

CANON R7 SETUP GUIDE



by

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Welcome!



The **R7** 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!

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

Jan



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CANON'S NEW PASSWORD FEATURE

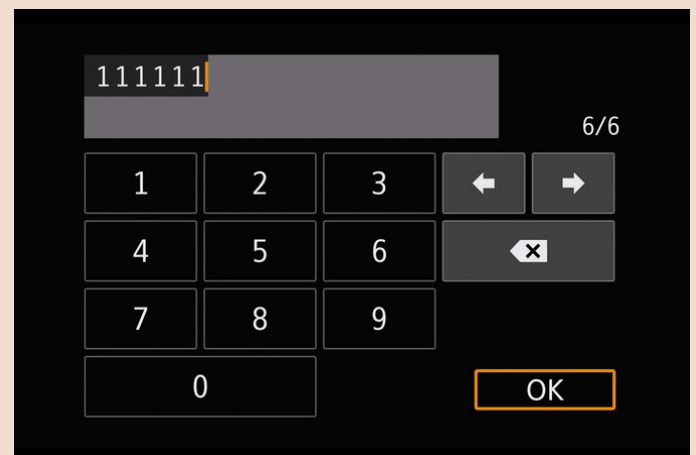
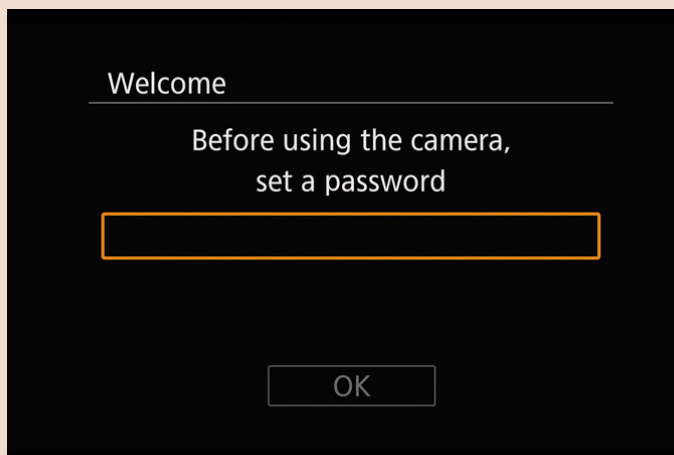
Starting July 2025, Canon added **password protection** for network settings, *however this change affects all users*. After updating to firmware version 1.7.1 (or newer), you will be asked to set a **6-digit password**.

Every time the camera restarts, it will prompt you to enter this password again. Don't worry, though, **this can be disabled**.

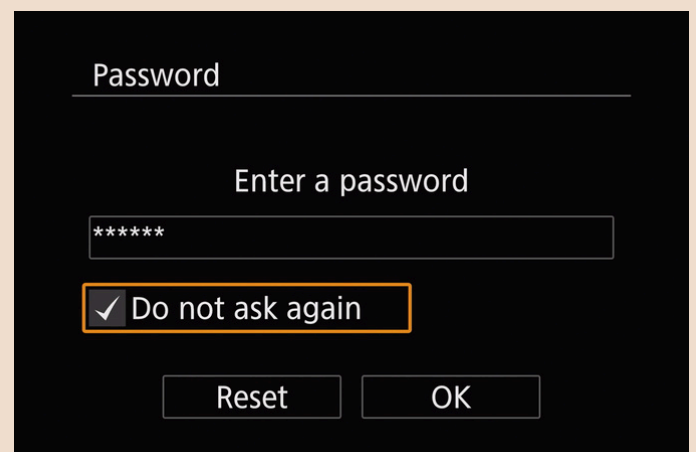
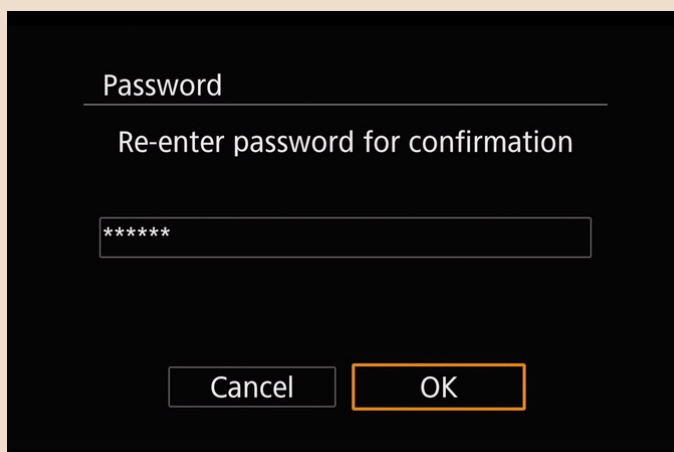
After restarting the camera you are prompted to type in the password and after doing that you can choose **“Do Not Ask Again”**, and **after that the camera behaves like normal again from then on**.

The password can be reset or overwritten by clicking reset and returning the camera to factory settings. So the password does not actually protect the camera from unauthorized use, only network details. Password settings can be found in **yellow menu #7**.

Below are the steps to follow after updating the firmware.



1. Select password – Set 6 digit combination and confirm, I used 111111



2. Confirm password – Camera will restart, but won't ask for password – turn it off

3. On reboot – Enter password and tick **‘Do not ask again’**, then click ok



**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.

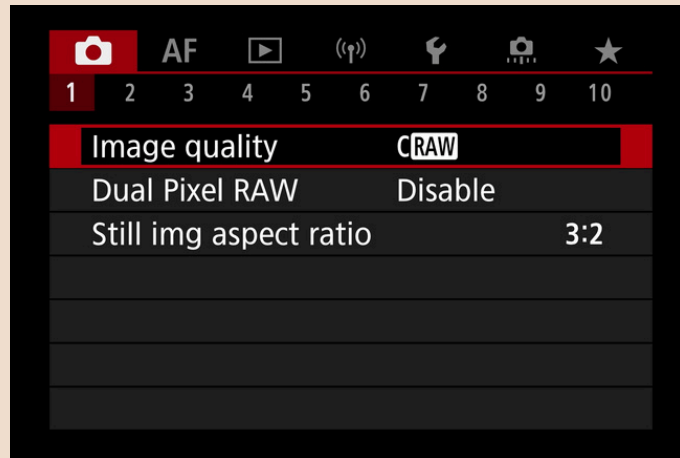


Image quality – Adjust RAW/JPEG settings

- 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.*

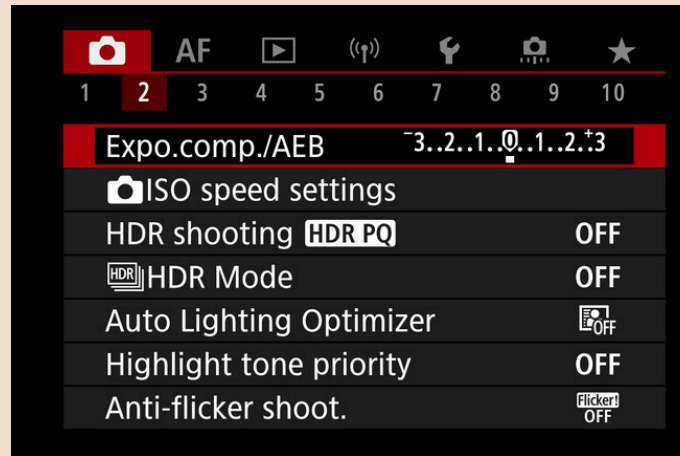
Dual Pixel RAW – Disable – Special mode allowing you to later make small changes in Canon's DPP software

Still img aspect ratio – 3:2

- Here you can select 1.6 crop mode if wanted



R7 | RF 800 | F11 | ISO 3200 | 1/1000



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

HDR shooting (PQ) – HDR mode with PQ gamma

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

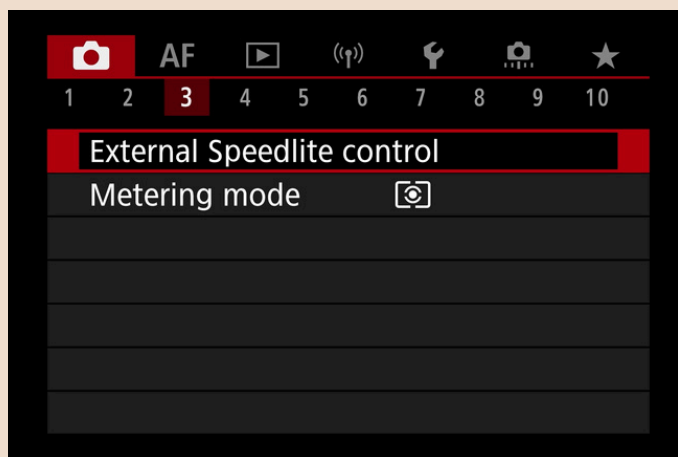
HDR Mode – Off – Camera captures multiple images and merges them into one to increase dynamic range – JPEG only

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
- D2+ is recommended
 - Will only work with certain software like DPP or Adobe

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



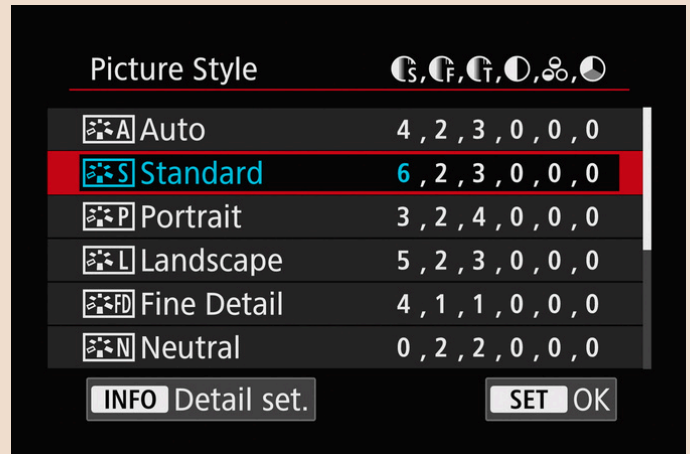
External Speedlite control – Flash settings for Canon Speedlites

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*



R7 | RF 100-500 | F7.1 | ISO 1600 | 1/1000



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

Custom White Balance – Assign a custom white balance based on a reference image

WB Shift/Bkt. – Adjust tint of the WB

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

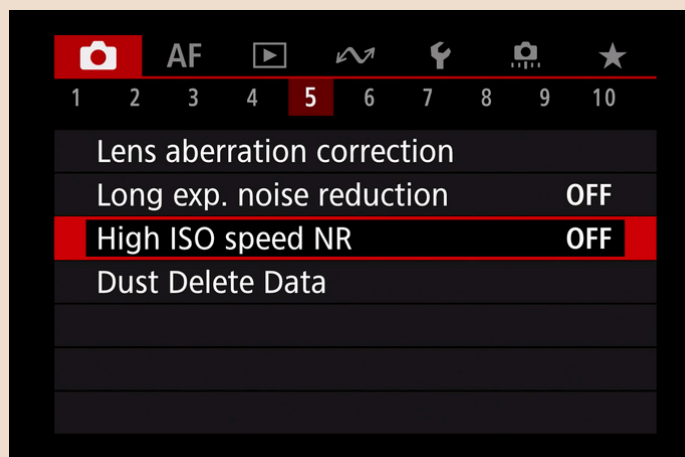
Picture Style – Select desired image look

- 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.

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

Shooting creative filters – **Off** – Filters to apply different image looks

5/10: Quality correction



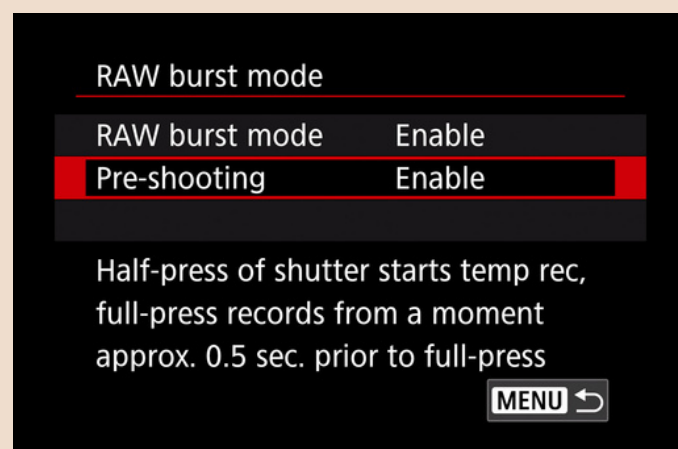
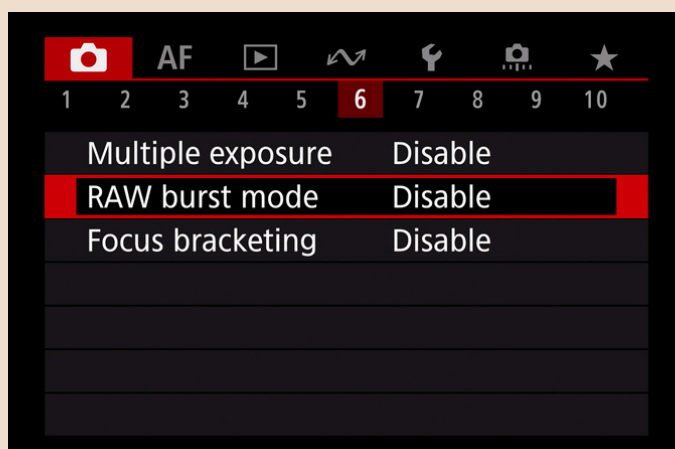
Lens aberration correction – Enable/disable corrections for distortion, chromatic aberration, etc. – I usually leave these **OFF**

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

6/10: Various shooting



Multiple exposure – Disable - Combine multiple shots into one image

RAW burst mode – Disable

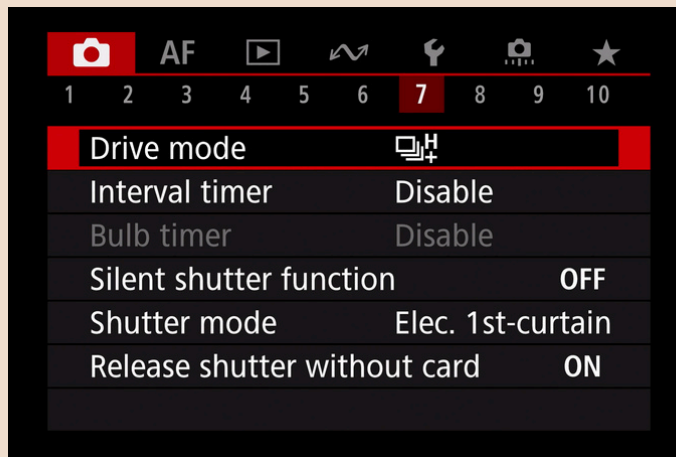
- Captures 0.5 sec of image loop when half-pressing shutter button

Warning: On the R7 pre-shooting is limited. All pre-shooting images created are enclosed in a container file and have to be selected on the back of the camera or DPP. Pre-shooting also prevents further shooting until buffer is cleared.

