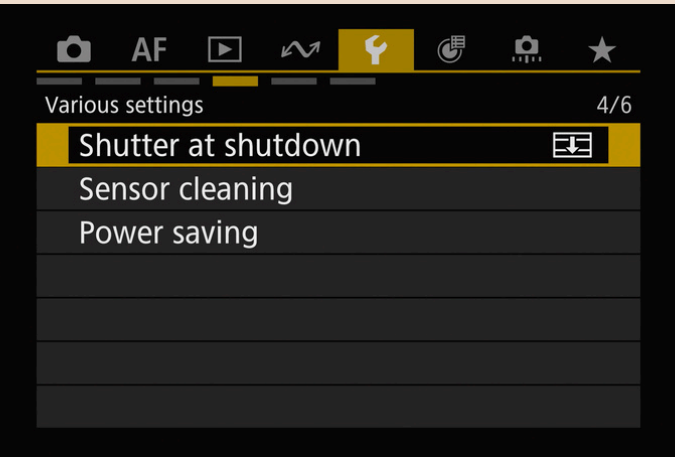
3/6: Customize display



- Screen brightness** – Set to max to see on a bright day
- Viewfinder brightness** – Set EVF brightness: I leave it on auto most of the time
- Screen/viewfinder color tone** – **default** – Adjust color tone of LCD/EVF
- Fine-tune VF color tone** – **default** – Precise adjustment of viewfinder color
- Screen/viewfinder display** – **Auto2** – Auto switches between EVF and screen
- UI magnification** – **Disable** – Enlarge interface text/icons for accessibility
- HDMI resolution** – Set output resolution for HDMI connection (Auto, 1080p, etc.)

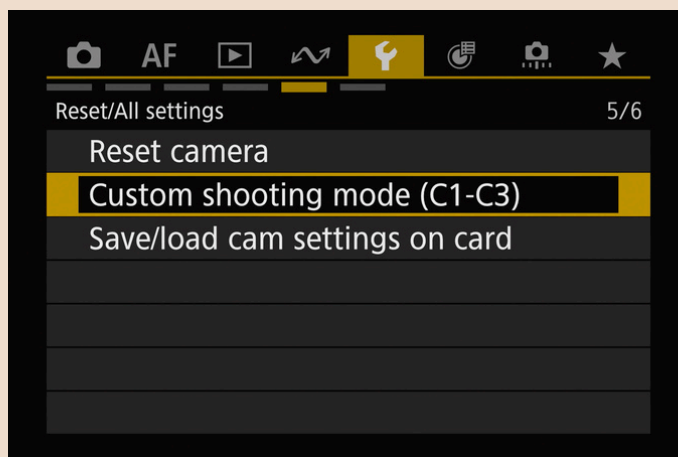
4/6: Various settings →

→ submenu: Power saving



- Shutter at shutdown** – Closes shutter when powering off – protects sensor
- Sensor cleaning** – Configure or manually start sensor cleaning
- Power saving** – Set when camera shuts off or goes to sleep
 - I usually leave the defaults to save battery, but it can make sense to extend the times of shooting from a hide for instance, so the camera doesn't turn off all the time

5/6: Custom shooting mode

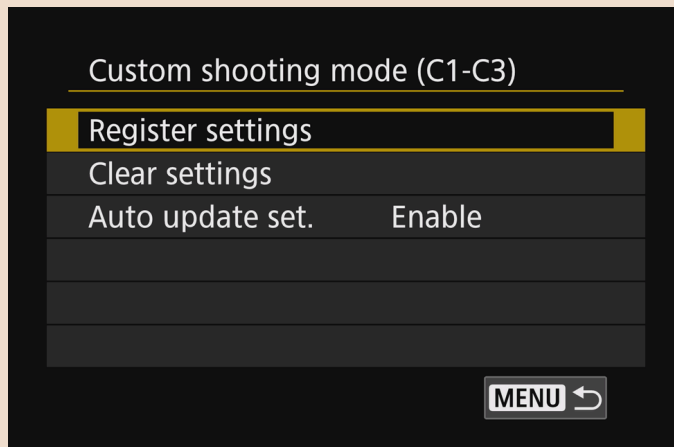


Reset camera – Restores all settings to factory defaults

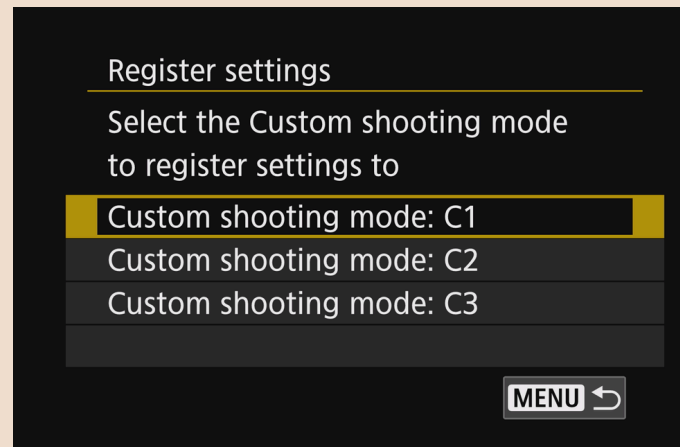
Custom shooting mode (C1–C3) – Here you can register custom shooting modes to recall when selecting C1,2,3 on the camera's mode dial

- *This can be very helpful when you want to quickly switch between different shooting modes and styles, i.e. you can set one mode for people and one mode for animals*

→ **submenu: Custom shooting mode**

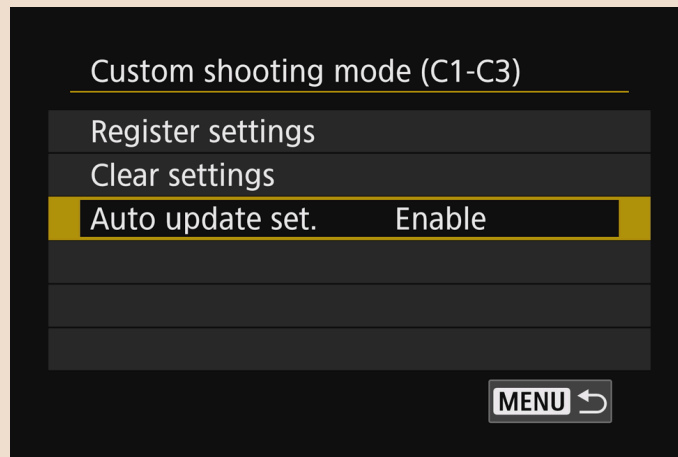


→ **submenu: Register settings**



Register settings – Save current camera setup as a custom mode

- *To register settings to a custom mode, select all settings you want to save as a custom shooting mode, AF mode, subject to detect, custom buttons, ISO, shutter speed, shooting mode etc.*
- *Once you have it all dialed in go to: **Custom shooting mode** > **Register Settings** and then select C1,2 or 3. This will save all your settings to that custom shooting mode and can be recalled by setting the mode dial to that custom mode.*
- *Press MENU to get back*



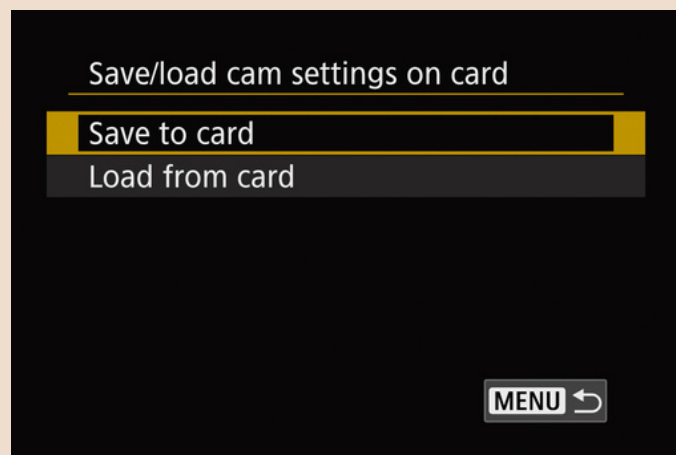
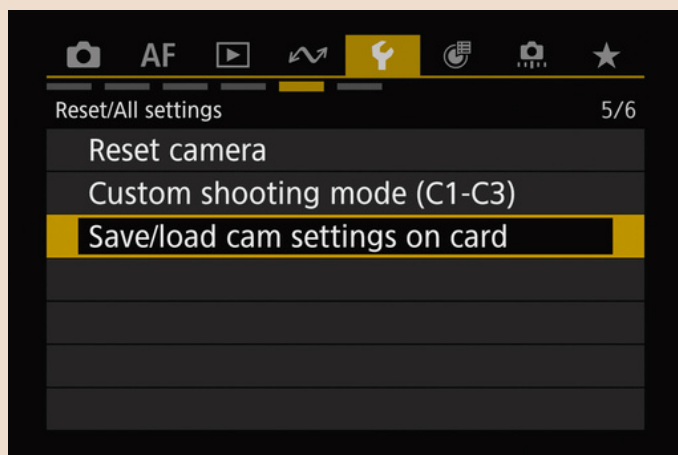
Clear settings – Reset saved custom mode to default

Auto update set. (Enable/Disable) – **Important**

- If enabled, any changes made while using a custom mode will be saved automatically to that custom mode
- This can be helpful if you use custom modes in changing environments
- If you prefer to always have the identical settings as your custom mode, disable it



R1 | RF 100-300 | F 3.2 | ISO 6400 | 1/3200 | CRAW



This is the menu where you can install the camera set up file that comes with this guide.

(Save/Load cam settings on card)

WARNING!

Before installing the new camera set up file, go to *Save/load settings* and make a copy of your current settings first, so you can put them back onto your camera in case you do not like my settings!

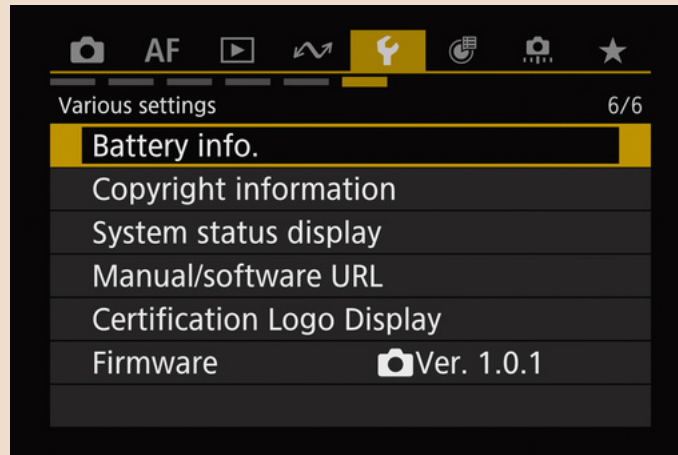
Save to card – Save current camera settings to a new camera settings file

- To save your current settings navigate to '**Save/Load cam settings on card**' and then select '**Save to card**'. This will create a **.CSD file** on your memory card you can save onto your computer as a back up.

Load from card – Load settings from a camera settings file

- **To install my camera set up file**, save the .CSD file onto an *empty memory card*
- *Make sure there are no other cards inside the camera*
- Then navigate to '**Save/Load cam settings on card**' and select '**Load from card**'
- That will install **most** of my settings onto your R1
- In some cases not all settings are copied over and you can either try it again or manually check with this guide to make sure everything is set up correctly
 - Sometimes the custom modes and video settings may not be transferred properly or are turned off (*Custom picture* in Custom modes for instance). *Re-adjust them manually.*

6/6: Various settings All left as default



Battery info. – View charge level, shutter count, and recharge performance

Copyright information – Add photographer and copyright metadata

System status display – View internal camera condition (e.g., shutter count, error history)

Manual/software URL – Access Canon's support site

Certification Logo Display – Displays region-specific certification logos

Firmware – View or update camera firmware version

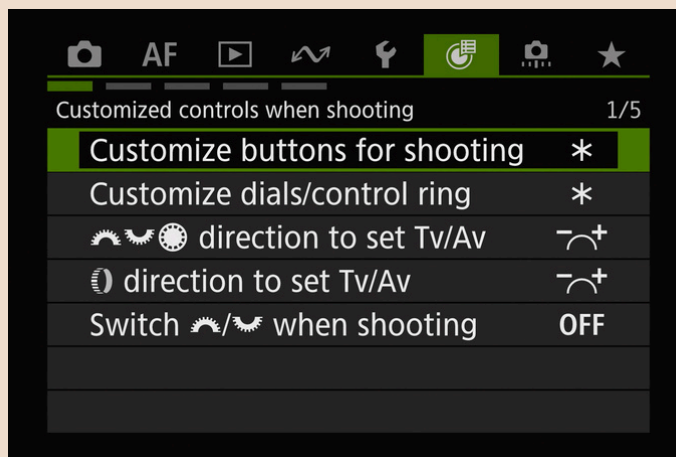


R1 | RF 100-500 | F 7.1 | ISO 12800 | 1/400 | CRAW

GREEN PHOTO MENU

This menu is for *customizing controls* – like button functions, control dials and eye-controlled AF. It's where you tailor the camera to fit your personal shooting style.

The green menu is new in the R1 and R5 Mark II and many items that have previously been placed in the orange menu are now in the green menu. **This menu is very important. Here we will finish setting up our autofocus and custom buttons.**

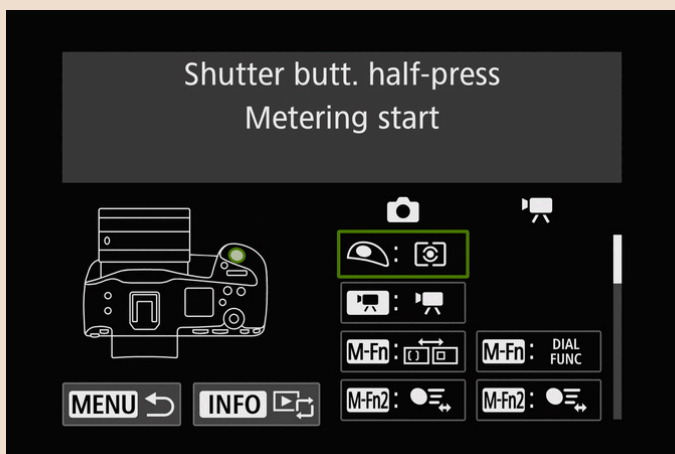


Customize buttons for shooting

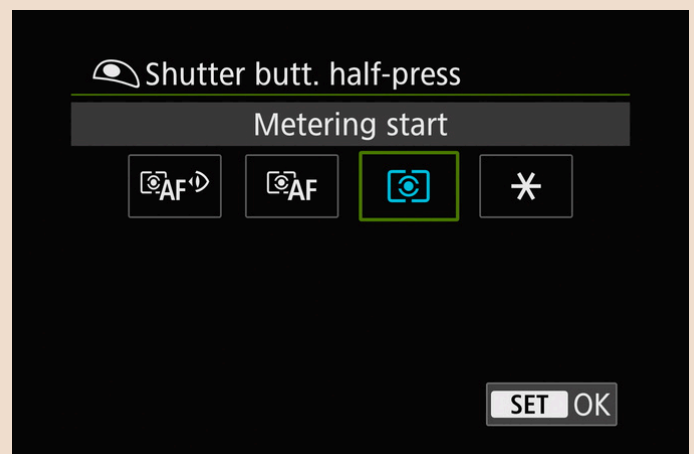
- Here we will assign our buttons for back button focus and assign specific settings to certain buttons. Some of these settings are 3-4 submenus deep.

Let's go through the photo custom controls on the left side, one by one.

→ submenu: Custom Buttons Photo



→ submenu: Shutter button



Shutter button half-press – Metering start

- We want to set up back button autofocus, therefore I am disabling the focusing function from the shutter button and set it to **Metering start** only
- If you prefer to also focus with the shutter button, you can leave it active
 - I like to have full control over the focus and like to separate it from image taking, so that the camera does not re-focus just before I take an image*

Movie Shooting Button – Movie Recording (default)

- If pressed in photo mode, R1 will record with settings saved in video C-Fn3

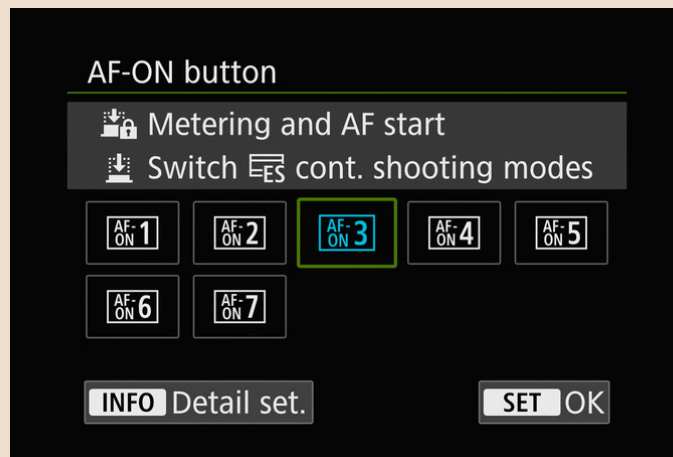
M-FN – Direct AF area selection – toggle through the available AF areas

M-FN2 – Start/stop whole area AF tracking (default)

M-FN3 – Cropping/aspect ratio (default) – i.e., change to 1.6 crop (not in screenshot)

Light button – Illuminate buttons (default)

Mode button – Mode (default)



AF-ON button

- The button has **two pressure points**: full press and half press. Both can be assigned different functions.
 - AF-ON 2 to deactivate two pressure points and use full press only

Having multiple features all in one button is a stand-out feature of the R1

- There are many ways to set up the AF-ON button, but I like the speed boost option, so that I can shoot at a lower frame rate on half press and if I want full 40fps, I fully press it*

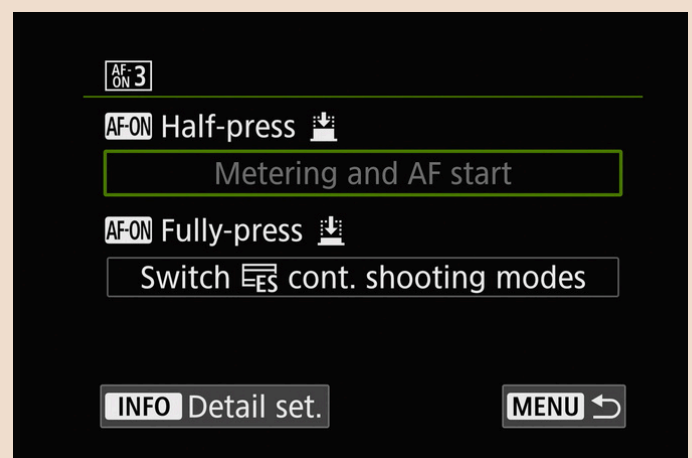
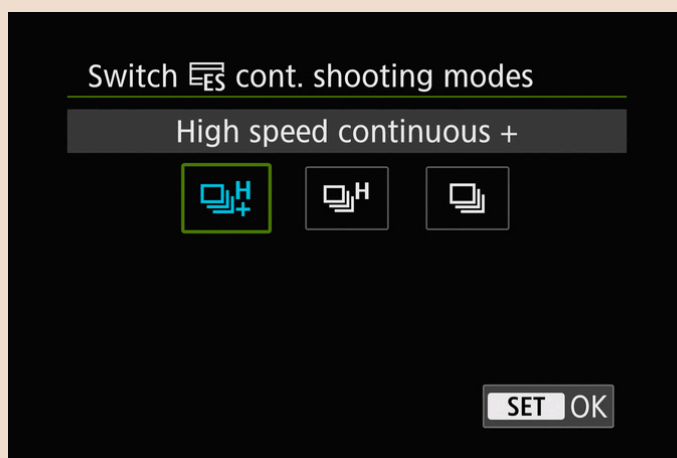
We will assign the following functions to the AF-ON button in this menu:

- Activate animal eye-tracking AF (half and full-press)
- Move AF points with thumb on AF-ON button (Smart controller)
- Shoot in H mode on half press
- Shoot in H+ mode (40fps) on full press
- How many frames per second we shoot in half press (H) and full press (H+) can be set in the **orange menu #4**.

Let's set it up now.

Step 1: Select AF- ON button

- Choose **AF-ON 3: 'Metering and AF start'** on half press and on full press **'Switch ES cont/ shooting modes'** in the submenu
- Only selecting AF-ON 3 is NOT enough.** We need to adjust the sub settings, too.
 - Press **INFO** to access sub settings menu of AF-ON 3
 - See next page for details



Now we are in the submenu for AF-ON 3. Here we have 2 options:
Half-press and **Fully-press**.

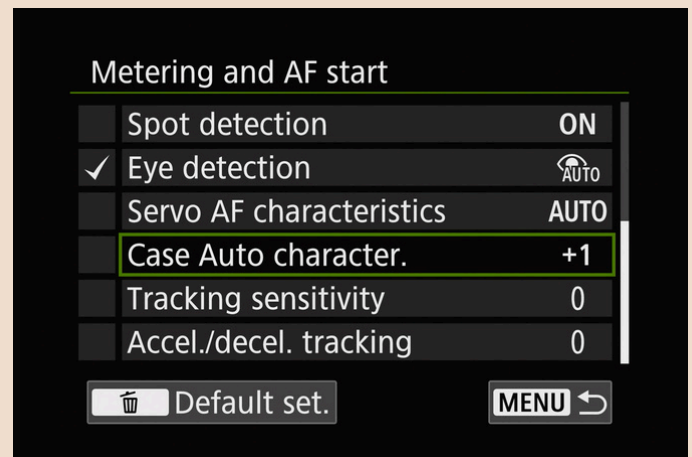
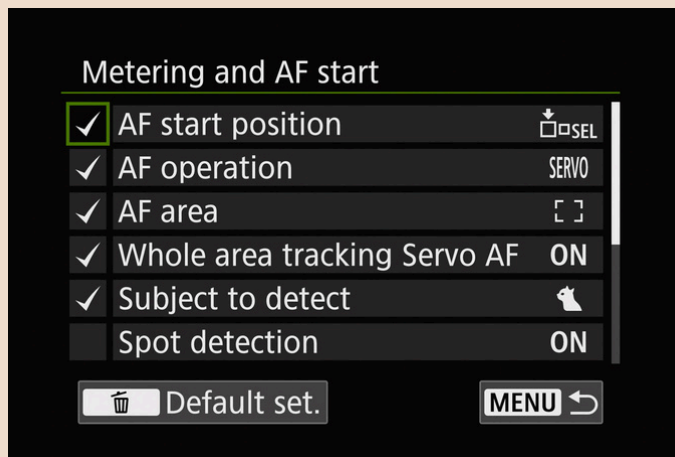
Step 2: Assign Fully-press function (first 3 slides)

- Go to **Fully-press ‘Switch ES cont. shooting modes’**
 - Press *INFO* to access ‘Fully-press’ submenu
- Choose **‘Switch ES cont. shooting modes’, but don’t confirm**
 - Press *INFO* **again** to select the next sub settings menu
 - Select **H+ mode**
 - Press *SET* to confirm and then *MENU* to get back

Now that we have assigned the full-press function, it's time to assign half-press.

Step 3: Assign Half-press function (last slide)

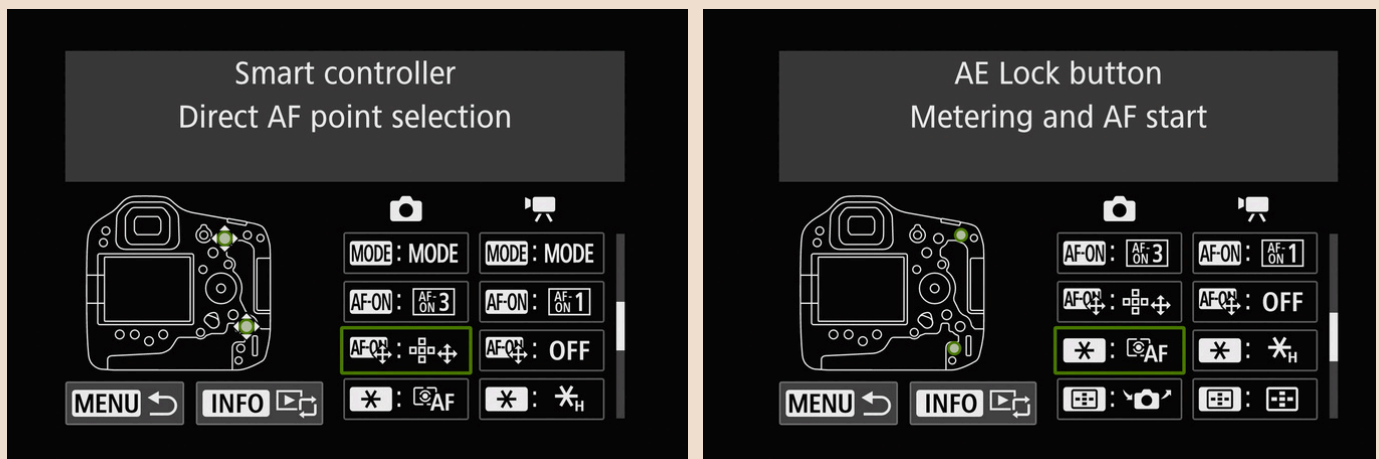
- Go to greyed-out '**Metering and AF start**'
- Press *INFO* to access '**Metering and AF start**' submenu
 - See next page for details



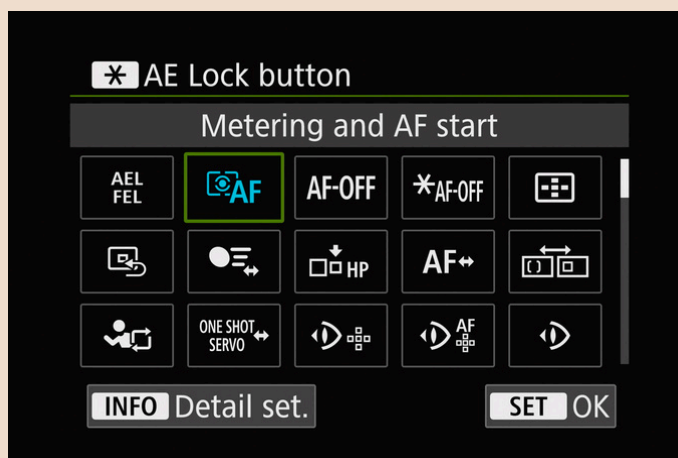
This menu allows us to select what happens when we half-press the button.

- **If unticked, the camera will default to what is set in the main menu**
 - *It makes sense to leave certain options unticked. Unticked options will not be overwritten when pressing the AF-ON button. That way we can select them in the main menu (mainly pink menu) and don't have to come to this sub menu for changes all the time.*
- ✓ **AF start position** – Uses current AF point selection at focus start
- ✓ **AF operation** – **SERVO** – Enables continuous AF for moving subjects
- ✓ **AF area** – Whole area AF (tracks subject all over EVF)
- ✓ **Whole area tracking Servo AF: ON** – Allows subject tracking across the frame
- ✓ **Subject to detect** – **Animals** – Set to subject you want to photograph
- ✓ **Spot detection** – **For motorsport** – track either car or driver - turn OFF
- ✓ **Eye detection** – **AUTO** – Automatically detects and focuses on eyes, no bias
- Servo AF characteristics** – **AUTO**
- Case Auto character.** – **+1**
- Tracking sensitivity** – **0**
- Accel./decel. tracking** – **0**
- **Press MENU to confirm and keep pressing MENU until you are back at the custom button menu**

Now we have successfully assigned the **speed boost function** and **animal eye tracking with metering start** to the AF-ON button.



→ submenu: AE Lock Button (* button)



Let's keep going with the rest of the buttons, *a few more changes to make.*

Smart controller – Direct AF point selection (left slide)

- Moving your thumb over the AF-ON button will move the AF points

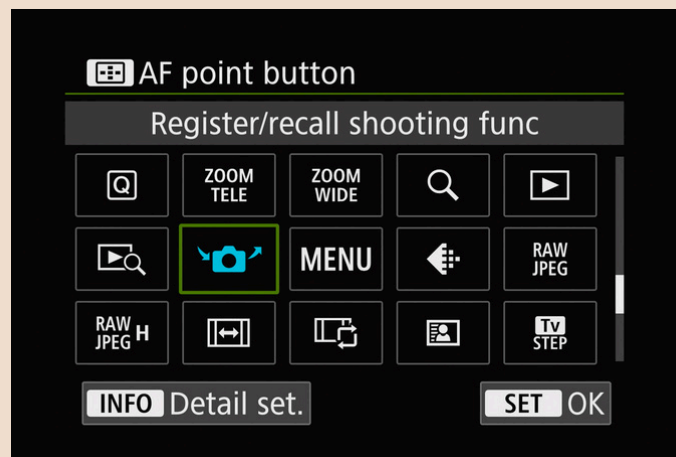
Setting up double back button autofocus

So far, we have disabled shutter button focusing and assigned animal eye tracking to the AF-ON button, but we have not yet assigned a button to do the focusing in our base AF mode (Spot w/o tracking) we set up in the **pink menu**. *This task I assign to the * button (AE lock).*

AE-Lock button (* button) – Metering and AF start for base AF mode

- Select **Metering and AF start** & press set to confirm
 - You can assign sub settings to this button as well if you press *INFO*, like we did for the AF-ON button, but it's not necessary. We have set all the needed settings for this button in the **pink menu** already.

Now we have successfully set up **double back button AF: AF-ON for eye tracking** and the *** button for our base AF mode**.



Next, I like to set up another button, which I call either **action or high image quality button**, depending on which settings you choose.

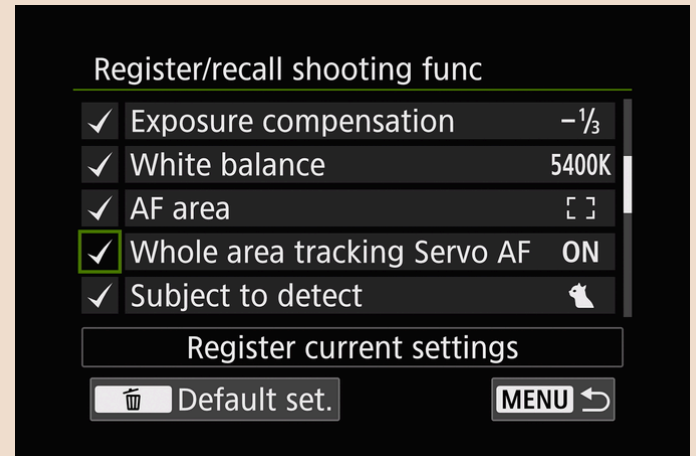
- The idea is that we can press this button to quickly either get a **high shutter speed with high ISO for action** or a **slow shutter speed with low ISO for maximum image quality**
- On the R1, I usually dial in settings for fast action. This means: When I want to take a portrait, I get noisy files, because I have a high shutter speed and high ISO dialed in.
 - *That's why I assign the 'AF point button' to be my high image quality button*
- **Whenever I press that button, the camera will jump to a slow shutter speed and auto iso**, allowing me to take nice portraits at lower ISOs. When I let go, it reverts back to the main settings.

Let's set it up!