- Only enable when needed for action like a take-off and be aware of the limits

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

7/10: Drive mode/Shutter mode



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

- I like to use the fastest shooting speeds (15 with Mechanical and EFCS and 30 with Electronic Shutter)

- **If you feel like the buffer fills up too quick, you could dial it back to H mode**

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

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

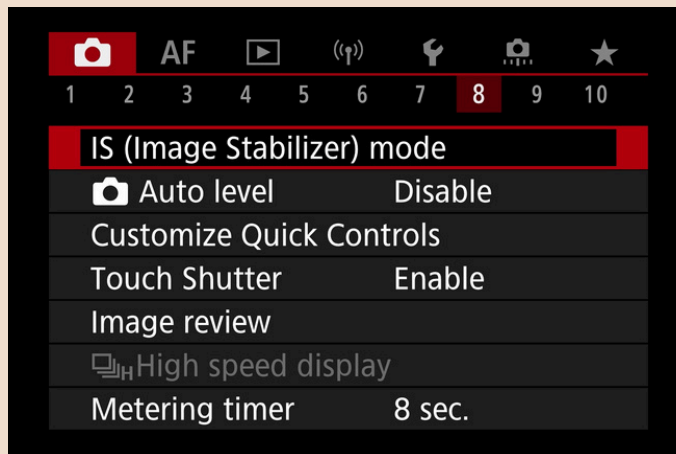
Silent Shutter Function – Off – Eliminates all camera sounds, including sensor shield in shut down

Shutter mode – Mechanical, Electronic 1st-curtain – Electronic Shutter (ES)

- *Picking the right shutter mode on the R7 is tricky. The Mechanical Shutter is very loud with strong shutter shock, the EFCS and ES are much quieter or silent, but you can get strong rolling shutter effects in your images. This shows up the worst with the Electronic Shutter.*
- **We have to find a balance between speed, shutter shock and rolling shutter**
- **The best bet is usually the Electronic 1st-curtain shutter, shooting at 15fps less rolling shutter.** *If you need the extra frames, choose electronic, but you will get rolling shutter and the buffer fills quickly.*
- If you use Pre-capture the camera will default to the ES shutter

Release shutter without card – Off

8/10: Assist shooting



IS Mode – Set on lens

Auto level – Disable – Automatically straightens the horizon by slightly rotating the image using the in-body stabilisation system.

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

Touch Shutter – Disable – Take image by pressing rear LCD

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.

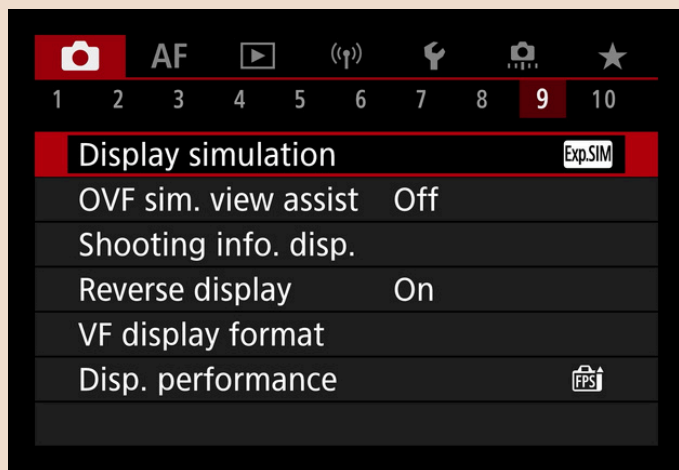
High speed display – For smoother display – Greyed out if Electronic Shutter is active

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



R6 II | RF 800 | F11 | ISO 3200 | 1/640

9/10: Assist shooting



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

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

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

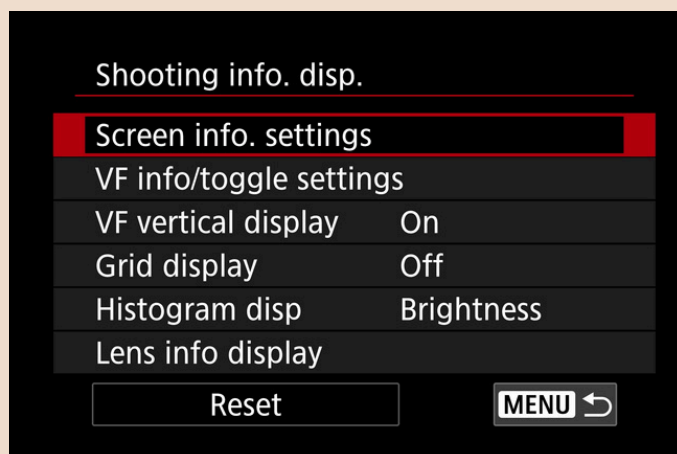
- Press INFO on back of camera to toggle through display options

Reverse Display – Automatically flips the screen when rotated

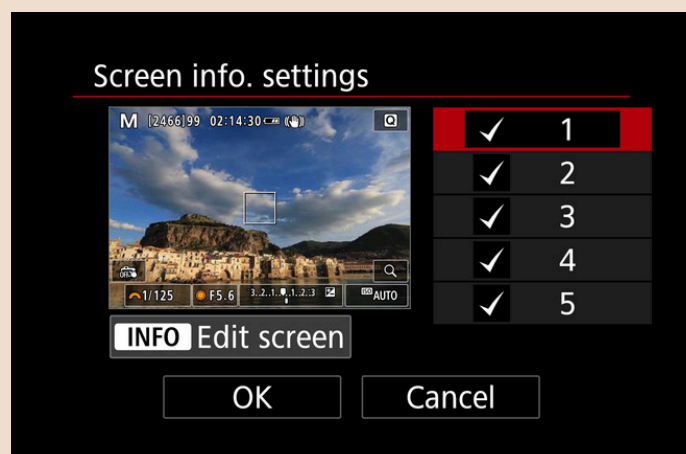
VF display format – (default) Changes aspect/layout of viewfinder info display

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

→ **submenu: Shooting info. disp.**



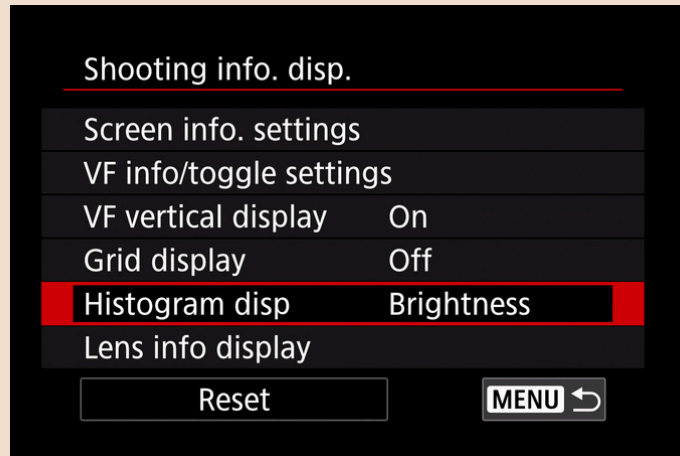
→ **submenu: Screen info. settings**



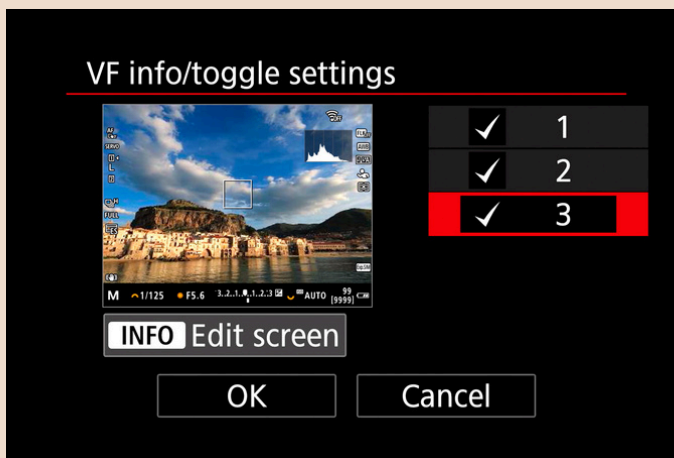
Screen info. settings – Tick/Untick wanted/unwanted options

- 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

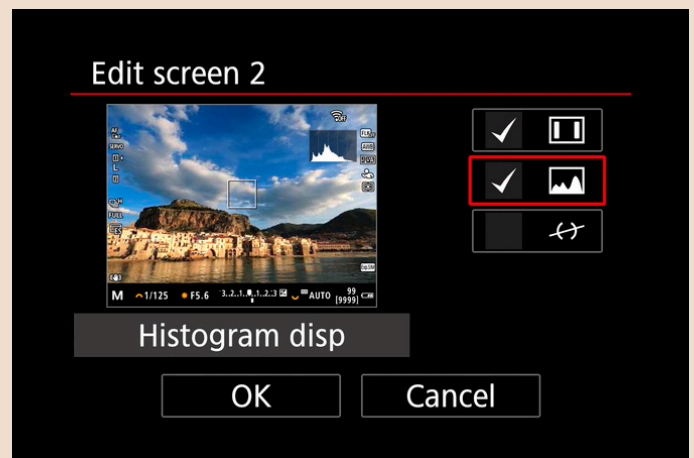
→ submenu: Shooting info. disp. Cont'd



→ 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

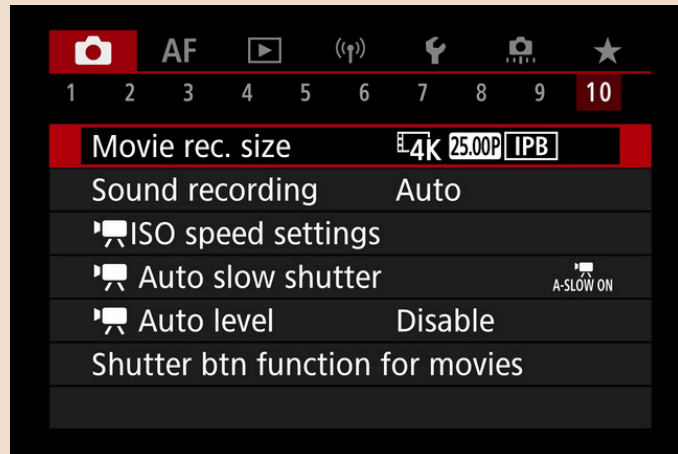
VF vertical display – **ON** – Auto-rotate VF info for vertical shots

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

Histogram disp – **Brightness** – **Set to Small** – Shows histogram in EVF

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

10/10: Video



This menu determines what happens when you press the video record button in photo mode. Unlike many other Canon bodies, the R7, does not record in the settings saved in C-Fn3, it defaults to a weird auto mode, so I usually just leave the defaults here and not use this function. I rather choose my own video settings and switch to video mode.

Shutter btn function for movies – *Enable* – Instead of finding the small record button, use the shutter button to start/stop recording (in video mode only)

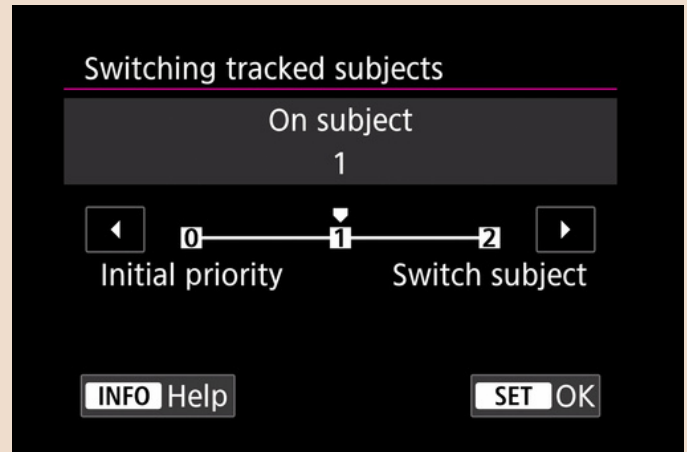
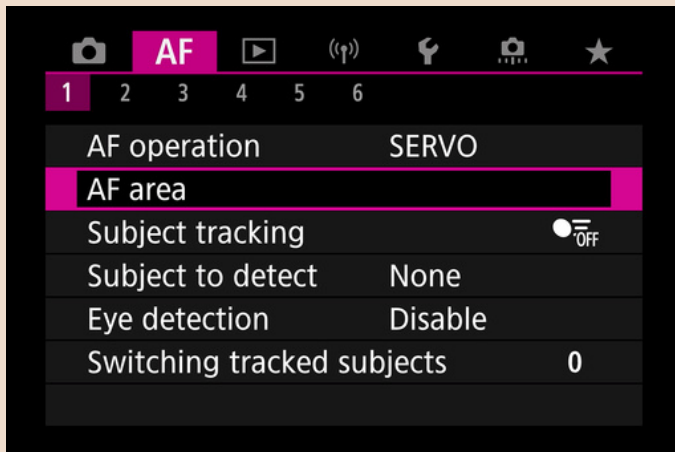


R7 EVF in action

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 choose Spot AF here for all orientations*

On the R7, I like to use triple back button autofocus. We will set this up across a few different menus.