AF point button – Action or High IQ settings (*Your choice*)

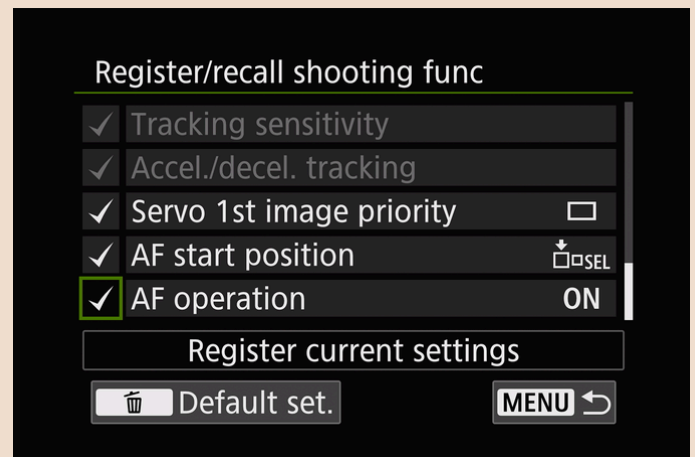
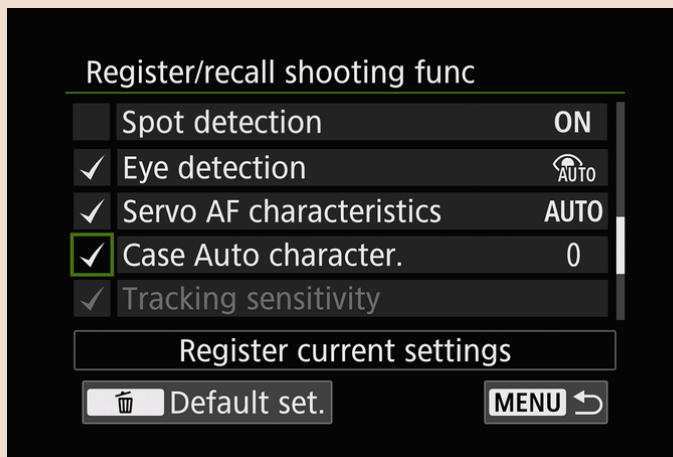
- Navigate to '**Register/recall shooting func**'
 - Press *INFO* to enter sub settings menu
 - *See next page for details*





All adjustments you make in this menu and activate (✓) will overwrite your current camera settings while the button is pressed. Unticked settings will default to the ones in the main menu.

- ✓ **Shooting mode – Manual**
 - This lets us lock in shutter speed and aperture
- ✓ **Shutter speed**
 - 1/320 - 1/500 for high image quality mode
 - 1/2000 to 1/4000 for action mode
- ✓ **Aperture – Adjust depending on the lens**
 - I like to set it to around f/5.6
 - If the aperture set here is larger than your lens can do, it will default to the max aperture on your lens, 6.3 for instance
- ✓ **ISO speed – Auto ISO**
 - This will guarantee us good exposure without having to make any changes
- ✓ **Metering mode**
 - Evaluative – For balanced result
- ✓ **Exposure compensation – Depends on the shooting situation**
 - I leave it at 0 or set it to -1/3 for generally decent exposure
- ✓ **White balance – Choose AWB or manual**
 - I set it to 5400K for balanced results
- ✓ **AF area – Whole Area AF**
 - Let's camera find and track subject all over the EVF
- ✓ **Whole area tracking Servo AF – ON** – Allows tracking all over EVF
- ✓ **Subject to detect – Animals** – Set to subject you want to photograph



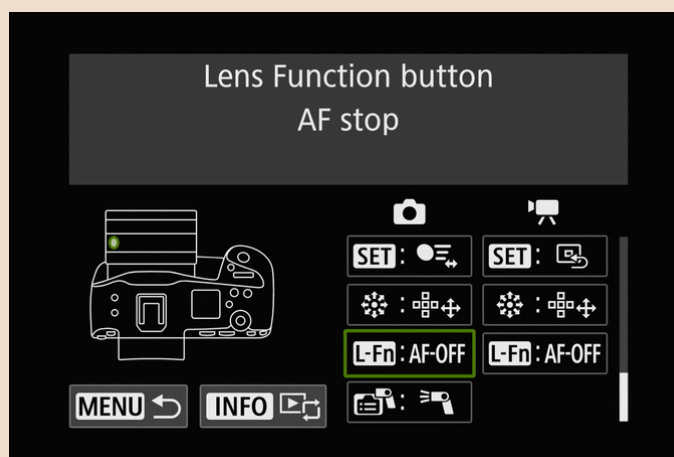
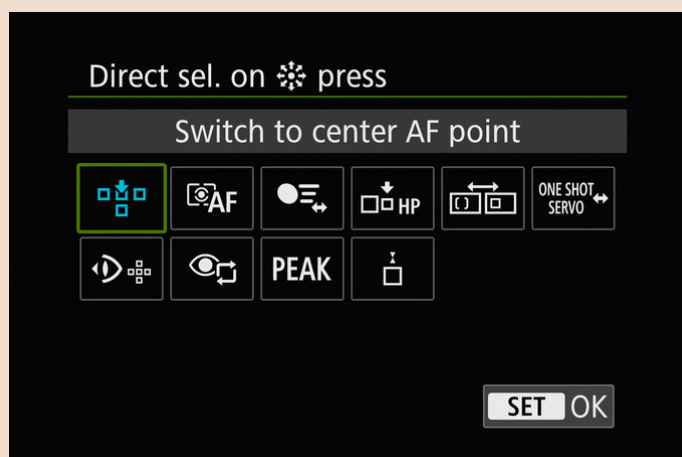
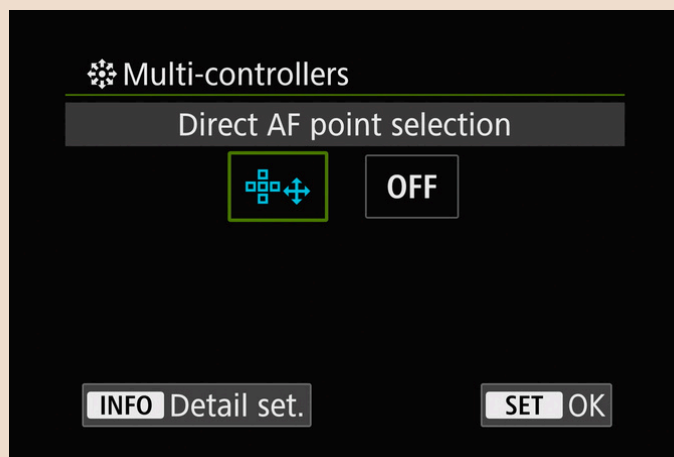
- ✓ **Spot detection** – For motorsport – Track either car or driver - turn off
- ✓ **Eye detection** – **AUTO** – Automatically detects and focuses on eyes, no bias
- ✓ **Servo AF characteristics** – Auto
- ✓ **Case Auto character** – Case 0
- Tracking sensitivity – Greyed out
- Accel./decel. tracking – Greyed out
- ✓ **Servo 1st image priority** – Release priority
- ✓ **AF start position** – Current AF point
- ✓ **AF operation** – ON

DONE!

Press **MENU** to confirm and return to main custom button menu.

Now we have **triple back button AF** activated: **One emergency button, the * button to control our base AF** and the **AF-ON button for eye tracking**.





Let's go through the remaining custom controls on the left side.

DOF Preview Button – Depth-of-field preview (*default*)

Set button – Start/Stop Whole-area Tracking (*default*)

Multi-controllers – Select what happens when using the joystick

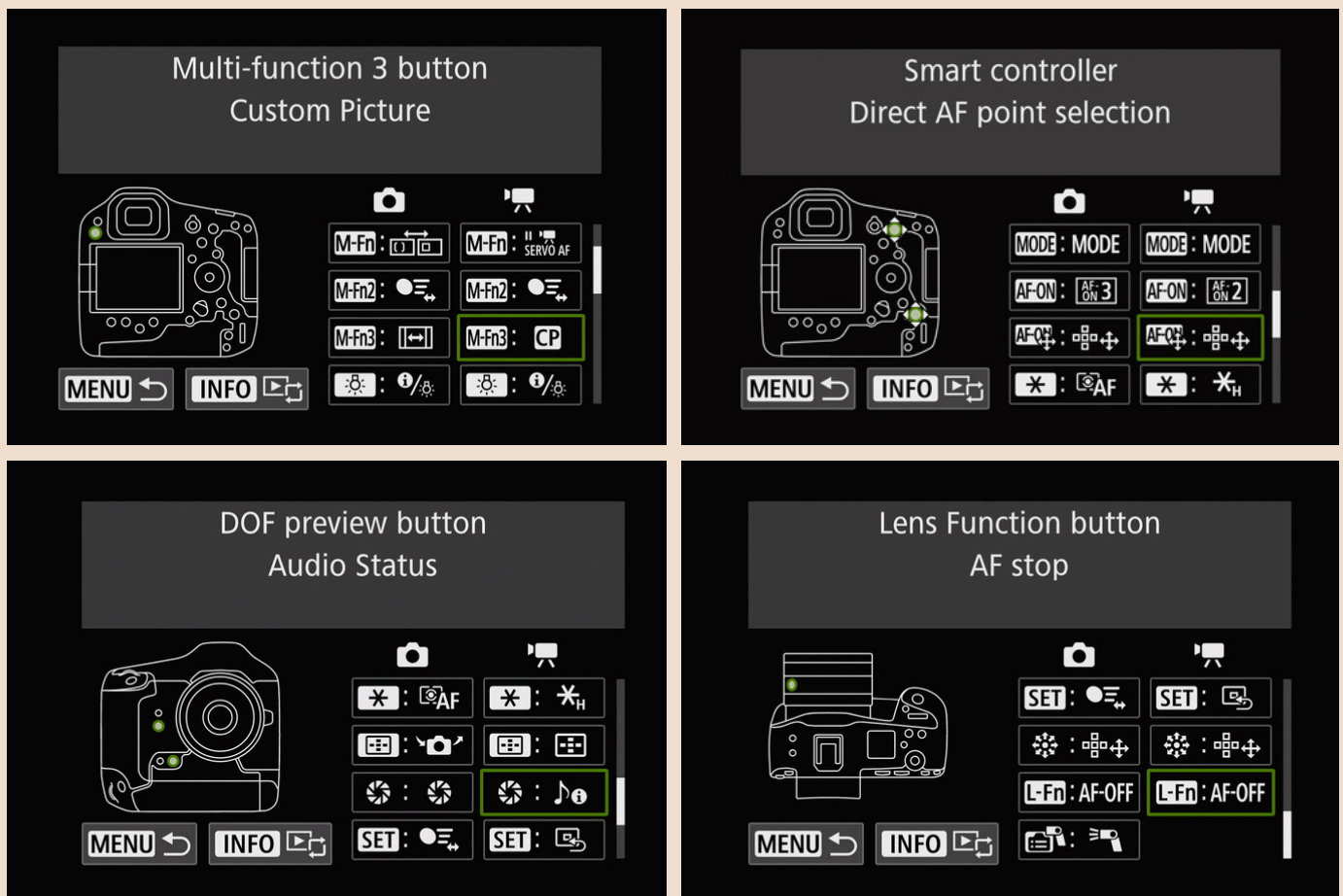
- I set it to '**Direct AF point selection**'
 - Press *INFO* to assign what happens when pressing the joystick
 - Select '**Switch to center AF point**' (AF point re-centers on press)

L-FN button – AF Stop (*default*) – Select what happens when using the lens function button

Speedlite menu direct button – Flash function settings (*default*)

Now we have finally set up all custom buttons for photo!

There's a few more steps to set up for video as well. We do this on the next page.



Let's go through the video custom controls on the right side, one by one.

M-FN – Pause Movie Servo AF – Good way to stop AF when hunting and refocus

M-FN2 – Start/stop whole area AF tracking (default)

M-FN3 – Custom Picture – Turn LOG recording on/off

Light button – Illuminate buttons (default)

Mode – Mode (default)

AF-ON – Option 2 – Metering and AF start on full press, no half-press

Smart controller – Direct AF point selection

- Moving your thumb on the AF-ON button will move the AF areas/points

AE-lock (*) – AE-lock (default)

AF Point button – AF Point Selection (default)

DOF Preview Button – Audio Status (default)

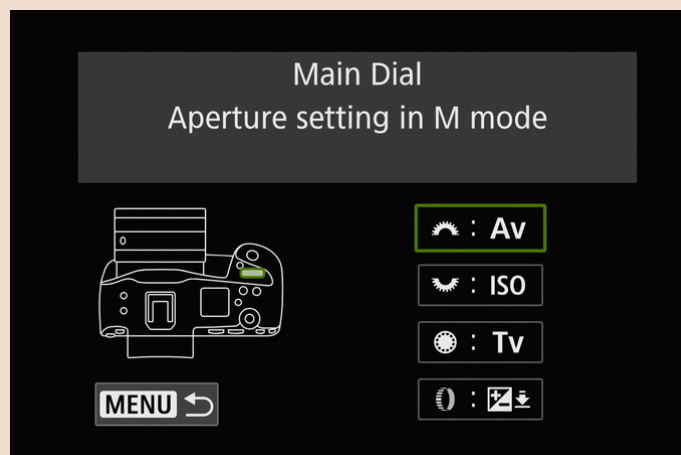
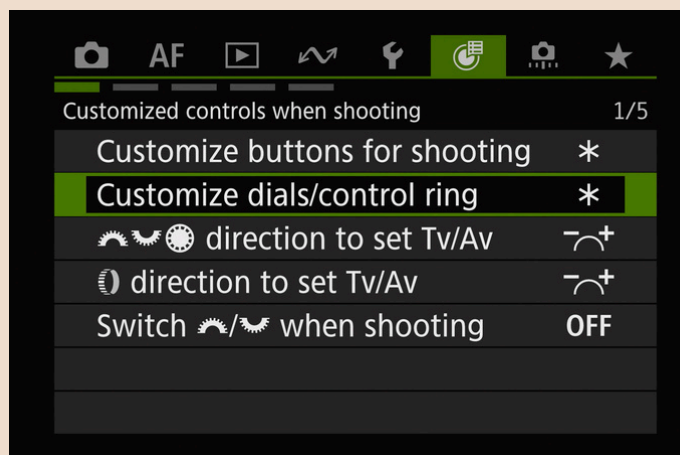
Set button – Set AF point to center

Multi-controllers – Direct AF point selection

L-FN button – AF Stop (default)

I usually use fully continuous video AF, which overwrites a lot of the options here.

Finally done with the custom buttons, press **MENU** to return to **green menu #1**.



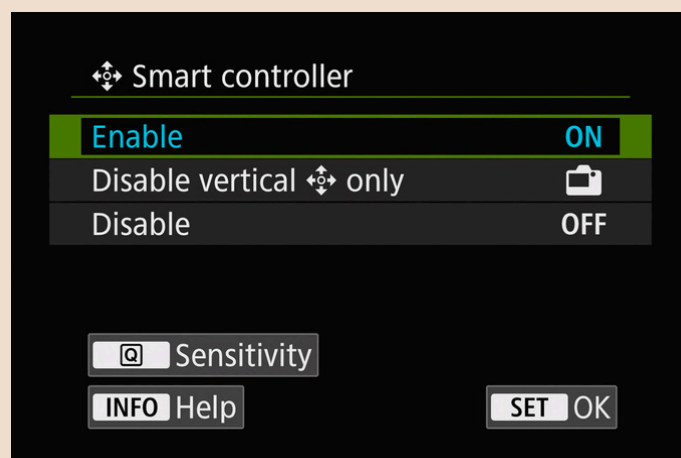
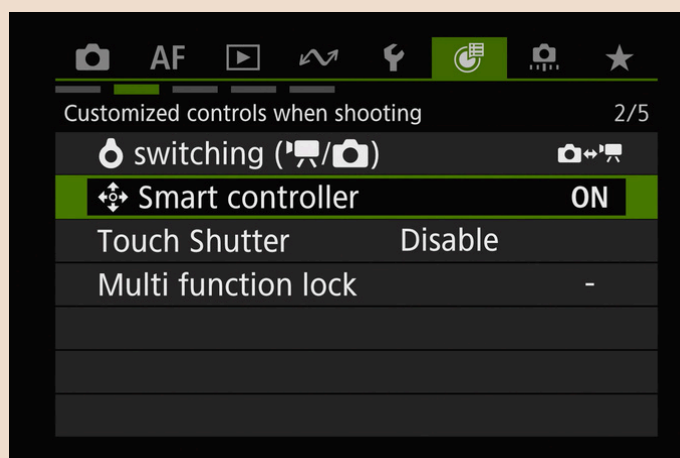
Let's finish green menu #1.

Customize dials/control ring – Set dial/control ring functions

- *I like the shutter speed on the rear dial in manual mode, but most people prefer the defaults*

I leave the other three menu items as default.

2/5: Customized controls when shooting



Switching (📷/📹) – Switch from stills to video and back (*default*)

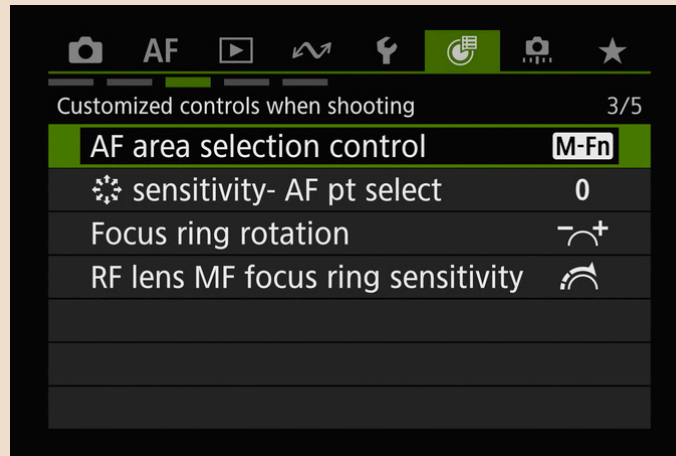
Smart controller – ON – Move AF points with your thumb on AF-ON button

- **Press Q to access the sub menu to dial back sensitivity**
 - *For me the default speed moves the points too fast, so I change it to minus -2*

Touch Shutter – Disable – Tap-to-shoot on the camera screen

Multi Function Lock – Select dials to be locked when putting camera into 'Lock' position on the power on switch

3/5: Customized controls when shooting



AF area selection control – M-Fn – Cycle between our selected AF area options

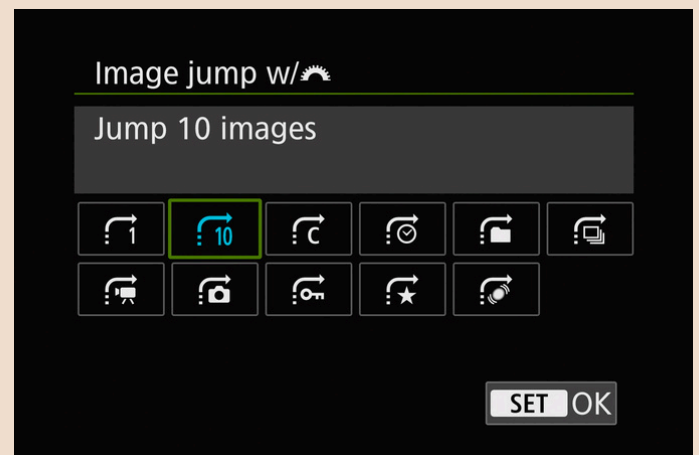
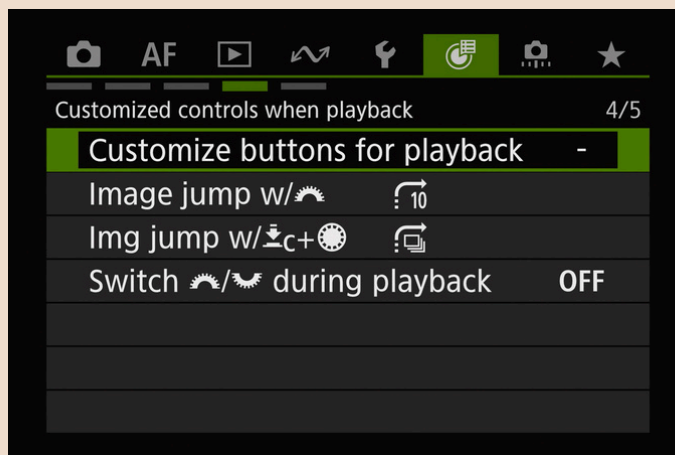
Multi controller sensitivity – AF pt select: 0 (default) – Standard speed when moving AF points via controller (joystick)

Focus ring rotation – (default) – Choose focus ring direction

RF lens MF focus ring sensitivity – (default) – Adjust responsiveness of MF ring

4/5: Customize buttons for playback →

→ **submenu: Image jump w /dial**



Customize buttons for playback – (default) – Assign specific playback functions to customizable buttons

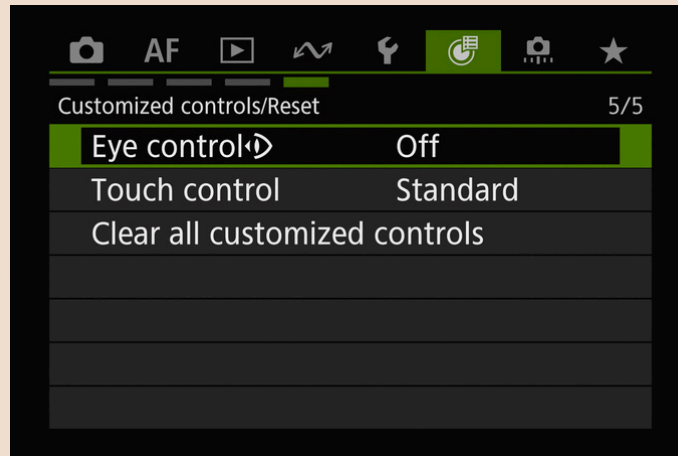
Image jump w/ Main Dial –

- I like to change it to 10 image jumps when I turn the dial in review mode

Img jump w/ Ctrl Ring + Quick Control Dial – Jump to first image of scene

Switch Main/Quick Dial during playback (default) – OFF – Toggle between using Main and Quick Control Dials for playback scrolling

5/5: Customized controls/Reset – Eye Control



Next we have the **eye-controlled AF menu**. This is an interesting function on the R5 Mark II, R3 and R1, *however I find it too unreliable to use on a regular basis.*

If you want to use the eye controlled AF, you need to assign one button in the **green custom button menu** to '**Moving AF point & start AF by eye control**'. When you press that button, the camera will move the AF point to where you look and will start focusing.

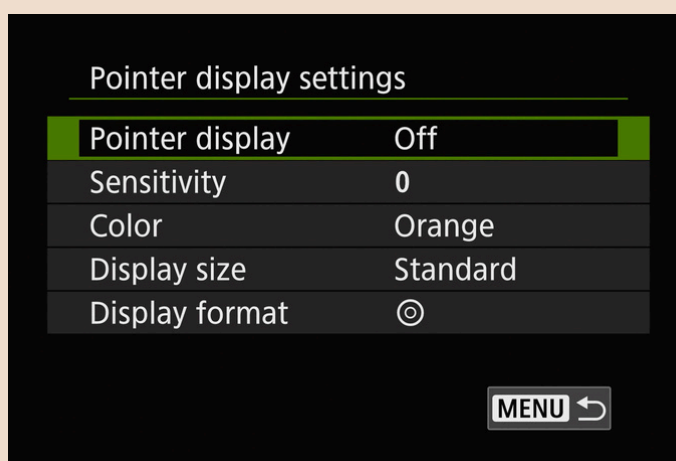
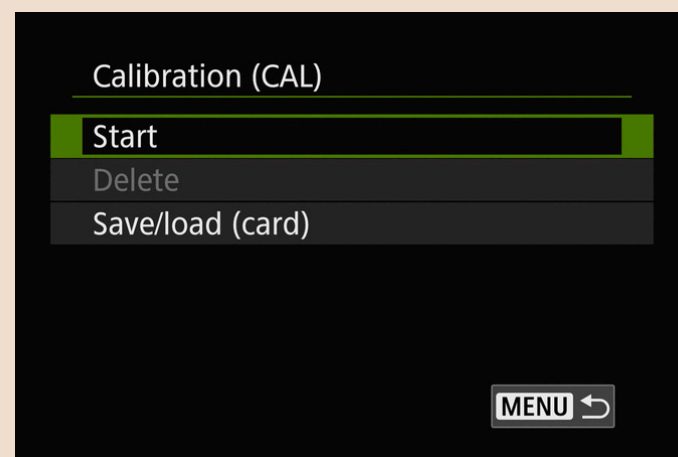
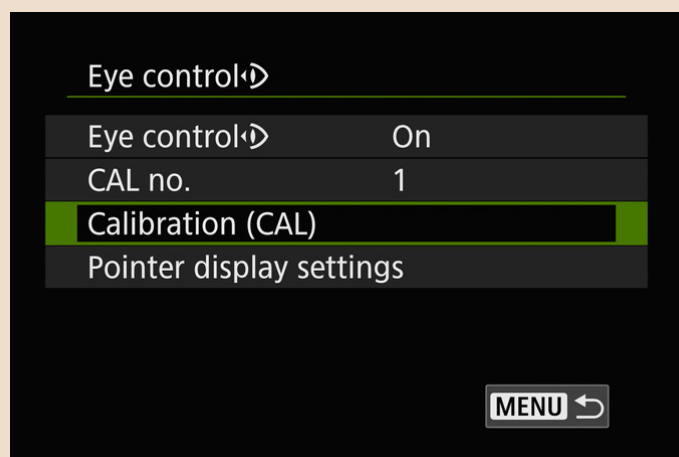
- You should also assign a button to turn eye-controlled AF on/off, for instance the *LIGHT* button on top of the camera. That allows you turn it on/off quickly.
- *One tip when using the eye controlled AF is to deactivate the pointer. The yellow or purple circle will drive you crazy after a while and it still works without it, which makes it much more comfortable to use.*

Eye control – Off – Disables eye-controlled focus point selection

- *I will still show you how to set it up on the next page*

Touch control – Standard – Enables normal touchscreen operation

Clear all customized controls – Resets all custom button/dial settings to default



Eye control – On – Enables AF point selection by tracking eye movement

CAL no. – 1 – Select calibration profile

Calibration (CAL) – Starts eye calibration for accuracy – Follow prompts in EVF

- *To get accurate results, calibrate in many different lighting scenarios as well as vertically and horizontally and save a few different profiles to use in different scenarios*

Pointer display settings – I recommend turning it **OFF** for easier use of EVF, otherwise the pointer gets a bit annoying after a while – the R1 will still track your eyes

Sensitivity – (default) Adjust how responsive the pointer is to eye movement

Color – Choose the pointer color for better visibility

Display size – Set the size of the pointer

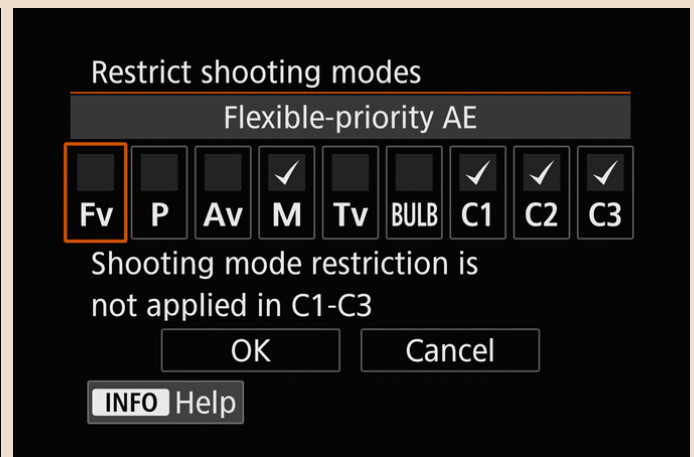
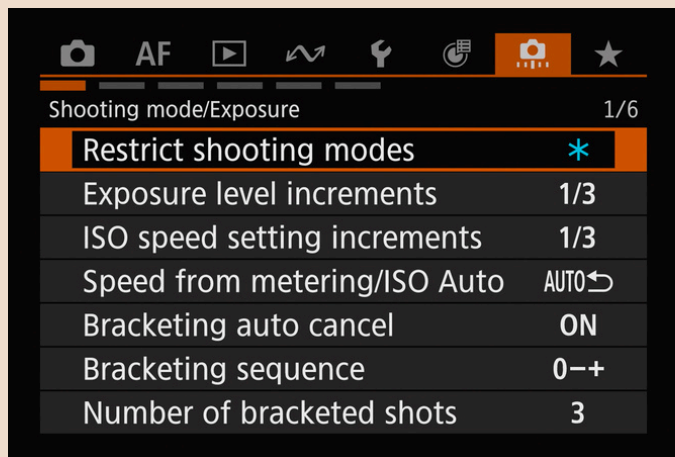
Display format – Select the visual style of the pointer

It takes some getting used to, but with these settings you should get some good results. Often times when light changes, tracking will get inaccurate and needs calibration. **Eye-controlled AF** can work well for multiple subjects, where you can look directly at the subject you want to focus on and direct the AF that way.

ORANGE PHOTO MENU

This menu deals with *camera operations and customization tweaks* – like shooting modes, shooting speed and various other settings.

We will make some important adjustments here.



Restrict shooting modes – Limit available modes on Mode Dial to simplify operation

- *I like to limit it to just the modes I use, which is manual and the custom shooting modes*

The rest of this tab I leave as default.

Exposure level increments – Sets EV adjustment steps for exposure

ISO speed setting increments – Sets ISO change steps (1/3 or 1 stop)

Speed from metering/ISO Auto – Determines if auto ISO adjusts shutter/aperture in M mode

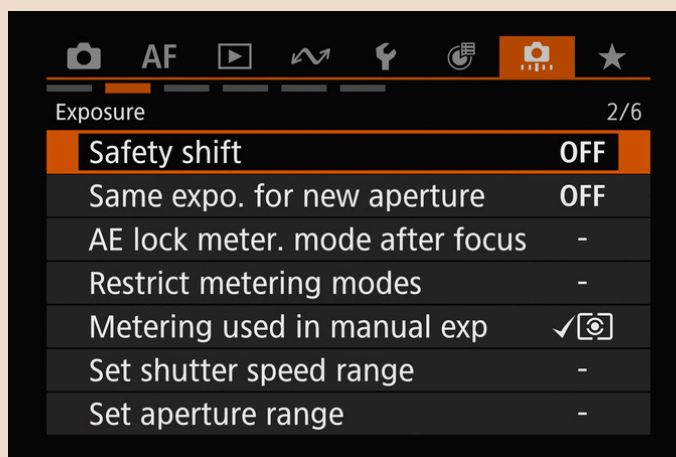
Bracketing auto cancel – Disables bracketing after power-off or mode change

Bracketing sequence – Defines order of bracketed exposures

Number of bracketed shots – Number of images during bracketing



2/6: Exposure All left as default



No need to limit or change these settings for most scenarios.