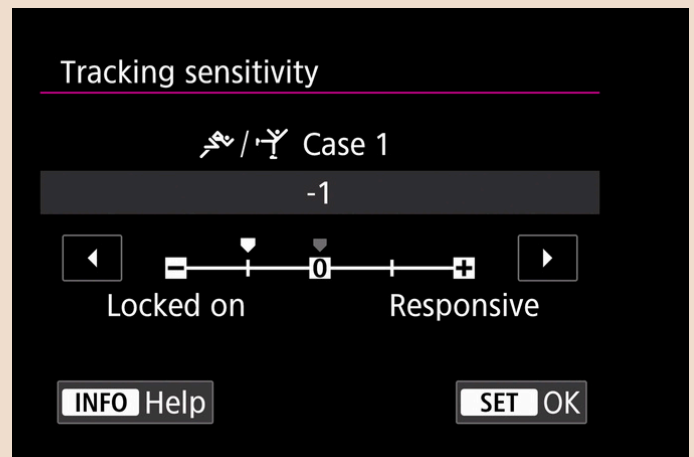
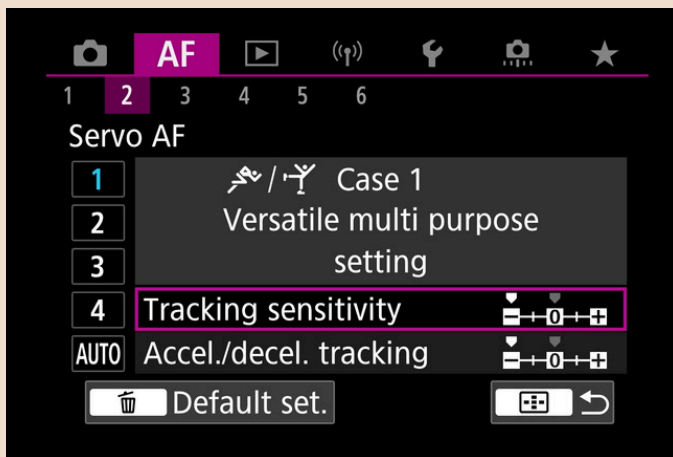
- *My base autofocus is **Spot**. It allows us to move the focus point wherever we want and focus without any tracking interfering. This is the ideal base AF mode, offering full control and making pre-focusing easy.*
- ***We will need to turn off all subject detection and tracking in this menu, otherwise the camera will still track even in spot AF***
- *We will set up **Animal Eye tracking AF** later. It will be assigned to the AF-ON button in the **orange menu**, not here and will overwrite this menu*

Whole Area Tracking Servo AF – Off – Enables full-area tracking in modes like Spot AF, leave off here, because we don't want that for our base AF mode

Subject to detect – None – Select subjects to detect, not needed here

Eye detection – Disable – Turn on/off eye detection, not needed here

Switching tracked subjects – 0 – Select camera's response to new subjects entering the frame. Typically we want to select 1 or 0 here for more lock on our initial target.



Servo AF characteristic – Select tracking behaviour

One of the biggest issues on the R7 is the stickiness of the AF. It has the tendency to jump on an off.

We have a few options here that I would suggest to try and see what you find works the best for you.

Option 1

- Select Auto and let the camera do the work

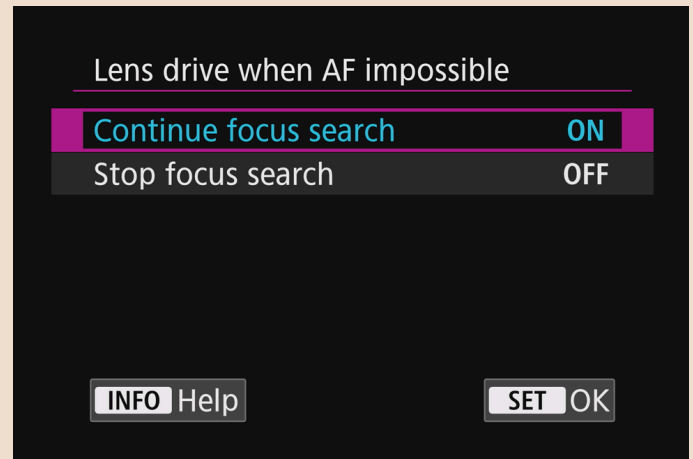
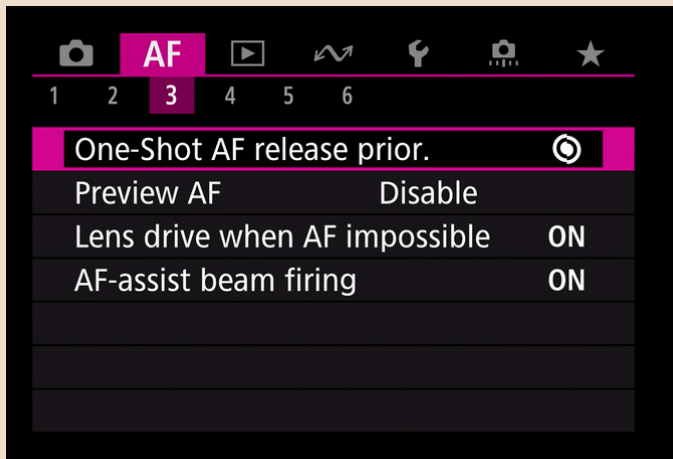
Option 2

- Select Case 1 and then press the AF Point selection button (lower button on far right) to select the sub settings sliders and then move both to -2

Option 3

- Select Case 1 and do the same steps as in Option 2, but set both sliders to +1 and see if this more aggressive setting may help

I have been trialling all three options with different results depending on what I am shooting. Option 3 in particular is a new approach I learned with the R5 II, where a more aggressive setting actually makes it stickier.



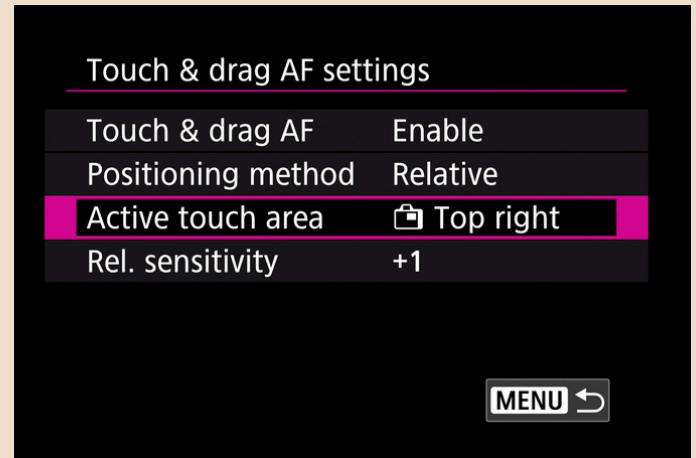
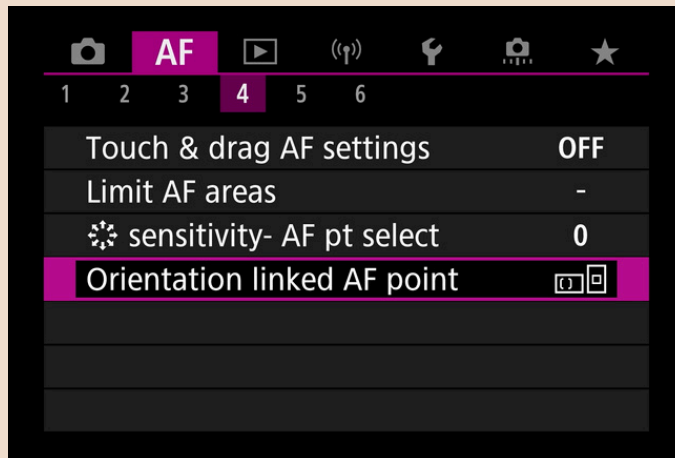
One-Shot AF Release Prior. – Set shutter to fire immediately or wait for focus lock

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

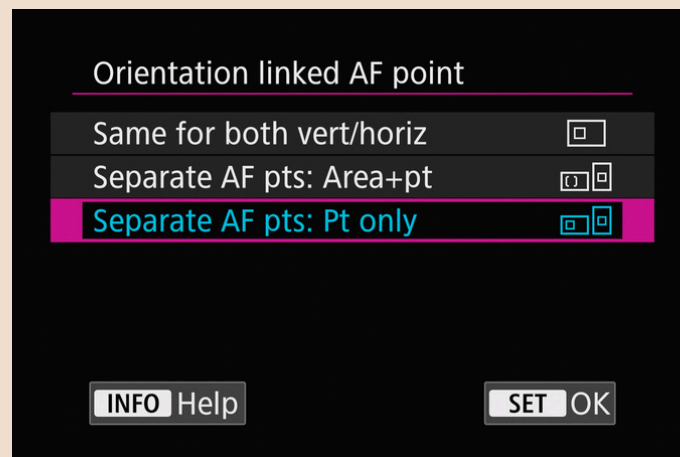
Lens Drive When AF Impossible – ON – Determines if the camera keeps searching for focus across the range or stops searching when focus is lost

- **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 – OFF – Stops infrared flashes being fired to assist focus



→ submenu: Orientation linked AF point



Touch & Drag AF settings – OFF – Select areas on LCD to move AF points – Turn On if alternative to joystick is needed (moves the focus points when moving fingers over selected area)

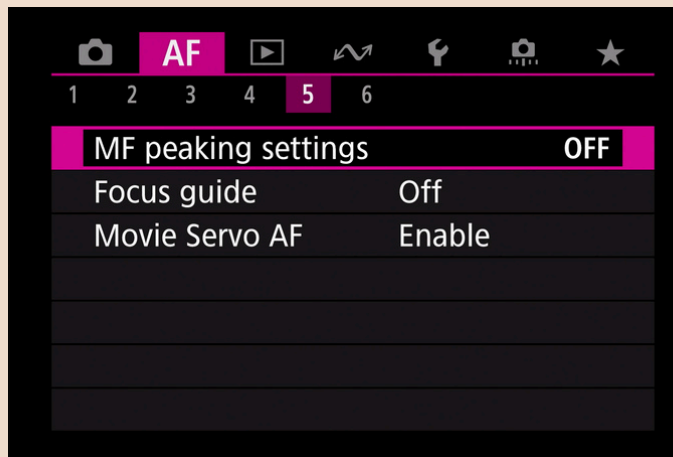
Limit AF areas – Select which AF modes appear when cycling

Controller sensitivity – AF point select – select speed of joystick

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.

5/6: MF related →



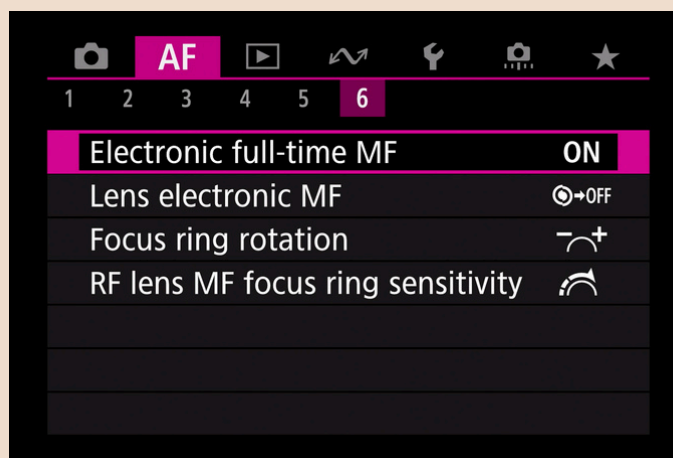
MF peaking – OFF – Highlights in focus areas

- Turn on for precise manual focus

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

Movie Servo AF – Enable – continuous focus for movies

6/6: MF related →



Electronic full-time MF – On – Allows for manual focus when needed

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

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

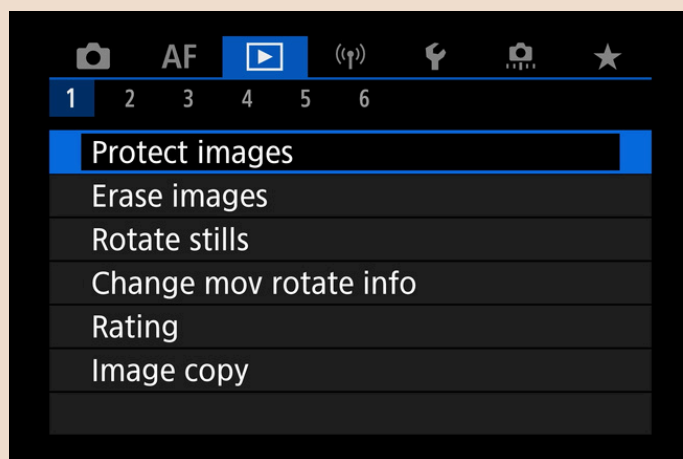
RF lens MF focus ring sensitivity – (default) – Adjust responsiveness of MF ring

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.

1/6: 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

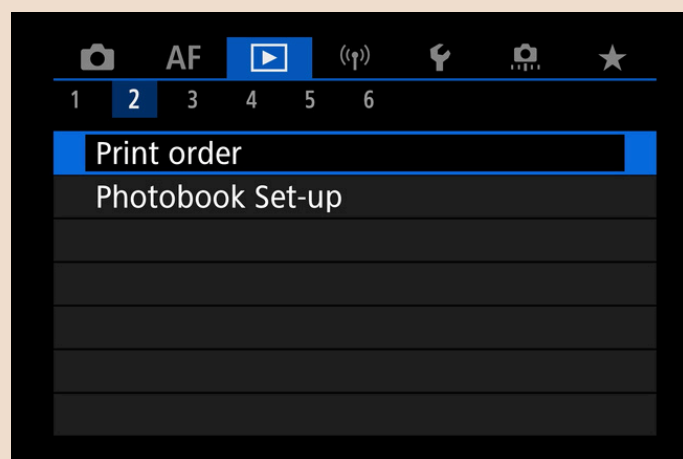
Rotate stills – Manually rotate images for correct orientation in playback

Change mov rotate info – Adjust playback rotation metadata for movies

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

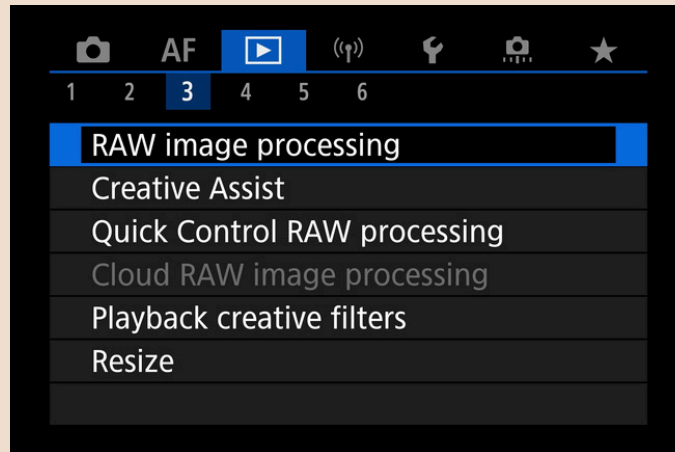
Image copy – Copy photos/videos from one card slot to another

2/6: Image processing All left as default



Print order – Select images and settings for direct printing

Photobook Set-up – Select specific images for a photobook. This folder can be imported to EOS Utility



RAW image processing – Develop RAW files directly in-camera.