Safety shift – Prevents exposure errors by auto-adjusting shutter or aperture if limits are exceeded

Same expo. for new aperture – Maintains exposure when changing lenses with different maximum apertures

AE lock meter. mode after focus – Option to hold exposure after autofocus

Restrict metering modes – Choose which metering modes are available

Metering used in manual exp – Enables metering display in manual exposure mode for visual exposure feedback

Set shutter speed range – Customize minimum and maximum allowable shutter speeds

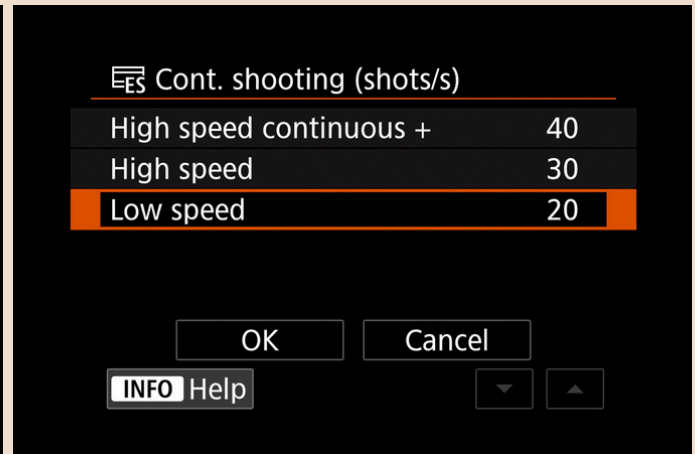
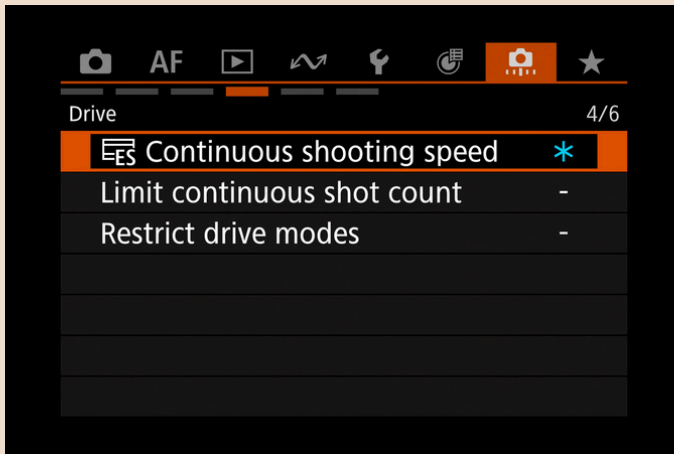
Set aperture range – Customize allowed aperture range for lens

3/6: Exposure – AE/FE Microadjustment → All left as default



AE Microadjustment – Fine-tunes auto exposure to correct for consistent over/underexposure in specific condition

FE Microadjustment – Adjusts flash exposure (FE) compensation for consistent flash output tuning



This menu is important. Here we set the frames per second for our shooting modes, in particular H and H+. This will determine at what speed the R1 shoots at half-press and full-press of the AF-ON button.

How many frames per second we set for H mode will be the standard shooting speed and the camera will shoot in that speed when we press the *button and our 'emergency button'. We can only access 40Fps when fully pressing the AF-On button or changing the camera to H+.

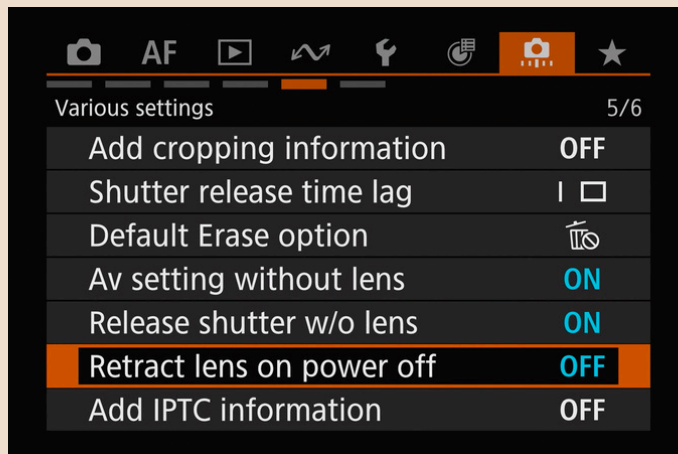
- *That's why I set the H speed relatively high at either 20 or 30 fps, so I still get high fps on the other two buttons, not just AF-ON*

Limit continuous shot count – No limit (default) – Set max number of shots per burst

Restrict drive modes – No Limit (default) – Limit available drive options (e.g., disable self-timer or low-speed burst) for streamlined menu access



5/6: Various settings



Add cropping information – OFF – Metadata for crop display in compatible software

Shutter release time lag – Adjusts shutter response

Default Erase option – Sets the default behaviour when erasing images

Av setting without lens – ON – Enables aperture adjustment without lens

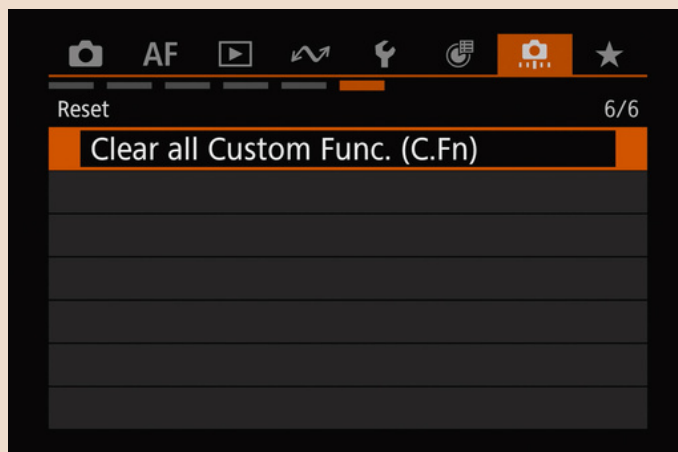
Release shutter w/o lens – ON – Allows shutter release with no lens attached

Retract lens on power off – OFF – **Important**

- If this is set to ON the camera will lose focus every time it goes into standby mode or gets turned off
- This mode is there to protect lenses that protrude out like the RF 35/1.8, but is useless for long lenses

Add IPTC information – OFF – Lets you embed IPTC metadata like author and copyright into image files

6/6: Reset



Clear all Custom Func. (C.Fn) – Resets all custom function settings to factory defaults

DARK GREEN PHOTO 'MY MENU'

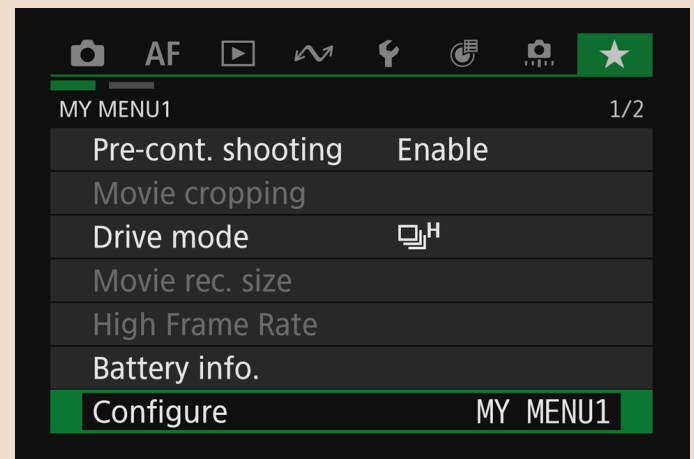
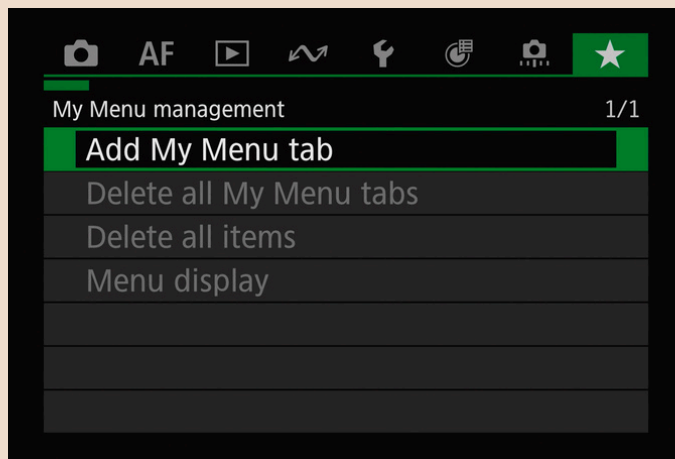
This menu lets you create a *personalized menu page* with your most-used settings and functions. It's designed to give you quick access to the features you use most, all in one place.

This menu is the same for photo and video.

1/1: My Menu management

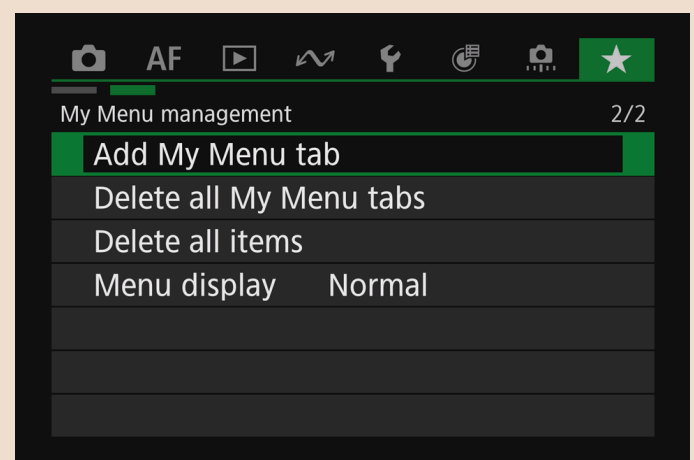
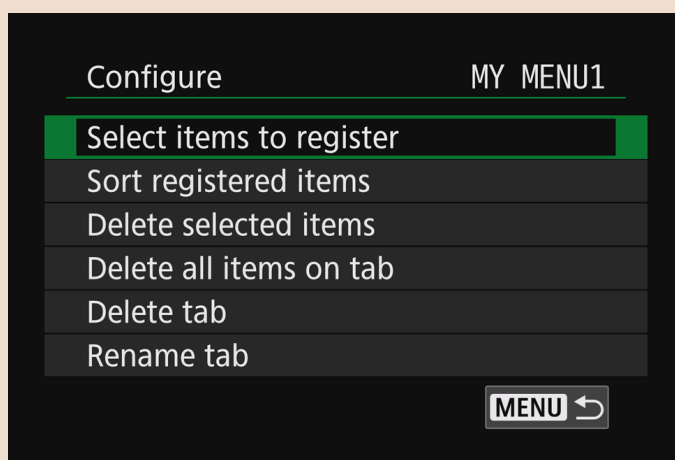
Sample 'My Menu' tab

This is what the page looks like when my menu isn't set up



→ submenu: Configure MY MENU1

→ submenu: Configure My Menu



My Menu – Create a custom menu for your most used settings

- This gives you quick access to menu items, without having to search through the whole

Add My Menu tab – Create a new My Menu page to add items .

Configure – Add items or make adjustments to My Menu tab

Select items to register – Register menu items to your My Menu page

- For instance, AF settings or video modes you want to quickly access

You can only add 6 menu items to one page, after that you have to create a second My Menu tab.

Go to '**Menu Display**' (4th image) to set the camera to always show the My Menu page first when pressing the menu button on the camera.

- Normal for standard menu display

On the R5 II I use My Menu a lot, on the R1 I have not found the need to set it up.



VIDEO **SETUP**

*To access the video menu
change the R1 to video
mode (rear switch)*

RED VIDEO MENU

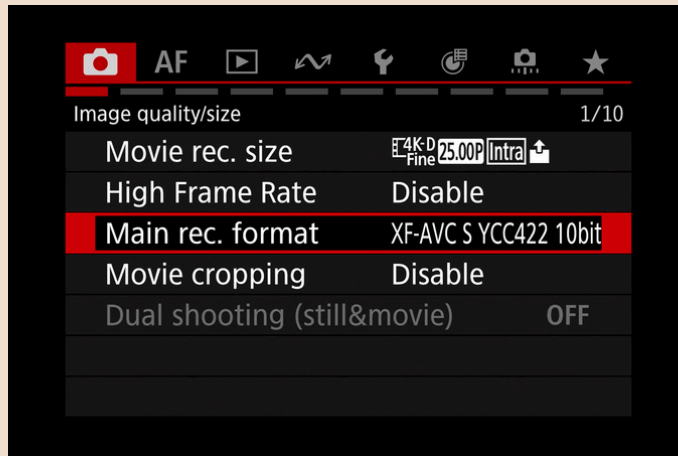
This menu controls your *video recording settings* –
such as resolution, frame rate, compression format,
and audio settings. It's where you set up how your
camera captures video.

***To access the video menu, change the R1 to video
mode (rear switch)***

Not all items in the video menu are for video only.

**There's a lot of overlap with the photo menu we have
already set up: These items will remain the same.**

In the video part of this guide I will focus only on the
settings that are different and needed for video. I will skip
tabs or sections if they are identical to the photo menu.



The first tab lets us select a large variety of recording options. *I will explain each submenu over the next few pages.*

Movie rec. size – Set resolution, frame rate & compression

- Selecting PAL or NTSC in the **yellow menu #2** will determine what frame rates are displayed here

High Frame Rate – Enable to record in slow motion in 100/120 fps

- **High frame rates will only be selectable in the Movie rec. size menu if enabled here first**
- This will remove all the slower frame rate selections from Movie rec. size menu

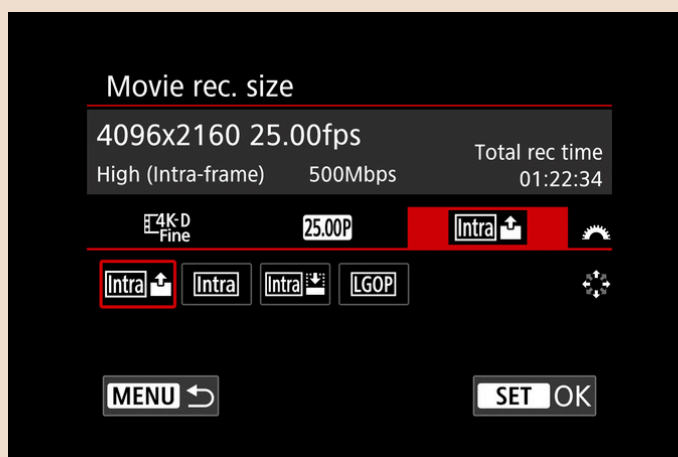
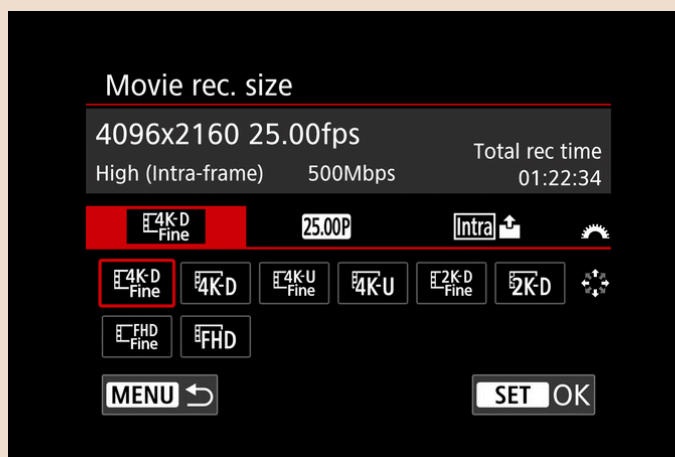
Main rec. format – Choose which codec to use

Movie cropping – **Disable** – Enable to shoot in 4k with 1.6x crop (not oversampled)

Dual shooting – **OFF** – Still shooting during video recording. This works only in JPEG and comes with many limitations.

- *I recommend switching to photo mode for **stills***





Movie rec. size – 1st tab Resolution | 2nd tab Frame Rate | 3rd tab Video Compression

What shows up in this menu depends on the settings picked for ‘Movie crop’, ‘High frame rate’ & ‘Main rec. format’

- If you are missing a certain frame rate or option, it's likely because you have selected the wrong codec (*Main rec. format*)

Resolution (1st tab) – Select recording size and quality – ‘Fine’ creates higher quality

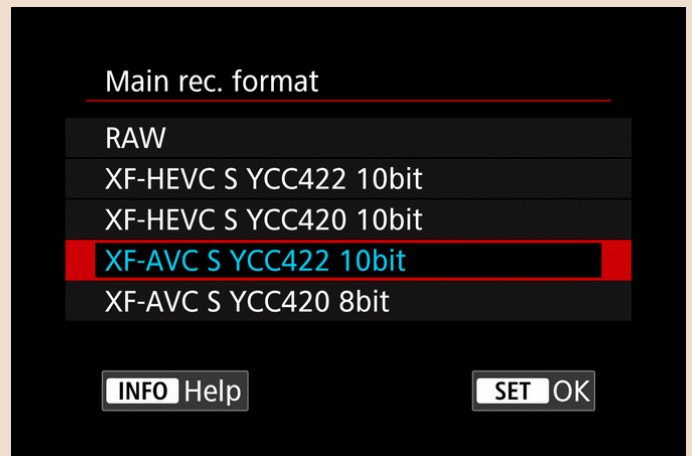
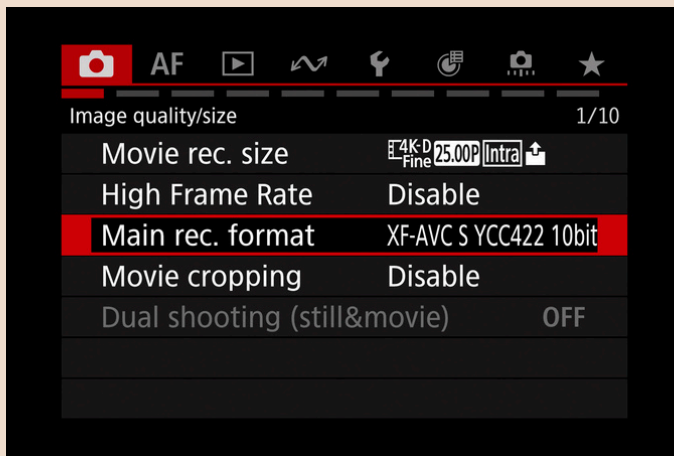
- I recommend shooting in **4k-D Fine** (wider format) fine or **4k-U Fine** (standard size). Both are oversampled high quality 4k.
- The R1 shoots 6k, but only when RAW is selected in Main rec. format section

Frame Rates (2nd tab) – High frame rates have to be enabled outside this menu

- 24/25/30p for real-life speed, especially when filming people
- 50/60p for the ability to slow video down 50% (recommended for most animals)
- 100/120p for slow motion – 200/240p is only available in FHD

Video Compression (3rd tab) – Select compression mode and quality

- **High-Intra** (max quality & file size) , **Intra** (smaller files), **Low-Intra**
- **LGOP** (strong compression and small file size)
- Depending on the Main rec. format selection, Intra options may not be visible
- I use High Intra, for best quality. However that creates large files.
- For most Intra, Low-Intra or LGOP should be sufficient and create smaller files



Let's jump to the **Main rec. format menu**. Here we select our codecs. Depending on the codec chosen, the '**Movie rec. size**' menu will display different options.

- **RAW** – Highest quality, uncompressed, large file sizes, 6k only
- **XF-HEVC 422 10bit** – Efficient codec, high color fidelity (H.265) (LGOP only)
- **XF-HEVC 420 10bit** – Smaller file size, less color data (H.265) (LGOP only)
- **XF-AVC 422 10bit** – Balanced quality & editing flexibility (best quality, larger files)
- **XF-AVC 420 8bit** – Lightweight, good for quick delivery

I generally like to use XF-AVC 422 10bit and High-Intra for great video quality.

For most, XF-HEVC 422 10bit & LGOP may be sufficient and will result in much smaller files.

Because it's not easy to navigate the video menu, I like to save my most used videos modes as custom functions. Each has different frame rates and settings, so I can quickly switch between normal speed and slow motion for instance.

If you install my camera set up file, you will have these options installed already.

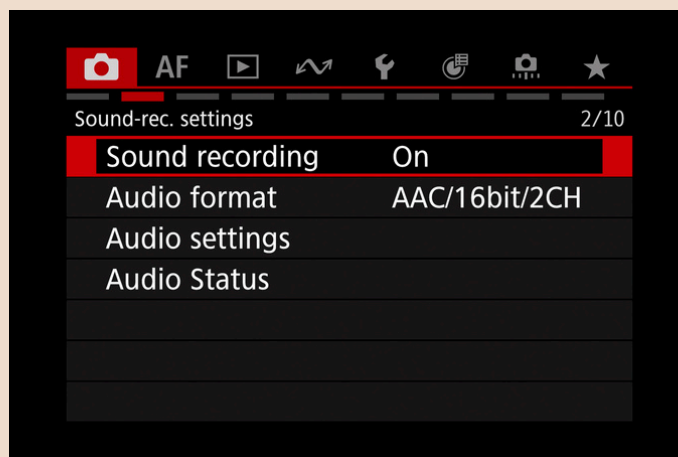
C-Fn 1 - 4kD fine – 25.00P – High-Intra

C-Fn 2 - 4k – High frame rate 100p – High-Intra

C-Fn 3 - 4kD fine – 50fps – High-Intra

- **C-Fn3 is the most important**, because the R1 will record automatically in the settings you have saved as C-Fn3 when pressing the record button from photo mode

2/10: Sound-rec. settings



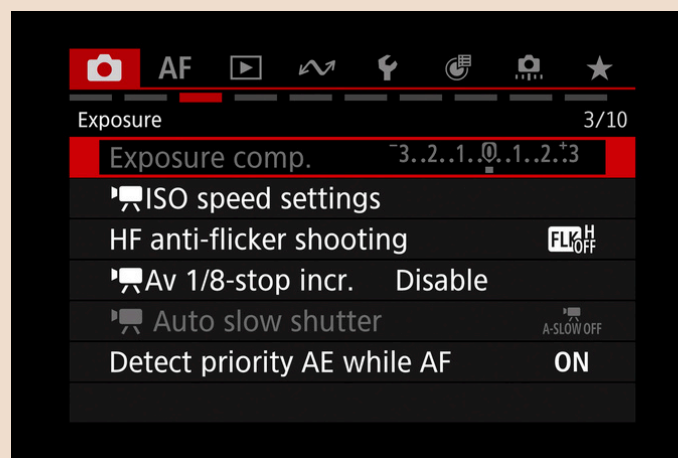
Sound recording – On – Enables audio capture during movie recording

Audio format – AAC/16bit/2CH – Standard compressed stereo audio at 16-bit quality

Audio settings – default – Access mic input level and wind filter options

Audio Status – default – Displays live audio level monitoring info

3/10: Exposure All left as default



Exposure comp. – Adjust brightness for movie exposure manually

ISO speed settings – Set manual or auto ISO range for video recording

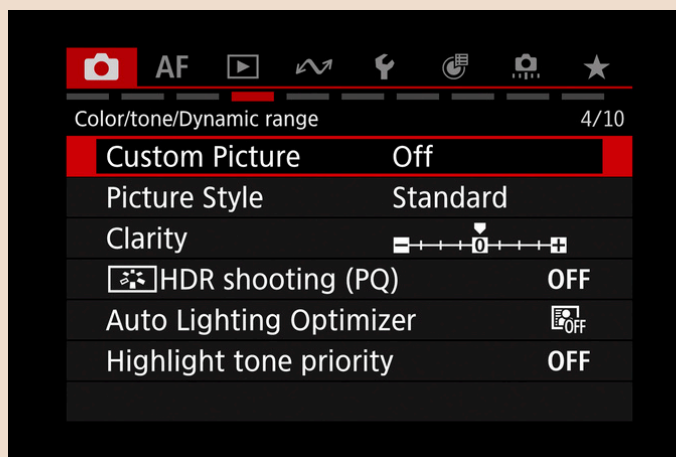
HF anti-flicker shooting – OFF – Reduces flicker under high-frequency lighting (e.g., LEDs)

Av 1/8-stop incr. – Disable – Keeps aperture changes in standard 1/3-stop steps

Auto slow shutter – Disabled – Camera won't drop shutter speed to brighten low light scenes

Detect priority AE while AF – On – Prioritizes exposure metering accuracy during autofocus

4/10: Color/tone/Dynamic range



In this menu we pick either a **standard recording style** or **LOG format** (Custom Picture) for our videos.

- LOG files have maximum dynamic range (minimal contrast), but require more extensive editing
- For most casual users, leaving custom picture off and selecting a picture style is likely sufficient and will make editing much easier or sometimes unnecessary

Personally I always shoot in CLOG 2, which gives me the best possible image quality – see next slide for instructions.

OPTION 1 – NO LOG

Custom Picture – Off – Uses standard Picture Style instead of a custom profile

Picture Style – *Image look of video files*

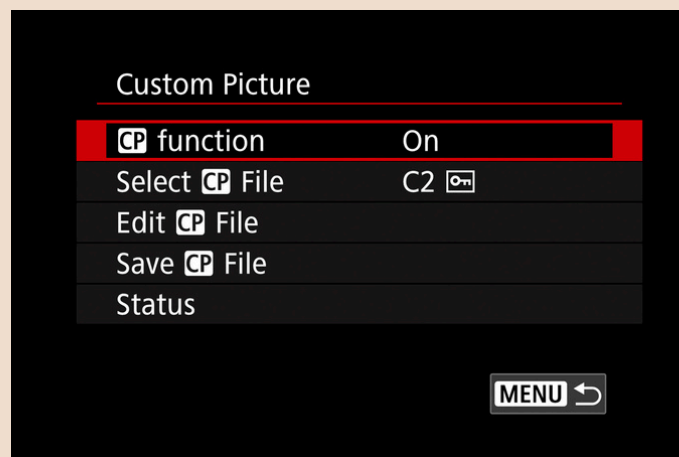
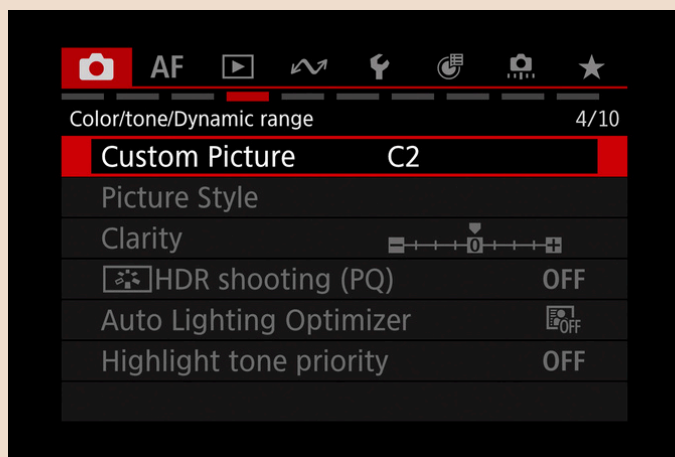
- Choose **standard** or **neutral** for a softer video look
- Don't apply too much sharpening, as files may look oversharpened
- *I would not recommend to use my photo picture style settings for filming*

Clarity – 0 – Adjust mid-tone contrast

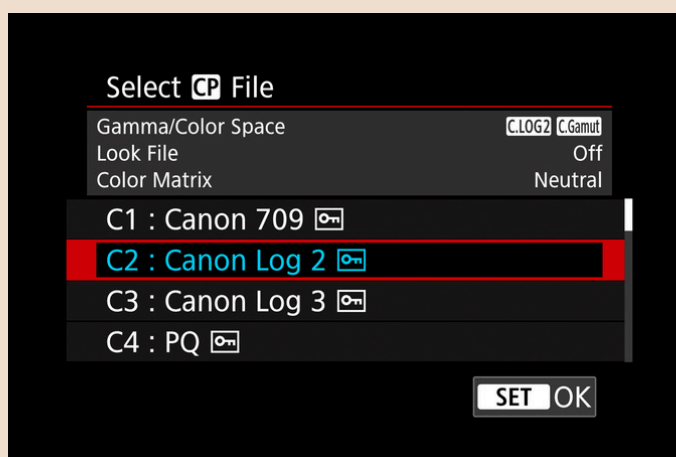
HDR shooting (PQ) – Off – HDR mode with PQ gamma, captures wider dynamic range

Auto Lighting Optimizer – Off – Automatic brightness or shadow adjustments

Highlight tone priority – Off – More detail in highlights, but more noise in dark areas



→ submenu: Select CP File

**OPTION 2 – LOG****Custom Picture – ON**

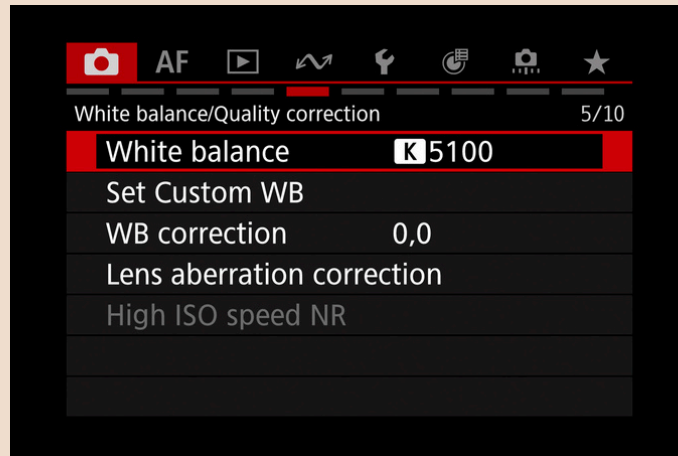
- **Activating Custom Picture will grey out the rest of the menu**
- **CP Function – ON** (Activates LOG format)

CP Function – ON (Activates LOG format)**Select CP Profile – Choose a profile**

- **C1:** Canon 709 – A standard gamma similar to Rec. 709, offering a video-ready look
- **C2: Canon Log 2** – Max. dynamic range, ideal for grading but requires post-processing
 - *I prefer shooting in CLOG2*
- **C3:** Canon Log 3 – Balance between dynamic range and easier grading
- **C4:** PQ – HDR gamma curve suited for HDR displays

Rest left as default

5/10: White balance/Quality correction



White balance – 5100K – I set a manual WB between 5100 and 5800 based on the scene I am shooting

Set Custom WB – Assign a custom white balance based on a reference image

WB correction – 0,0 – No tint or color bias correction applied

Lens aberration correction – Enable/disable corrections for distortion, chromatic aberration, etc.