Creative Assist – Apply looks and adjust image settings, like filters and styles

Quick Control RAW processing – Fast access to key RAW editing functions

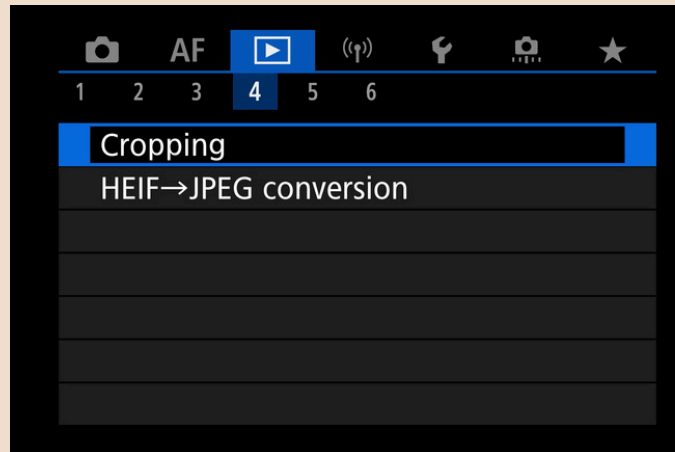
Cloud RAW image processing – Send RAW files to Canon's cloud for high-quality processing

Playback creative filters – Add creative effects to images during playback

Resize – Downsize a JPEG image and save it as a separate, smaller JPEG



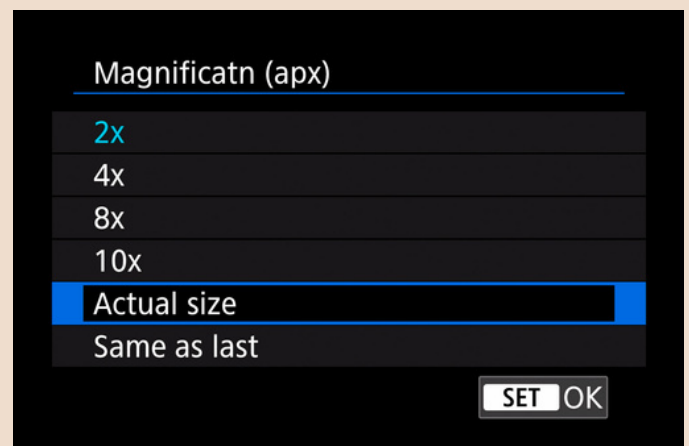
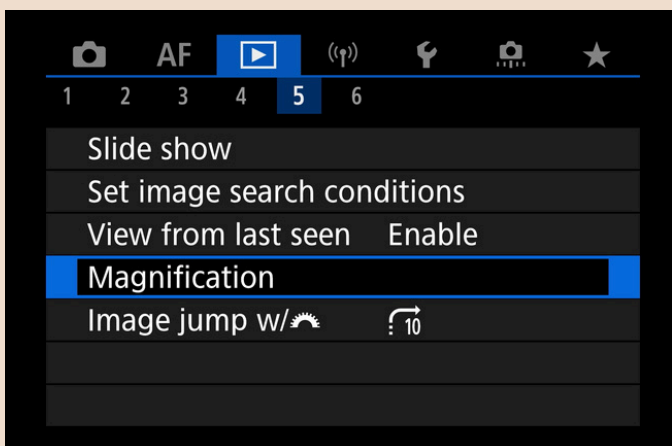
4/6: Resize



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

5/6: Playback

→ 5/6 submenu: *Magnification*



Slideshow – Play back your photos as slideshow

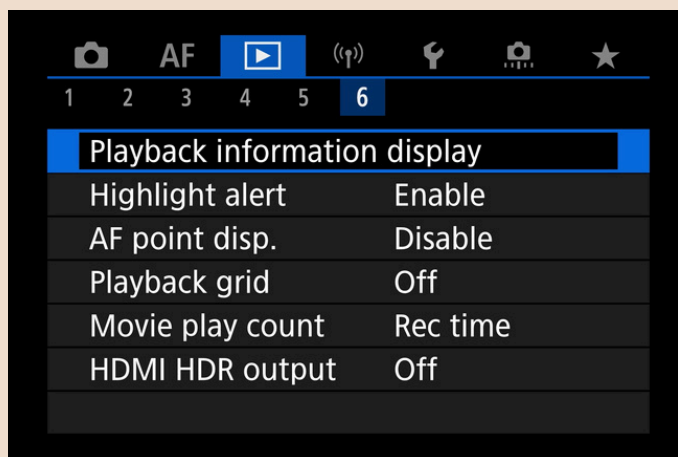
Set image search conditions – Set criteria to find images on card

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 though a burst of photos)
- **Image jump w/ Main Dial** –
 - I like to change it to 10 image jumps when I turn the dial in review mode



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

HDMI HDR output – **Off** – Allow camera to send HDR video to external recorder

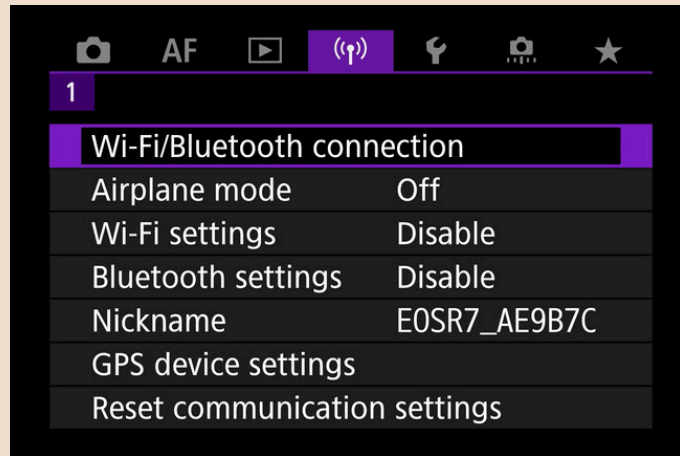


R7 | RF 200-800 | F8 | ISO 1600 | 1/800

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.



Wi-Fi/Bluetooth connection – Establish a connection with a device

Airplane mode – Off

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

Wi-Fi Settings – Disable – Manage Wi-Fi connections

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

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

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

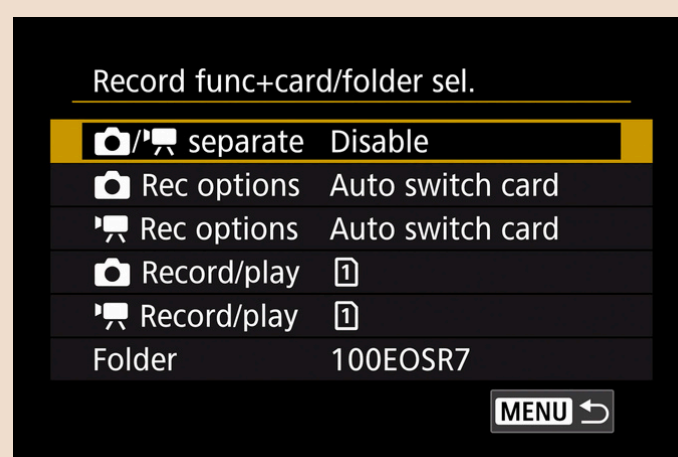
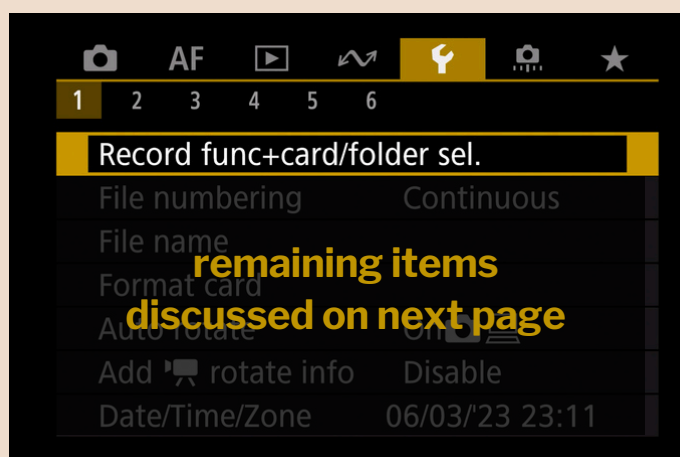
Reset communication settings – Reverts all wireless/USB communication settings to default



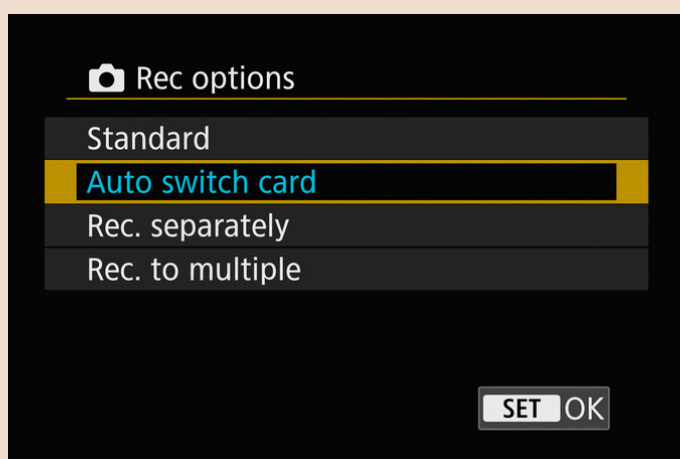
YELLOW PHOTO MENU

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.

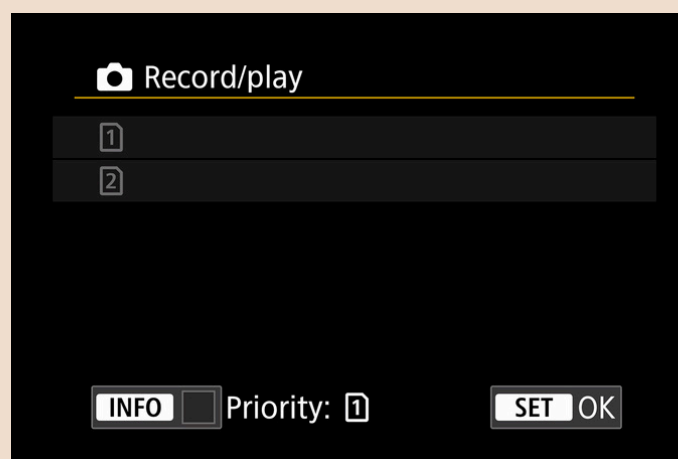
We will make minor changes here.



→ 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). If needed, write to both cards for instant back up*

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

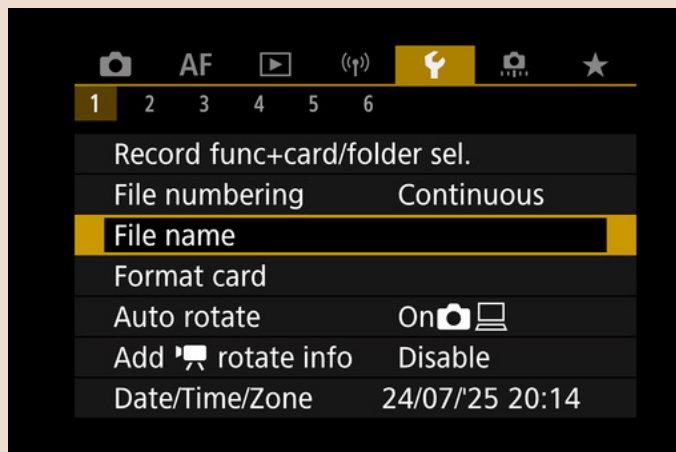
Video Rec options – Auto switch card – Automatically switches to the second card when the first fills up

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

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

1/7: File/card setting Cont'd.