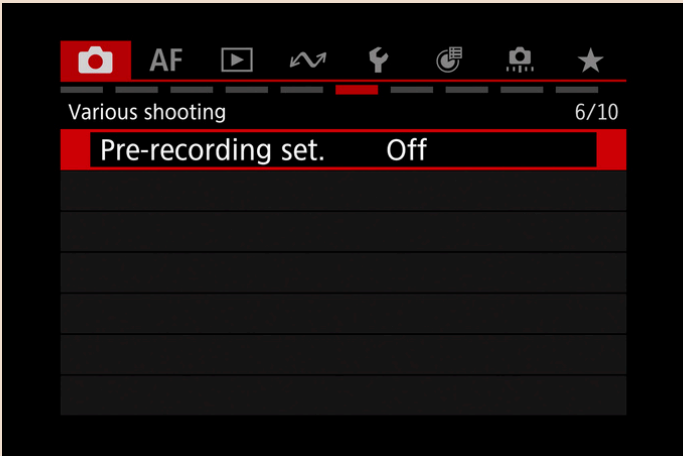
High ISO speed NR – (greyed-out) – Noise reduction unavailable in current mode/settings



R1 | CLOG2 | not graded |

You can see the need for editing with these files, but it gives max. dynamic range

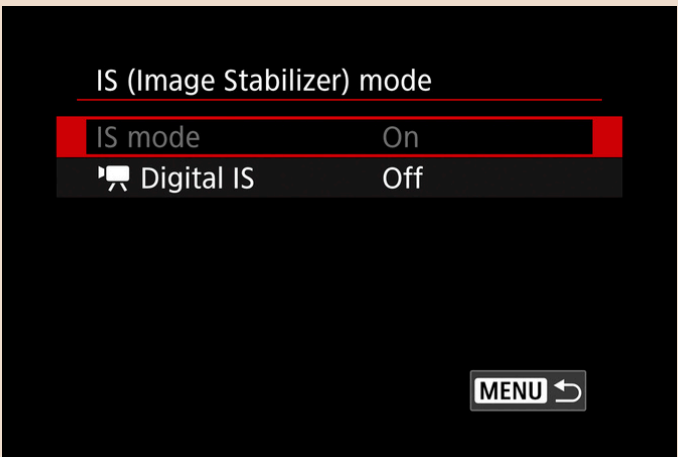
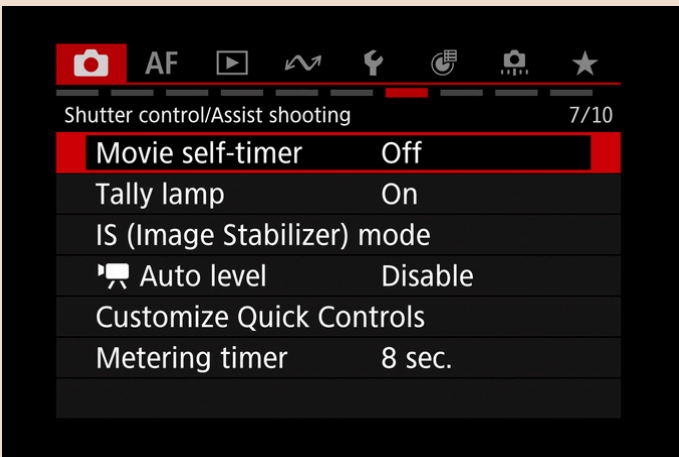
6/10: Various shooting



Pre-recording set. – Off – Pre-shooting for video

- Capture up to 5 seconds of footage before the record button is pressed
 - *I usually leave it off*

7/10: Shutter control/Assist shooting → submenu: Image Stabilizer
All left as default



Movie self-timer – Off – Delays start of video recording

Tally lamp – On – Lights up during recording to indicate active capture

IS (Image Stabilizer) mode – Adjusts stabilization strength and method

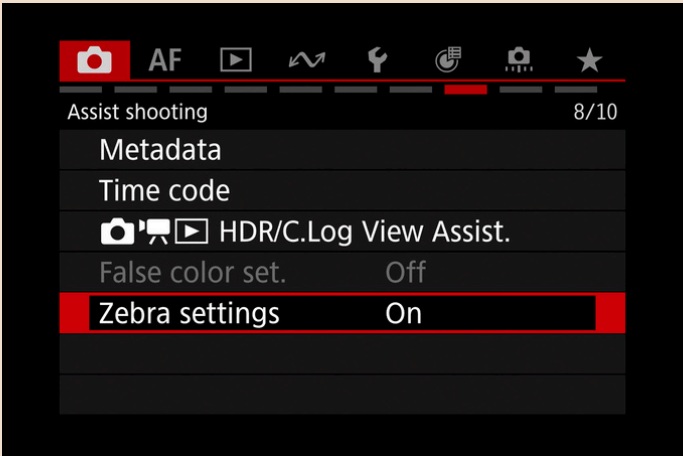
- **Digital IS – OFF** – Digital IS is digital image stabilisation and **not to be confused with the IS in the lens.** Digital IS applies a crop to your video and can make it look robotic

Auto level – Disable – When enabled, keeps horizon level during recording

Customize Quick Controls – Adjust the layout of quick settings (Q button) for easy access

Metering timer – 8 sec. – Sets how long the camera meters before resetting

8/10: Assist shooting →



Metadata – Attach user-defined info (e.g. creator name, location) to video files

Time code – Enables SMPTE-compliant timecode for syncing multi-cam shoots

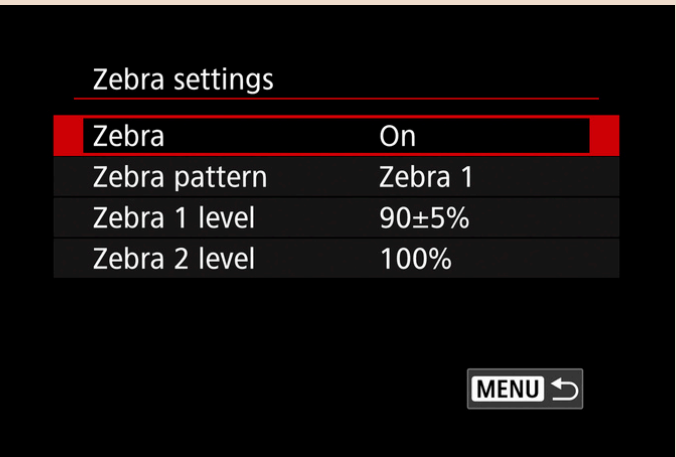
HDR/C.Log View Assist. – Displays a preview LUT to simulate HDR or Log footage with normal contrast

False color set. – **Off** – Exposure assist tool using color overlays (grayed out due to Zebras being on)

Zebra settings – **On** – Highlights overexposed areas with stripes for exposure monitoring

- *I like to use zebras for video to identify too bright areas*

→ submenu: Zebra settings



Zebra – **On** – Enables zebra stripe overlays for exposure assistance

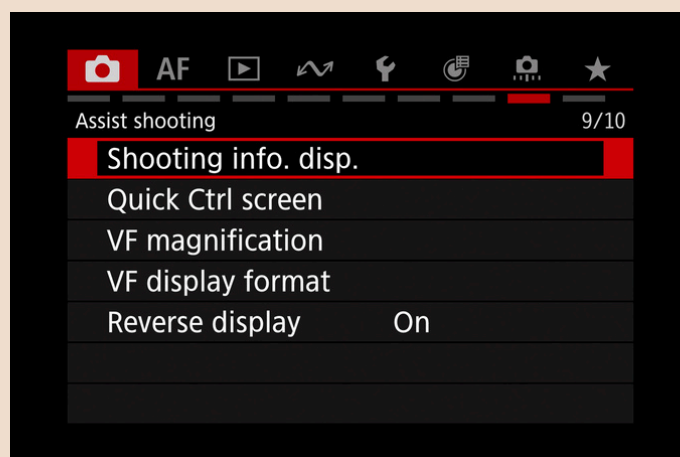
Zebra pattern – **Zebra 1** – Uses Zebra 1 pattern (can switch to Zebra 2 or both)

Zebra 1 level – **90±5%** – Displays stripes for exposure around 90% brightness

Zebra 2 level – **100%** – Highlights areas at peak brightness (100% exposure)

- *If you set the zebras too aggressively they will show up all the time and become irritating*

9/10: Assist shooting



Setting up this menu is basically the same as what we did in the photo menu.

Shooting info. disp. – Customize display of shooting information on screen (similar to photo)

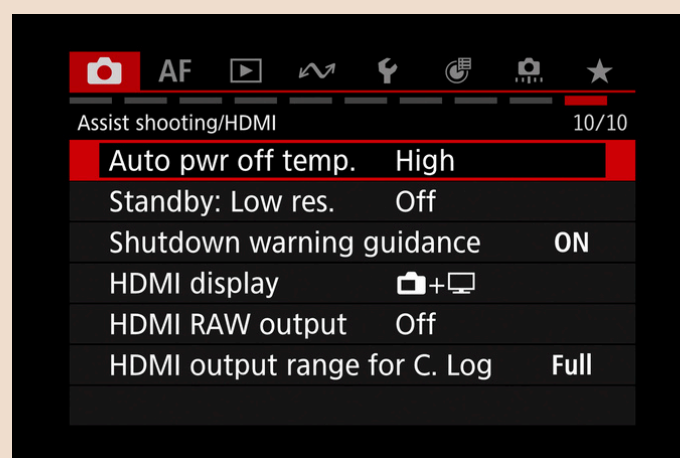
Quick Ctrl screen – Choose layout for the Quick Control screen

VF magnification – Adjust viewfinder display size (magnified or standard)

VF display format – Set format/layout for viewfinder display elements

Reverse display – **On** – Reverses screen display when camera is rotated

10/10: Assist shooting/HDMI



Auto pwr off temp. – **High** – Delays overheating shutdown for longer recording

- Helps to record longer in hotter environments

Standby: Low res. – **Off** – Keeps full resolution preview when idle – important when using external screen

Shutdown warning guidance – **OFF** – Shows warning messages before shutdown due to heat

HDMI display – Output image to camera + external monitor simultaneously

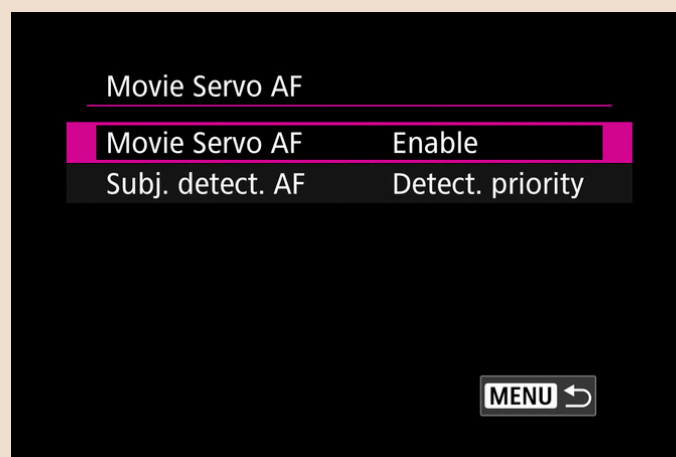
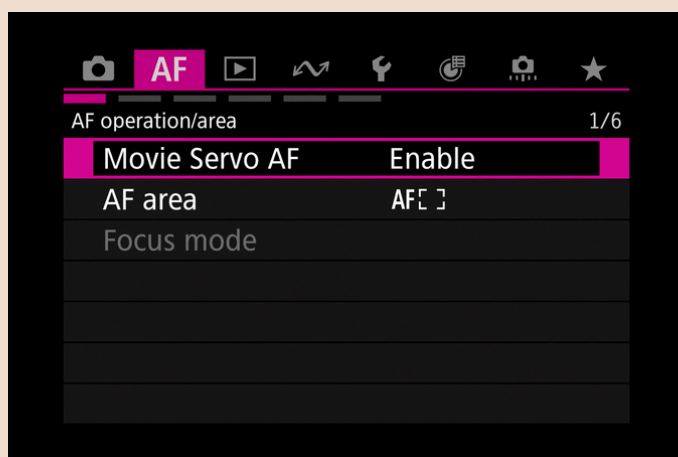
HDMI RAW output – **Off** – RAW over HDMI (for external RAW recorders)

HDMI output range for C. Log – **Full** – Outputs full range (0–255) for better dynamic range with C-Log

PINK VIDEO MENU

This menu handles everything related to *focusing*. It's where you set how the camera detects and follows your subject when filming.

We will make a few changes here.



→ submenu: AF area



Movie Servo AF – Enable – Continuous autofocus during movie recording; keeps subjects in focus as they move – **camera never stops focusing**

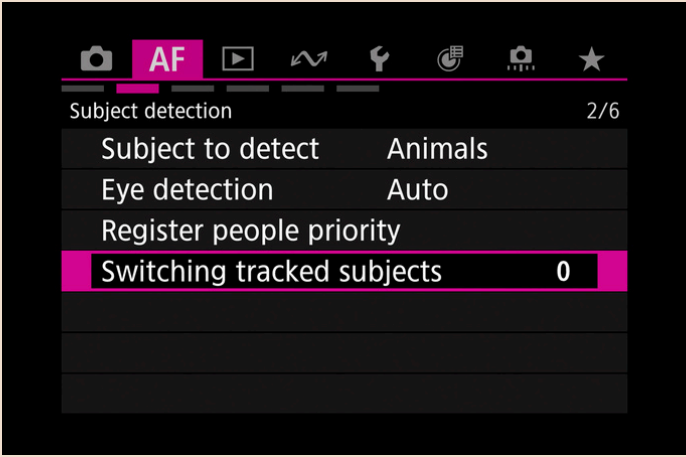
- **Subj. detect. AF – Detect. priority** – Prioritizes subject detection (e.g., faces or bodies) when focusing; ensures that focus sticks to recognized subjects
- *Combined with eye-tracking AF this gives me the best results*

AF area – Select autofocus areas

- *I like to use whole-area tracking or a larger zone, letting the camera track the subject all over the viewfinder*
- *I remove options I never use for video to cycle faster through the remaining ones (Pink video menu #5)*
 - These options are different to the ones I pick for photos
 - *For video, I use the far right 'AF Point Selection' button to bring up the different AF area options quickly*
 - We assign this in the **green custom button menu**

Focus mode – Greyed-out – MF/AF – Set via switch on the lens or camera body

2/6: Subject detection



Subject to detect – Animals – Prioritizes animal faces/eyes for tracking

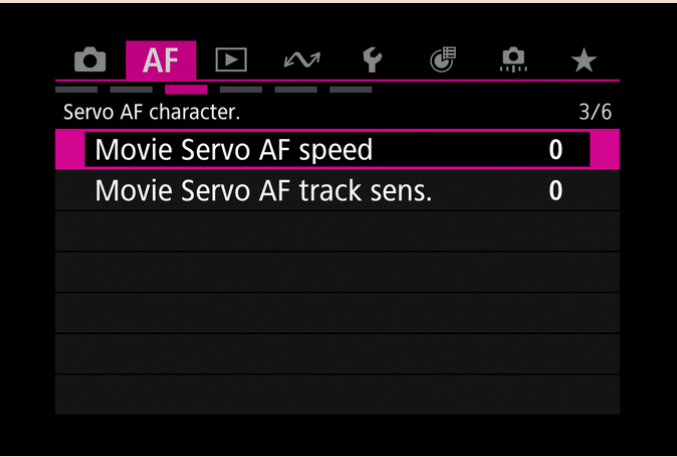
Eye detection – Auto – Select off, left, or right eye or auto

Register people priority: Option to register a certain person for the AF to prioritise

Switching tracked subjects – 0 – Sets how easily the camera switches between tracked subjects

- I either use 0 or 1 and make adjustments if needed. Generally you want video AF to be quite stable and locked on.

3/6: Servo AF character.

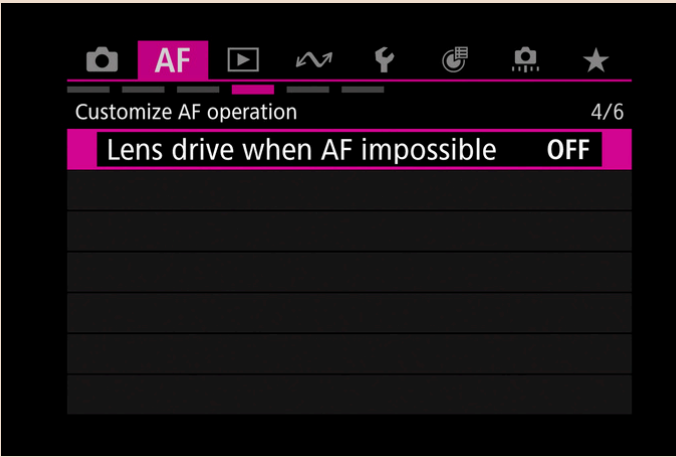


Movie Servo AF speed – 0 – Standard focus transition speed; adjust for faster or slower tracking

Movie Servo AF track sens. – 0 – Balanced tracking; less likely to shift focus unless subject moves clearly

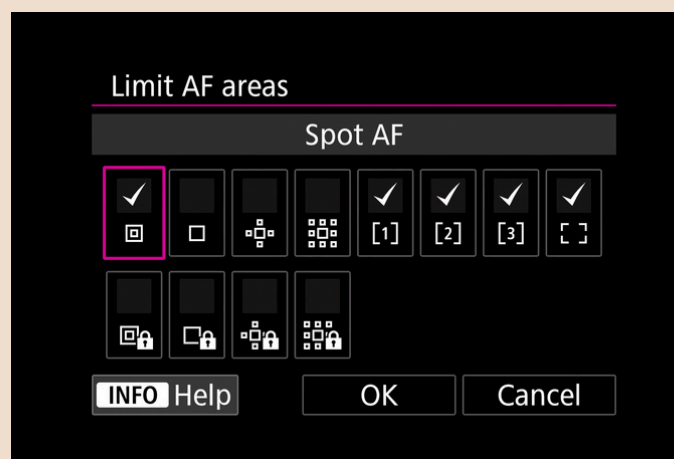
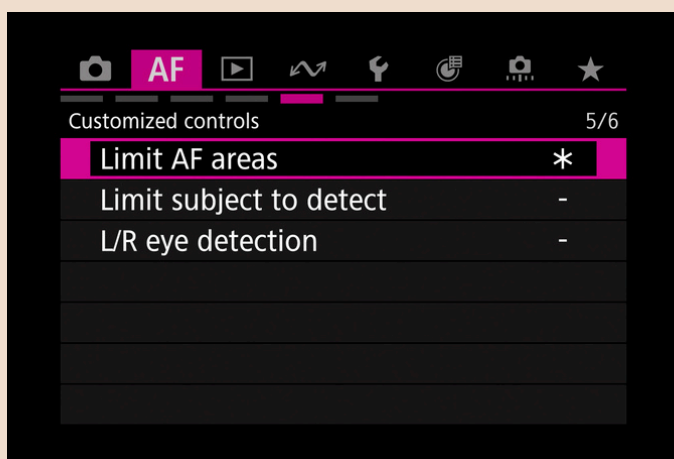
- Change for more/less aggressive setting

4/6: Customize AF operation



Lens drive when AF impossible – OFF – Prevents focus hunting when autofocus can't lock; useful for smoother visuals during video.

- This should stop the camera from zooming past your subject and onto the BG



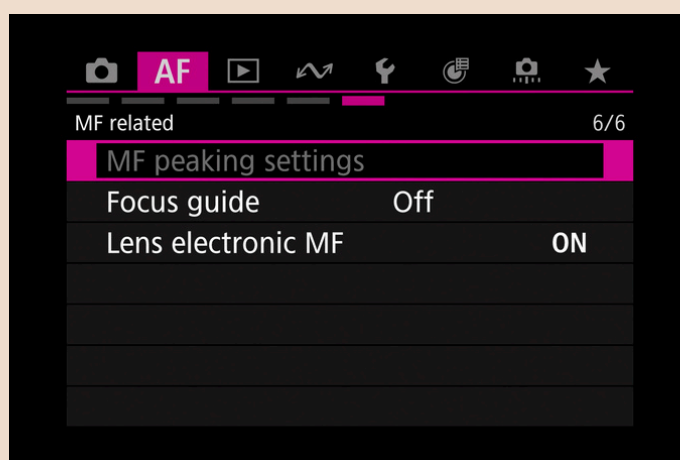
Limit AF areas – Select which AF area modes are available in the menu for quicker switching

- Here, I disable all the ones I don't use for video. In general, a mid-sized zone or whole area tracking works the best.

Limit subject to detect – Restrict subject detection to specific types (default)

L/R eye detection – Prioritize left or right eye when Eye Detection AF is active (default)

6/6: MF related



MF peaking settings – Greyed-out, because zebras are on – Highlights on – focus edges in manual focus mode (enter to adjust level and color)

- Helpful when using full MF and I would turn it on and zebras off

Focus guide (Off) – Shows visual guide during manual focus; useful for precise focus when using full manual mode – works great in combination with the MF peaking

Lens electronic MF (ON) – Enables electronic manual focus override – so you can always manually adjust focus, even when AF is running (**important**)

BLUE VIDEO MENU

No changes have been made to the blue menu in video mode compared to what we've done already in photo mode.

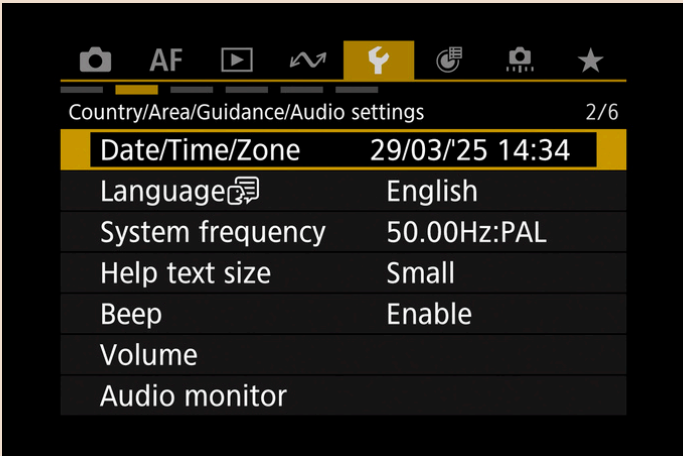
PURPLE VIDEO MENU

No changes have been made to the purple menu in video mode compared to what we've done already in photo mode.

YELLOW VIDEO MENU

There are only a few changes I make in the Yellow menu, compared to what we have already set up for photos – ***mainly the custom functions.***

2/6: Country/Area/Guidance/Audio settings

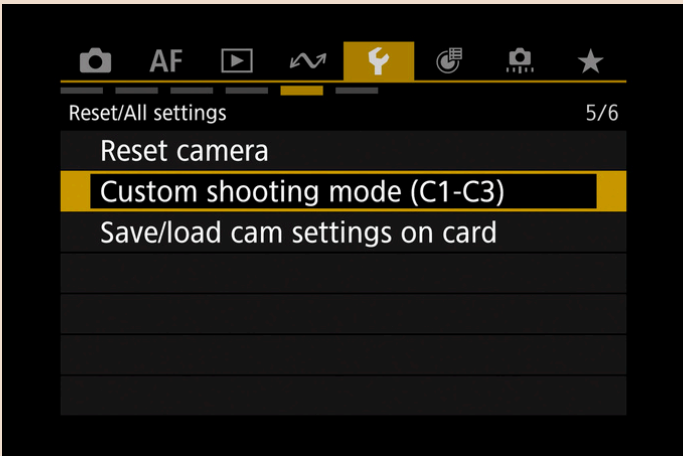


In the second tab, just remember that the system frequency is important. This will determine your available video frame rates.

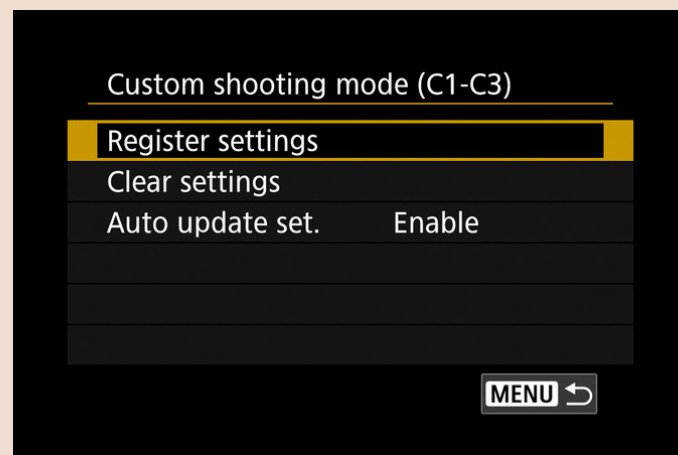
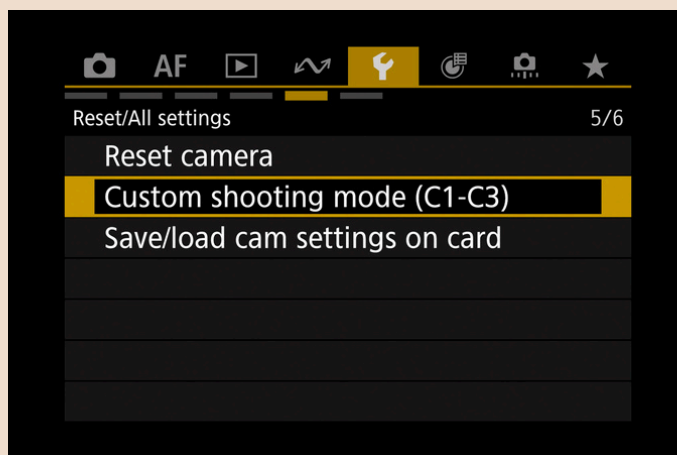
System frequency – Match region’s video standard (PAL for EU/Asia, NTSC for US)

- ***This affects the video frame rates available (PAL: 25,50,100 fps, NTSC: 24,30,60,120fps)***
- For wildlife it does not matter, but when filming inside, choosing the right location PAL/NTSC can stop flickering in video files

5/6: Custom Shooting mode



For video, this 5th yellow menu is very important. *This is where we save our custom functions.* We can save 3 different frame rates and settings, so we can easily switch between slow motion and normal speed video for instance, without having to go into the red video menu.



Register settings – Save current camera setup to a custom mode

- **Select all settings you want to save** to a particular custom mode, AF mode, subject to detect, custom buttons, ISO, shutter speed, shooting mode etc.
- Once you have them dialed in, go to: **Custom shooting mode > Register settings** and then select **C1, 2 or 3**. This will save all your settings to that custom shooting mode and can be recalled by setting the mode dial to that custom mode.
- Press *MENU* to get back

These are my go to settings for the three custom functions.

- Make sure to set the shutter speed to double the frame rate

If you install my camera set up file, you will have these options installed already. However, LOG will have to be enabled manually.

C-Fn1 - 4kD fine – 25.00p – High-Intra

C-Fn2 - 4k – High frame rate 100p – High-Intra

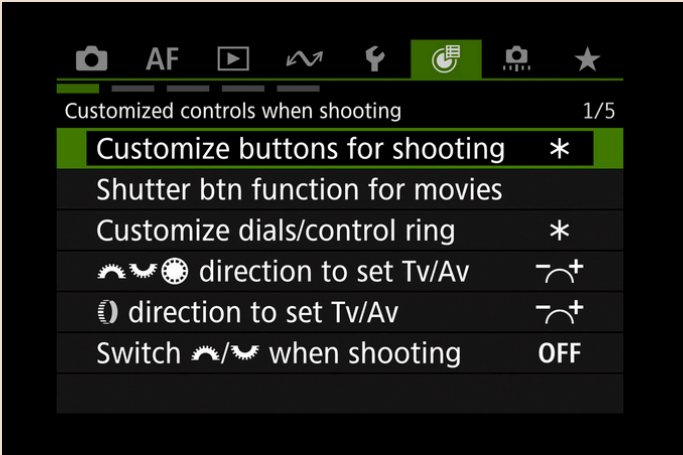
C-Fn3 - 4kD fine – 50fps – High-Intra

Auto update set. (Enable/Disable) – Important

- If enabled, any changes made while using a custom mode will be saved automatically to that custom mode
 - This can be helpful, if you use custom modes in changing environments
- If you prefer to always have the identical settings as your custom mode, *disable it*

GREEN VIDEO MENU

This menu is for *customizing controls*. We have already made most of these adjustments in the green photo menu, including the video custom buttons, **so I will focus on the video specific changes.**

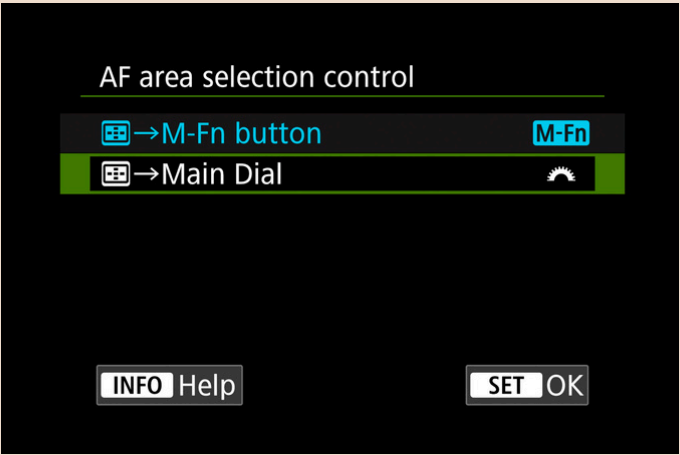
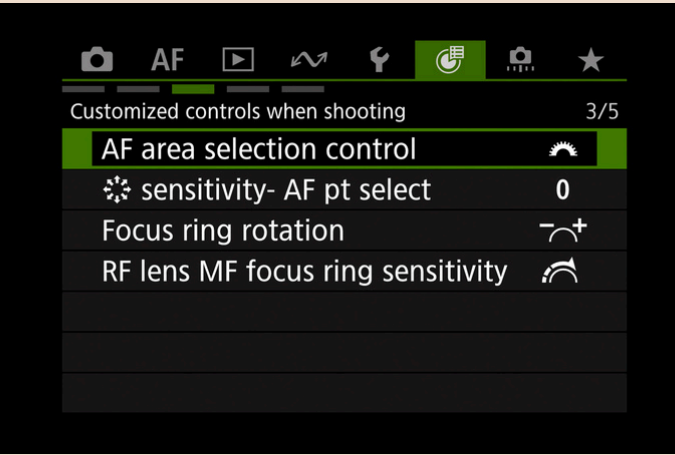


Customize buttons for shooting – We have already set these up in the photo menu

Shutter btn function for movies – Define what the shutter button does in movie mode

- *I like to set it to start/stop recording video, it's easier to reach sometimes than the red record button*

Remaining menu unchanged from photo mode



AF area selection control (M-Fn) – Assign button to change AF area modes

- *In video mode I like to assign it to the top dial for easier changes*

Remaining settings are all left unchanged

ORANGE VIDEO MENU

No changes have been made to the orange menu in video mode compared to what we've done already in photo mode.

DARK GREEN VIDEO 'MY MENU'

'My Menu' is identical for photo and video.

You've made it!



I hope my guide has helped you find the best settings for your R1. Now it's time to take it outside and take some amazing photos!

And: *Capturing great RAW files is just the beginning – **editing makes them truly stand out.***

Feeling stuck or overwhelmed just thinking about editing? Not sure where to start or how to finish? *I can help you.*

I created my **Lightroom** and **Photoshop Masterclasses** to guide you through the entire editing process and teach you my **fast & efficient workflow** – step by step and in easy-to-follow chapters.

You will be able to confidently transform even your most difficult to edit RAW files with ease and get stunning results every single time.

Let's turn editing from a chore into your favourite part!

		<p><u>Next-Gen Photoshop Class</u></p> <p><u>Lightroom Class</u></p> <p>or</p> <p><u>Or roam the rest of my shop for more photography courses!</u></p>
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Find me here



I would love to hear your thoughts – please feel welcome to reach out, if you have further questions, feedback or want to share your ideas for future editions. I'm here to help you along the way and can't wait to hear about your photography progress, if you would like to share.

In the meantime, if you haven't already, you can head on over to YouTube and watch my R1 and other setup videos as an additional resource or find me on my other platforms. You can always say hi.

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Sending you all much love.



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