File numbering – Continuous – Maintains sequential numbering across card changes

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

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

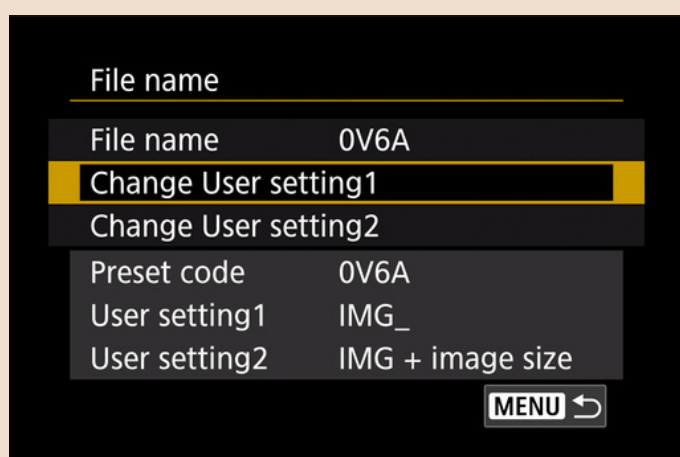
- To keep cards fresh, it's recommended to regularly tick “Low Level Format”
- Always format cards in camera before use

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

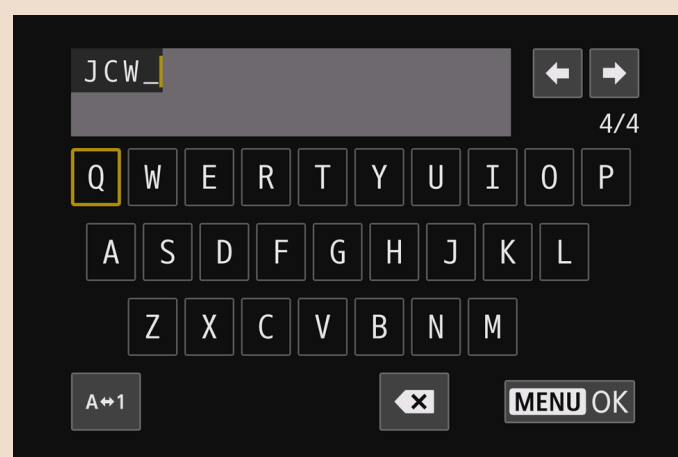
Add rotate info – Disable – No rotation metadata added to movie files

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

→ **submenu: File name** → **Stills**

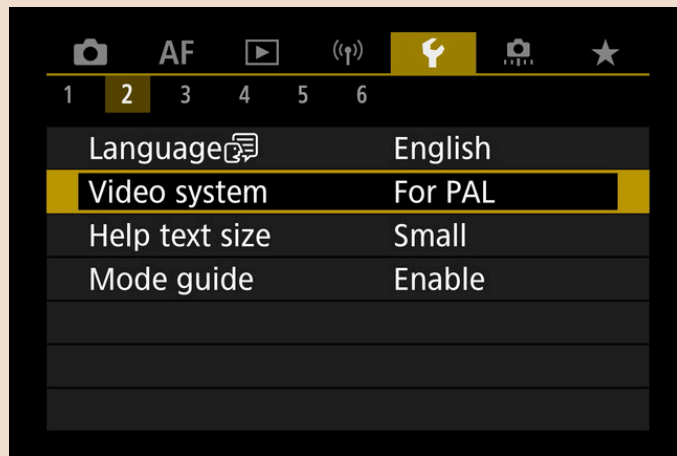


→ **submenu: File name**



Change User Setting – Adjust to rename files for stills

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



Language – Choose language for camera menus

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

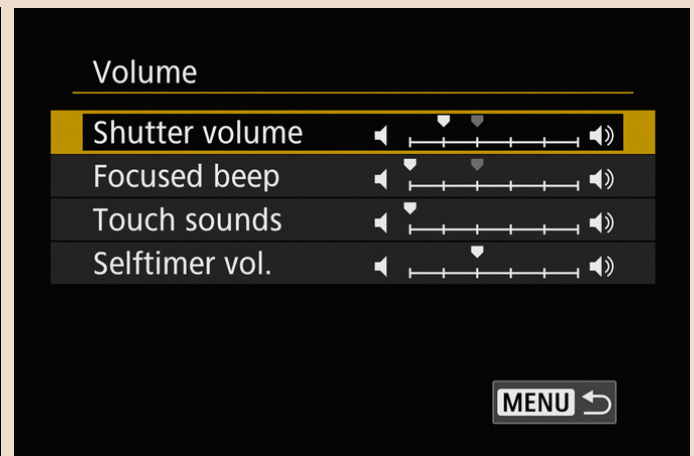
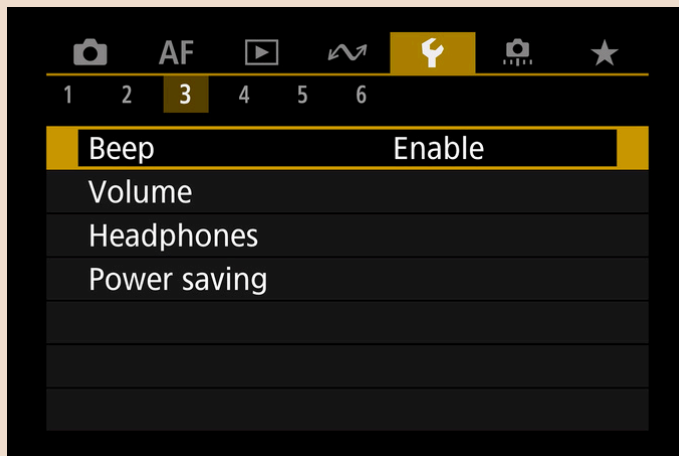
- ***This affects the video frame rates available***
 - ***(PAL: 25,50,100 fps) (NTSC: 24,30,60,120fps)***
- For wildlife NTSC or PAL doesn't matter as much, but for shooting inside choosing correctly PAL/NTSC can stop flickering in video files

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

Mode Guide – A short on-screen explanation of each shooting mode



R7 | RF 100-500 | F7.1 | ISO 1600 | 1/2000



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

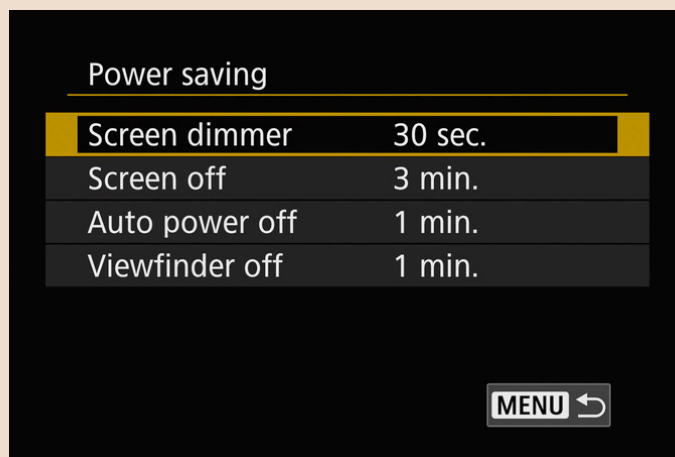
- **To be able to access the Volume menu, you have to enable ‘Beep’**

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

- *I usually disable all sounds*

Headphones - Enable/disable real-time audio monitoring (headphone jack required)

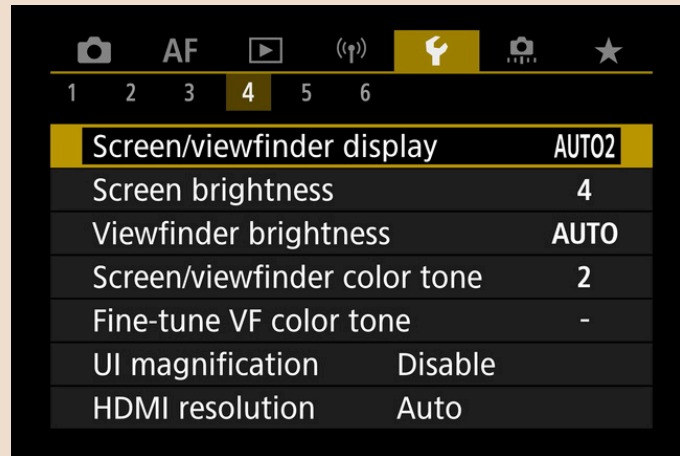
→ submenu: Power saving



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*

4/7: Customize display



Screen/viewfinder display – Auto2 – Auto switches between EVF and screen

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

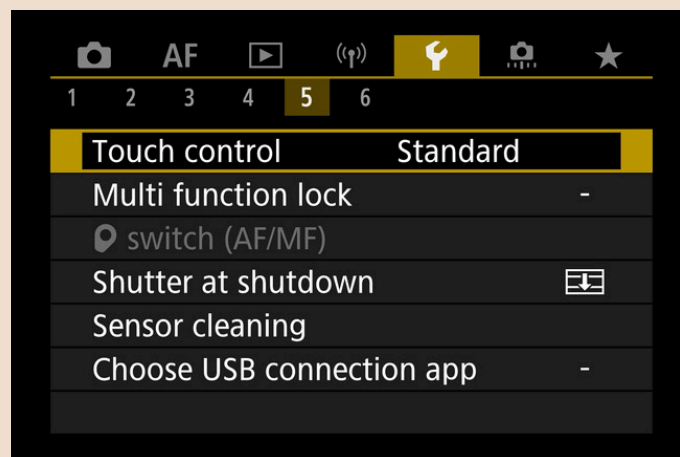
Screen/viewfinder color tone – **default** – Adjust color tone of LCD/EVF

Fine-tune VF color tone – **default** – Precise adjustment of viewfinder color

UI magnification – **Disable** – Enlarge interface text/icons for accessibility

HDMI resolution – Set output resolution for HDMI connection (Auto, 1080p, etc.)

5/7: Various settings All left as default



Touch control – Standard – Enables normal touchscreen operation

Multi function lock – Disable specific camera controls

AF/MF switch – For lenses without that function

Shutter at shutdown – Closes shutter when powering off – protects sensor

Sensor cleaning – Configure or manually start sensor cleaning

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

6/7: Custom shooting mode

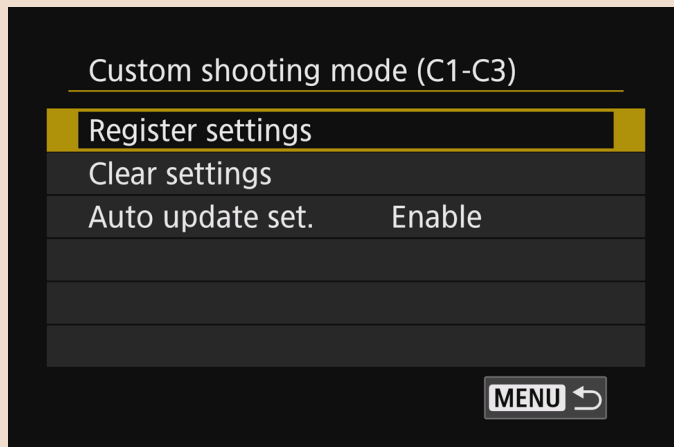


Reset camera – Restores all settings to factory defaults

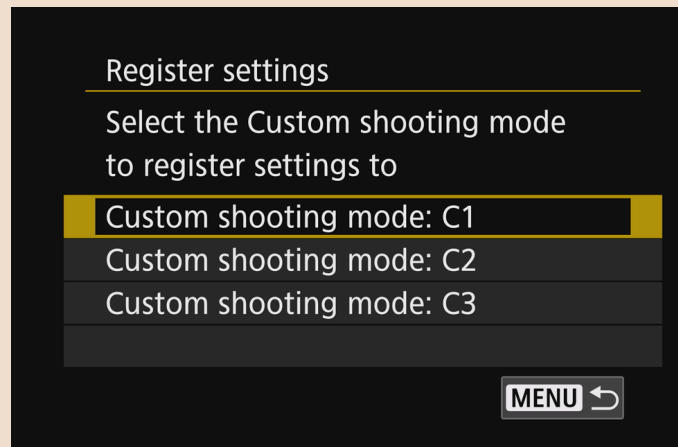
Custom shooting mode (C1–C3) – Here you can register custom shooting modes to recall when selecting C1,2,3 on the camera's mode dial

- *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**

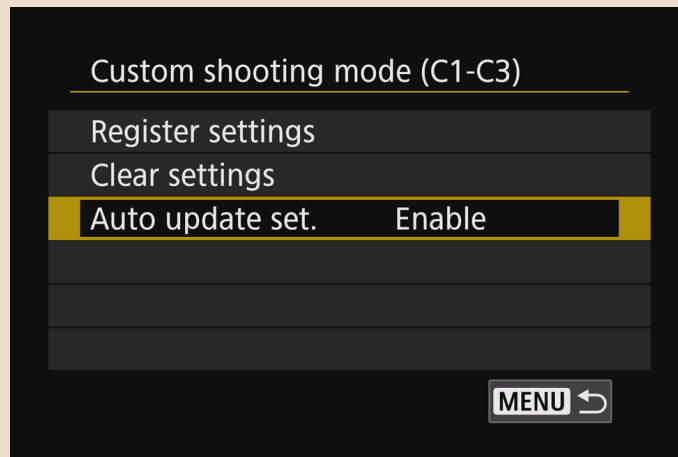


→ **submenu: Register settings**



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

6/7: Custom shooting mode Cont'd.



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

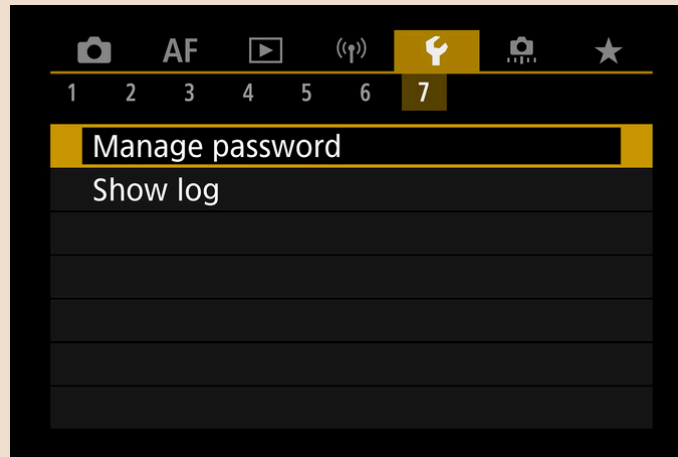
Copyright information – Add photographer and copyright metadata

Manual/software URL – Access Canon's support site

Certification Logo Display – Displays region-specific certification logos

Firmware – View or update camera firmware version

7/7: Password settings



Manage password – Enable/Disable & adjust password

Show log – Shows password activity

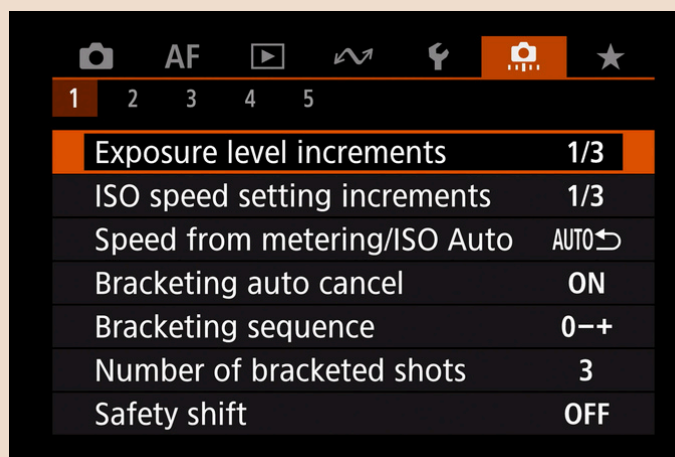


ORANGE PHOTO MENU

This menu deals with *camera operations and customization of controls* – like shooting modes, shooting speed, button functions, control dials and various other settings. It's where you tailor the camera to fit your personal shooting style.

We will make many important adjustments here.

1/5: Shooting mode/Exposure → All left 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

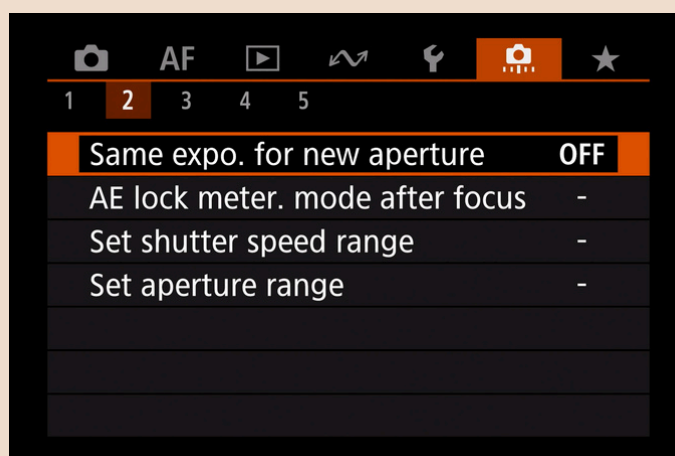
Bracketing auto cancel – Disables bracketing after power-off or mode change

Bracketing sequence – Defines order of bracketed exposures

Number of bracketed shots – Number of images during bracketing

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

2/5: Exposure All left as default

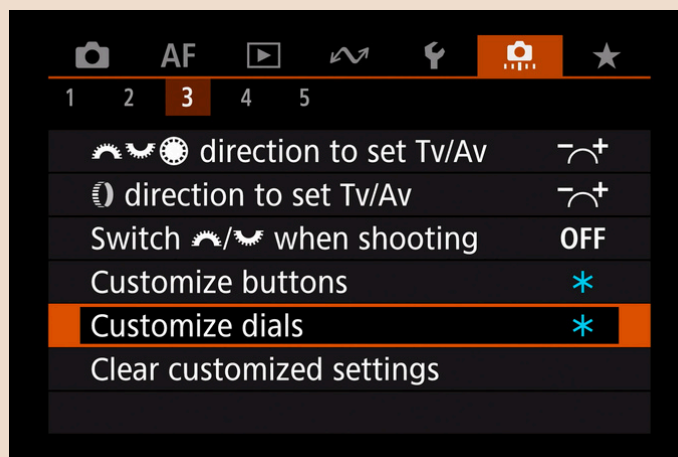


Same expo. for new aperture – Maintains exposure when changing lenses with different maximum apertures

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

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

Set aperture range – Customize allowed aperture range for lens



I leave the first three as default

These let you adjust the direction of the wheel and control rings

Customize buttons for shooting

- Here we will assign our buttons for back button focus and assign specific settings to certain buttons.
- **We will set this up on the next page**

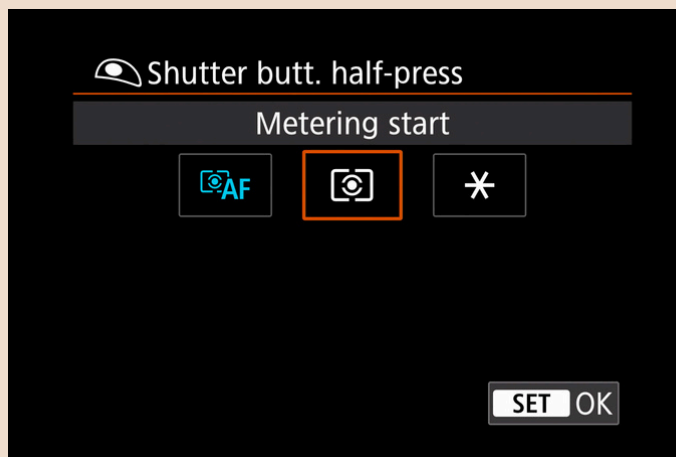
Customize dials/control ring – Set dial/control ring functions

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

Clear customized settings – Reset settings



R7 | RF 100-500 | 2X TC | F14 | ISO 1600 | 1/2000



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

- I usually leave the video options unchanged since I rely mainly on automatic tracking we will set up in the video section. I only assign ISO to the top dpad

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

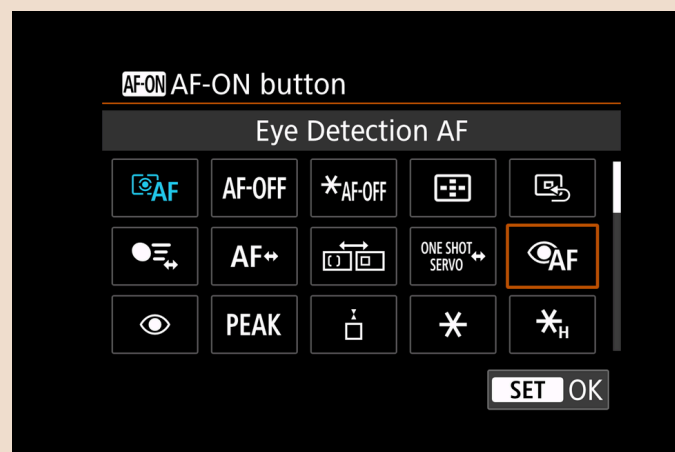
Movie Shooting Button – Movie Recording (not useful in photo mode)

- If pressed in photo mode, the R7 will record in automatic video mode

M-FN – RAW Burst Mode – Brings up Pre shooting window to turn on/off

ISO – Change ISO





AF-ON button

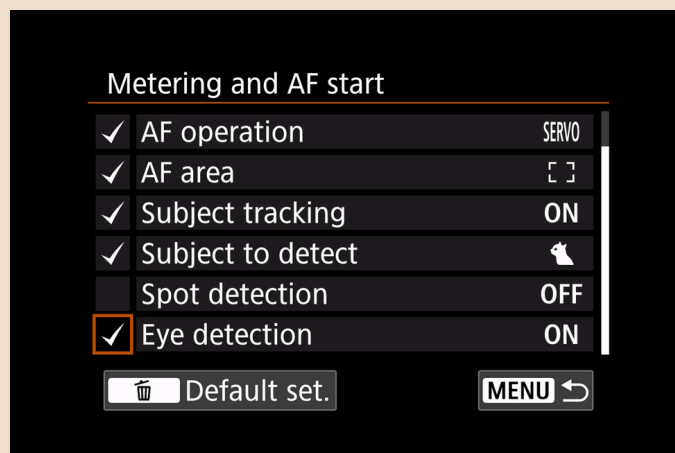
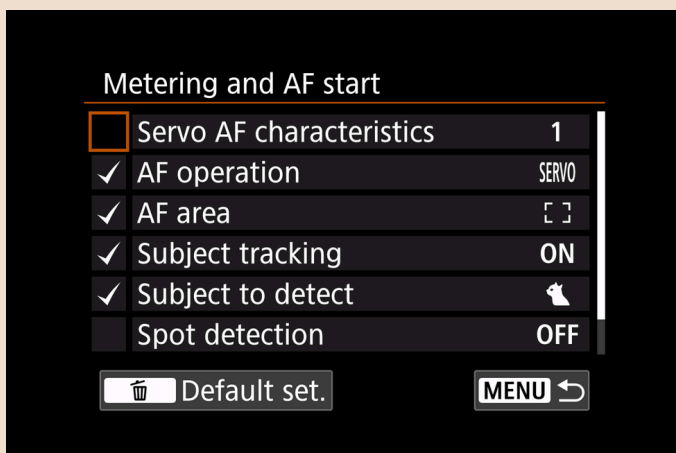
- We will assign eye tracking AF to the AF-On button. This can be done in two different ways

Option 1

- The easiest way is to navigate to **Eye Detection AF**, this will enable eye tracking while the AF-On button is held down. The subject detection will default to Auto.

Option 2

- The other option is to select **Metering and AF start** and press **INFO** to access the sub settings menu. There we will select the settings we want the camera to execute when pressing AF-ON.
 - Details on the next page



Here we select what happens when we press and hold the AF-ON button.

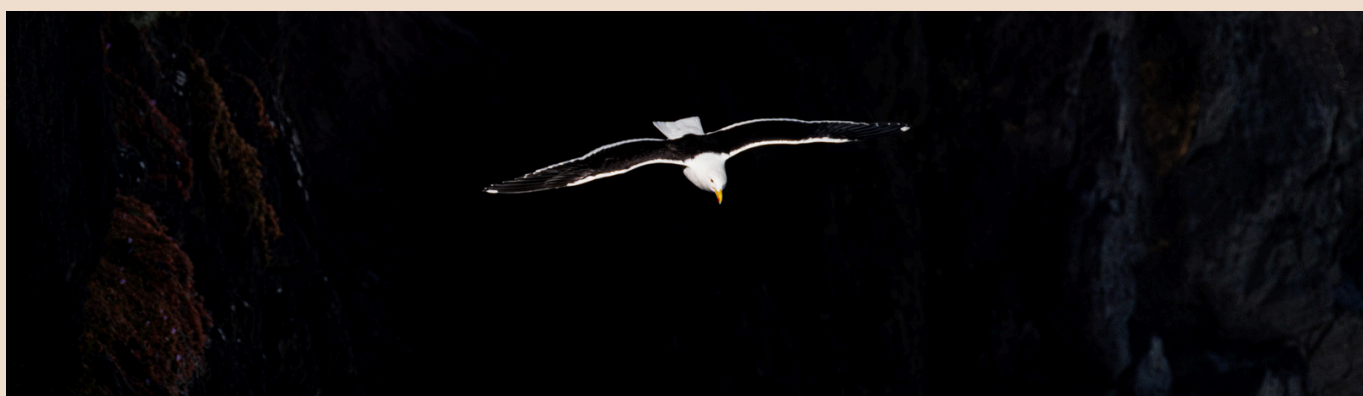
- **If unticked, the camera will default to what is set in the main menu**

- *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.*

Servo AF characteristics – Select AF case - I leave it unticked

- ✓ **AF operation** – **SERVO** – Enables continuous AF for moving subjects
- ✓ **AF area** – Whole area AF (tracks subject all over EVF)
- ✓ **Subject tracking** – **ON** – Enables subject tracking
- ✓ **Subject to detect** – **Animals** – Set to subject you want to photograph
- Spot detection** – *For motorsport* – track either car or driver - turn OFF
- ✓ **Eye detection** – **ON** – Automatically detects and focuses on eyes

Now we have successfully assigned specific settings to the AF-ON button. Whether you chose option 1 or 2, it will now perform **animal eye tracking & metering start** when pressed. Press menu to return.





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

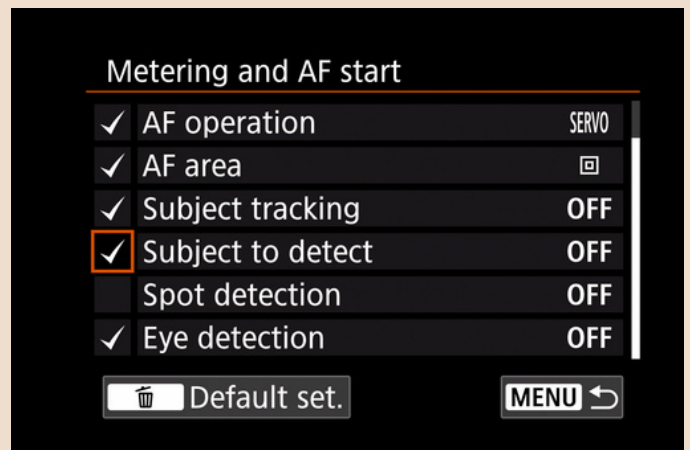
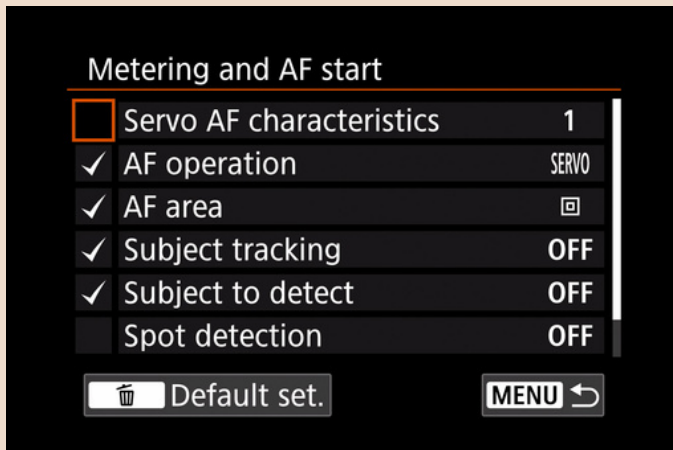
Setting up double back button autofocus

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) 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.
 - On the R7 this can be a good option, because it allows us to prevent the camera from tracking in Spot AF mode. Otherwise just Metering and AF start without assigning sub settings is fine, as we have set all the needed settings for this button in the **pink menu** already.
- *We will set this up on the next page*





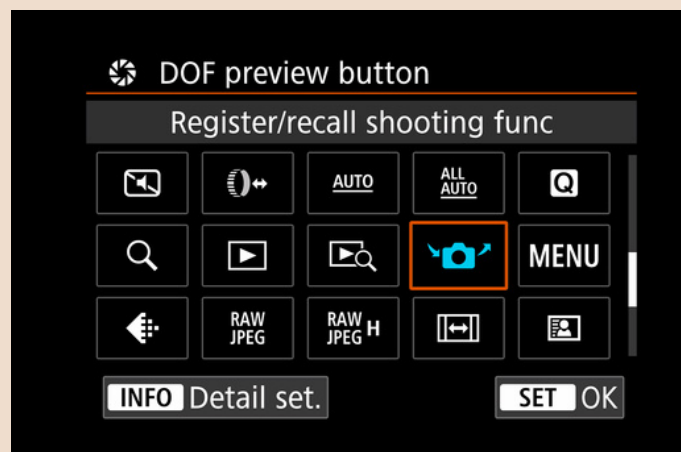
Here we select what happens when we press and hold the * button.

- **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.*

Servo AF characteristics – Select AF case - I leave it unticked

- ✓ **AF operation – SERVO** – Enables continuous AF
- ✓ **AF area** – Spot AF - like DSLR AF, where you move the AF point
- ✓ **Subject tracking: OFF** – disables tracking, we don't want that in base spot mode
- ✓ **Subject to detect – OFF** – We don't want subject tracing here
- Spot detection** – *For motorsport* – track either car or driver - turn OFF
- ✓ **Eye detection – OFF** – We don't want eye tracking here

Now we have successfully set up **double back button AF**. The *button will perform precise Spot AF without any tracking and the AF-ON button will perform **animal eye tracking & metering start** when pressed. Press menu to return.



Optional: Action/ High Image Quality Button

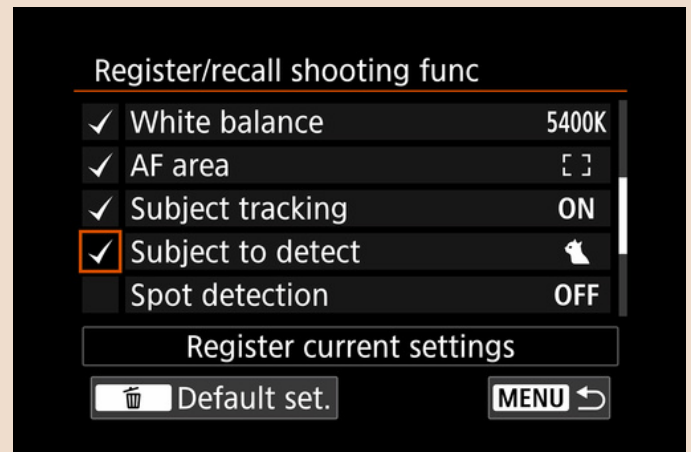
Next, I like to set up another button, which I call either **action or high image quality button**, depending on which settings you choose.

- 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 R7, I usually dial in settings for faster 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 'DOF preview' to be my high image quality button*
 - *On other cameras I use the 'AF point selection' button, but on the R7 this function cannot be assigned to it*
- **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!

DOF preview 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.

✓ **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 $-\frac{1}{3}$ 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

✓ **Subject tracking – 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

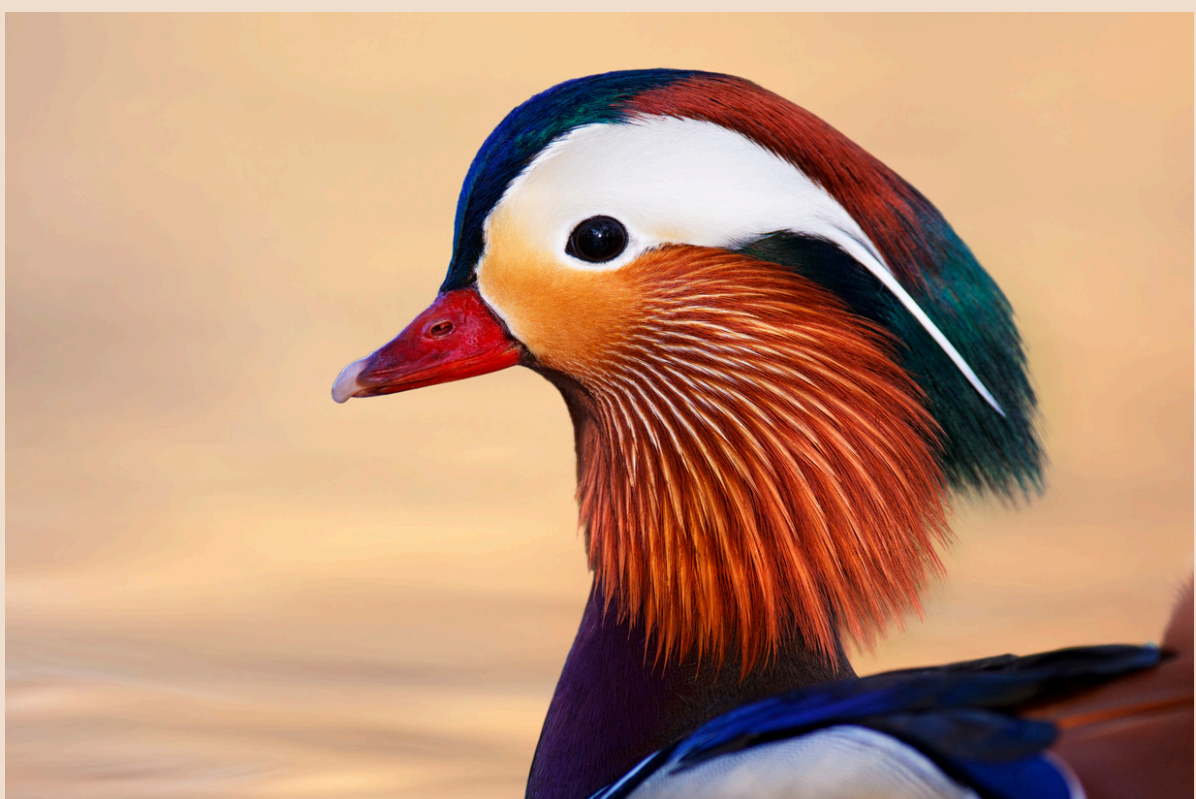


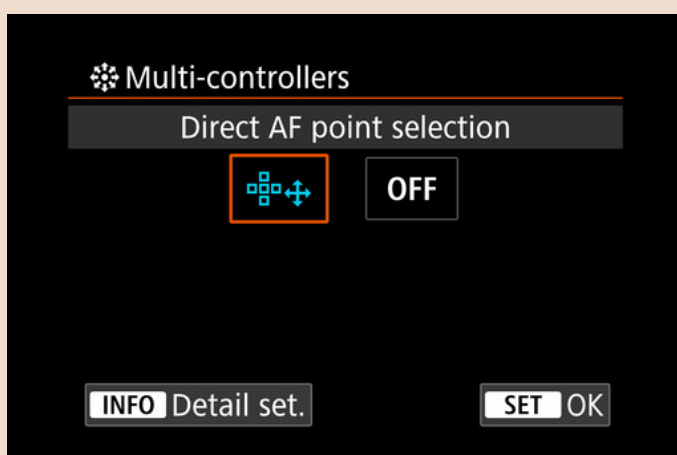
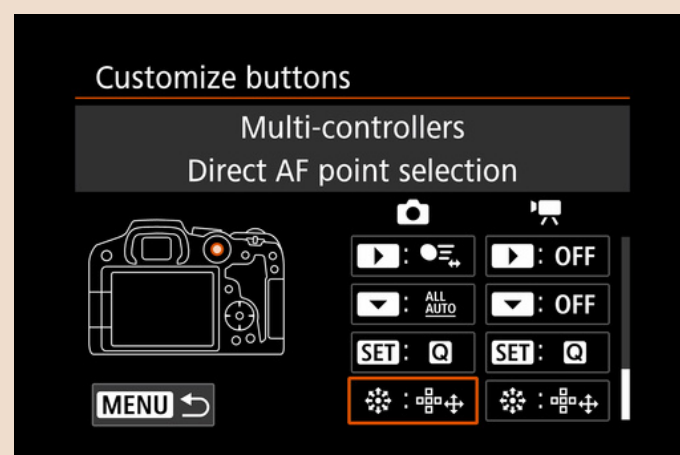
- ✓ **Eye detection – AUTO** – Automatically detects and focuses on eyes, no bias
- Tracking sensitivity – 0** (not used) (defaults to pink menu settings)
- Accel./decel. tracking – 0** (not used) (defaults to pink menu settings)
- ✓ **AF operation – ON** - Starts AF

DONE!

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

Now we have **3 buttons activated for AF**: The **DOF preview as 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.

AF point button – Select AF points (default)

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

Next are the 4 directions on the d-pad on the back of the R7

Up – ISO – I find it easier to reach than the top one (photo & video)

Left – default

Right – Start/Stop Whole-area Tracking

Down – default

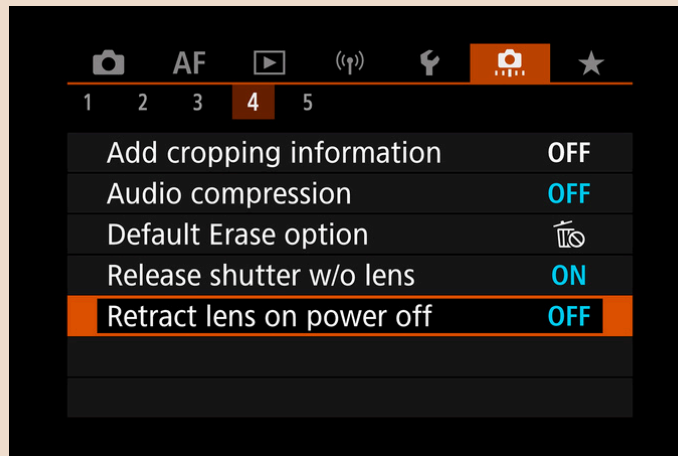
Set – Bring up quick menu

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)

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

4/5: Various settings



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

Audio Compression – OFF – Better quality audio than compressed

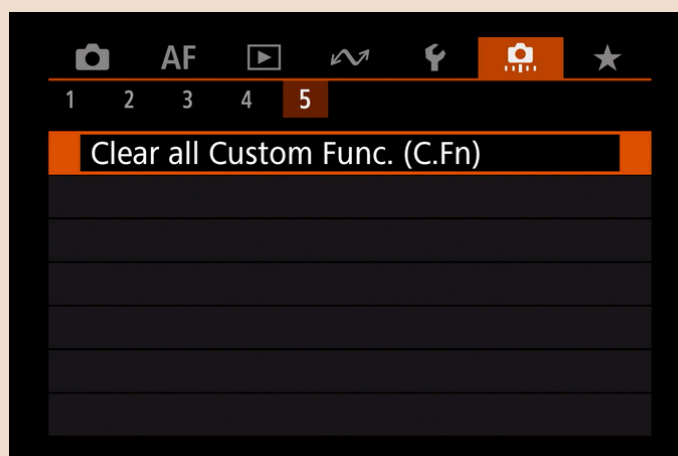
Default Erase option – Sets the default behaviour when erasing images

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

5/5: Clear Functions



Clear all Custom Functions (C.Fn) - Erase all custom functions

DARK GREEN PHOTO 'MY MENU'

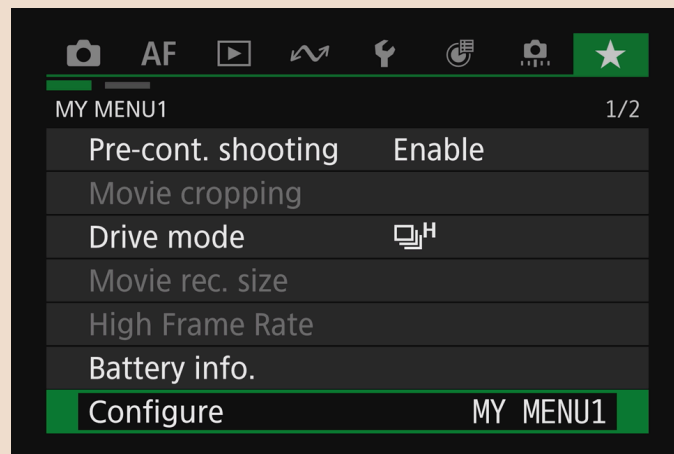
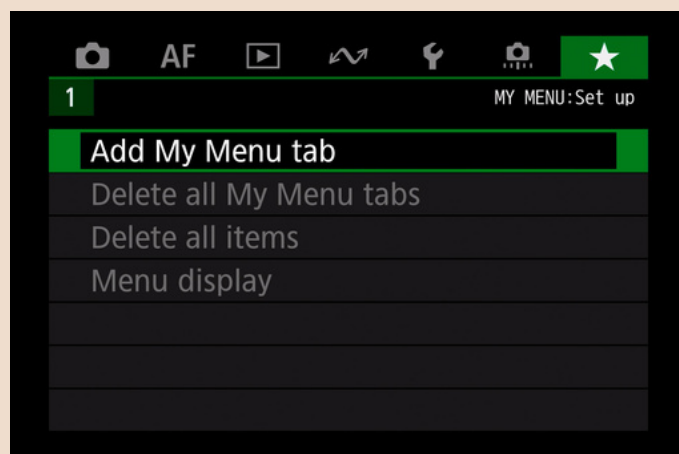
This menu lets you create a *personalized menu page* with your most-used settings and functions. It's designed to give you quick access to the features you use most, all in one place.

This menu is the same for photo and video.

1/1: My Menu management

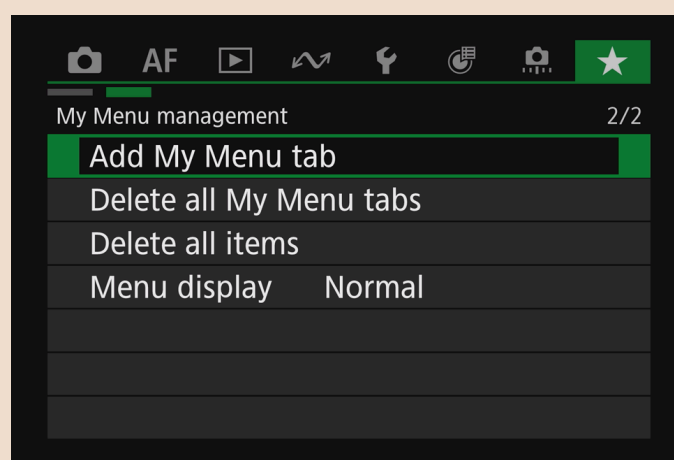
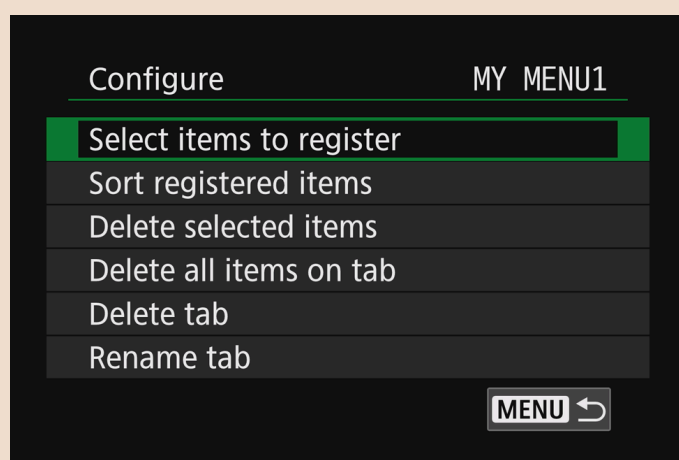
Sample 'My Menu' tab

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 menu

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.
- *I assigned the DOF Preview button to display the menu for quick access*

VIDEO SETUP



*To access the video menu,
change the R7 to video
mode (Off/On/Video
switch)*

RED VIDEO MENU

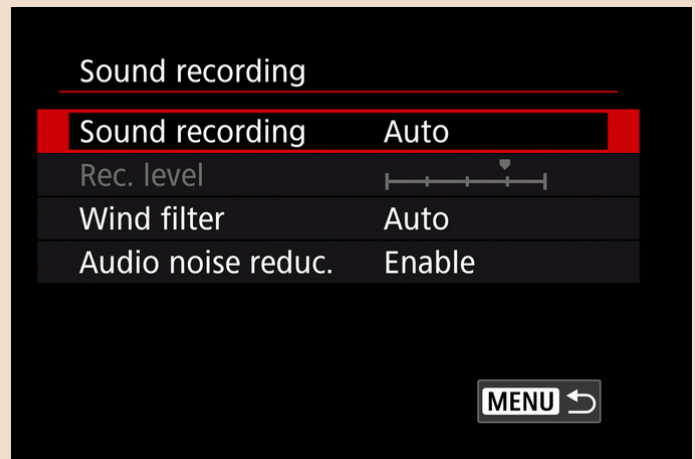
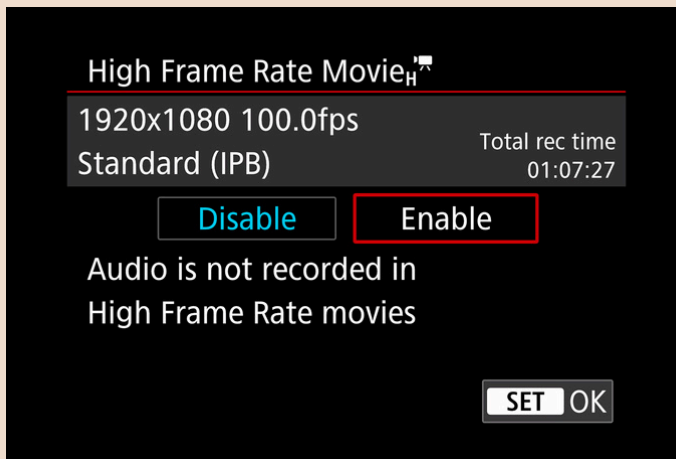
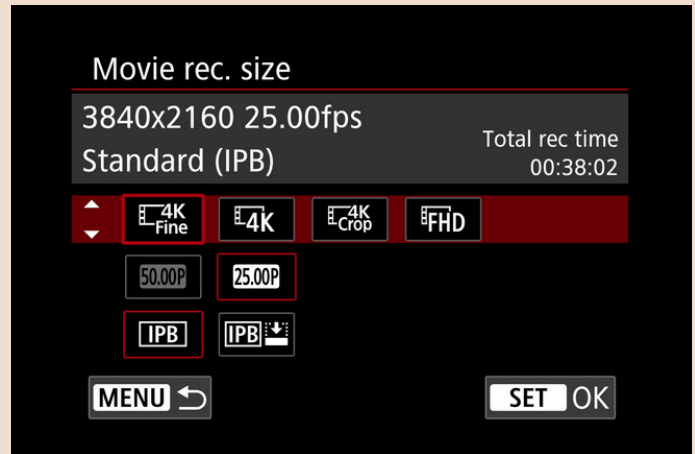
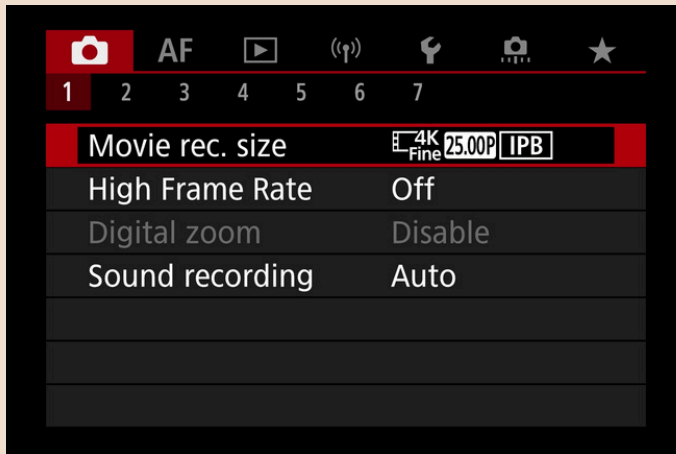
This menu controls your *video recording settings* –
such as resolution, frame rate, compression format,
and audio settings. It's where you set up how your
camera captures video.

***To access the video menu, change the R7 to video
mode (Off/On/Video 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.



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
- On the R7 I like to shoot in 4k 50/60p or 4k 25/30p
 - 4k up to 30p is oversampled and better quality
- 4k crop enables a 1.6 crop while maintaining 4k resolution
- Select Standard IBP for better image quality (larger files)

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

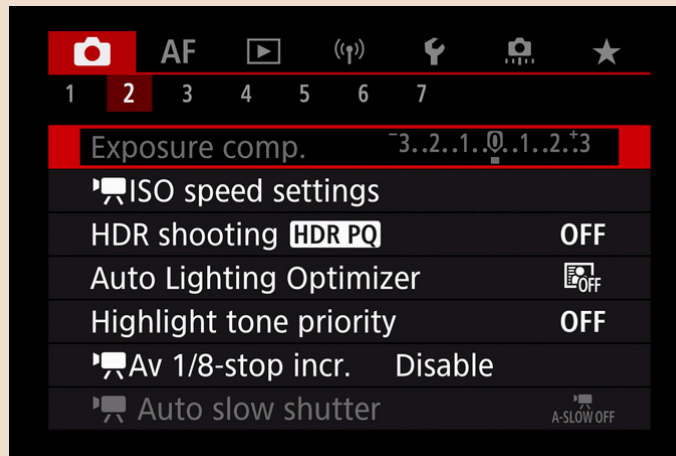
- Only available in Full HD on the R7 not 4k

Digital Zoom – Off – Crops into video and reduces image quality

Sound recording – Auto – Enables audio capture during movie recording

- Select manual to control audio levels
- Wind Filter – Auto
- Audio noise reduc. – Enable

2/7: Exposure



Exposure comp. – Adjust brightness for movie exposure manually

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

HDR shooting (HDR 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 - does not work in LOG format

AF 1/8-stop incr. – Disable – Change ISO in 1/8 stops

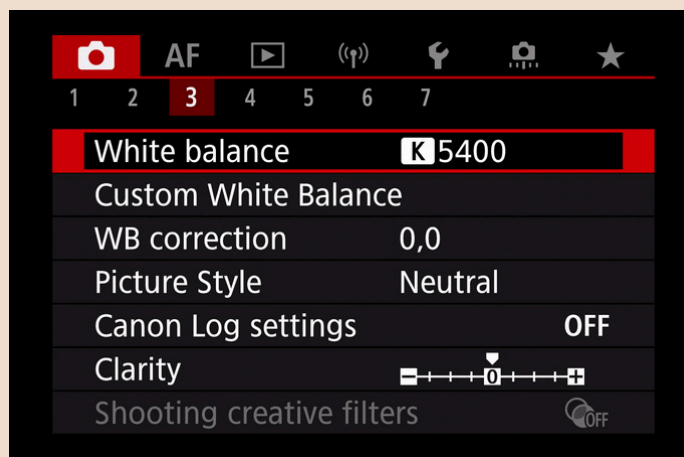
Auto slow shutter – Disabled – Camera won't drop shutter speed to brighten low light scenes



R7 | CLOG3 | not graded |

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

3/7: Color/tone/Dynamic range



White balance – 5400K – I set a manual WB between 5100 and 5800 based on the scene I am shooting

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

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

In this menu we pick either a **standard recording style** or **LOG format** (Canon Log Settings) 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

OPTION 1 – NO LOG

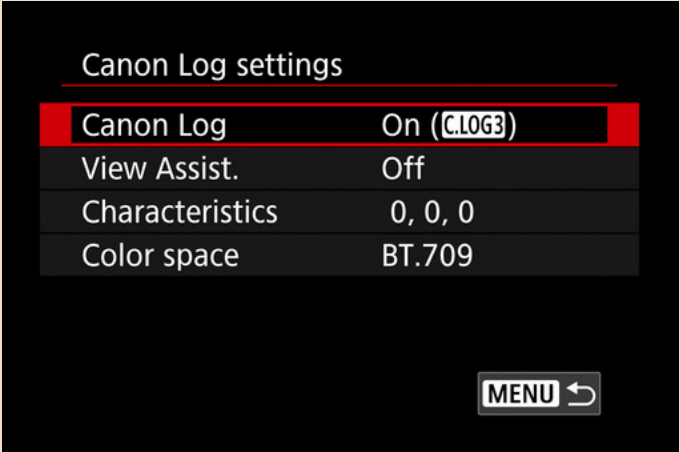
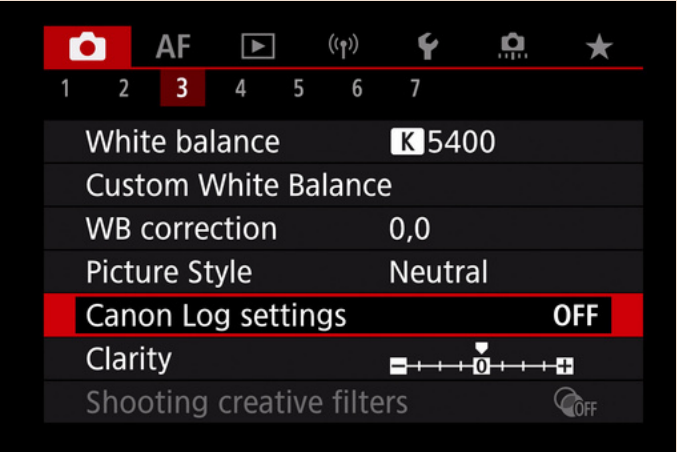
Canon Log settings– Off – Uses standard Picture Style instead of a custom profile

Picture Style – *Image look of video files*

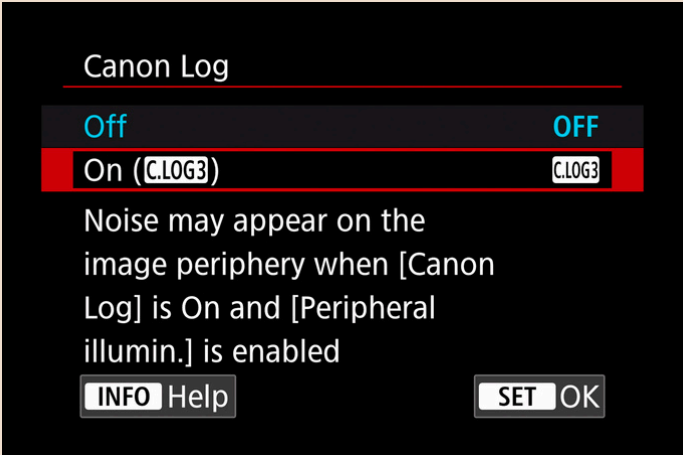
- Choose **standard** or **neutral** for a softer video look
- Don't apply too much sharpening, as files may look oversharpened
- *I would not recommend to use my photo picture style settings for filming*

Clarity – 0 – Adjust mid-tone contrast

Shooting creative filters – Off – greyed out – apply filters



→ submenu: Canon Log



OPTION 2 – LOG

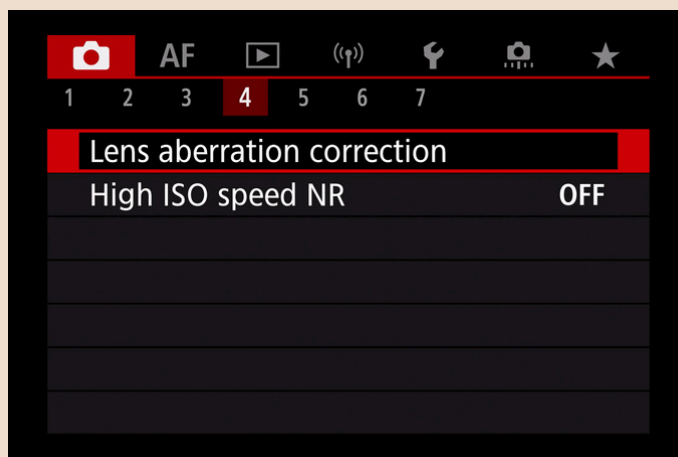
Canon Log settings– ON

- **Activating LOG may grey out other menu items**
- **Canon Log– ON** (Activates LOG format)

Canon Log – ON (Activates LOG format) - Select C.LOG3
Rest left as default



4/7: Corrections



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

High ISO speed NR – OFF - Noise reduction in high ISO settings

5/7: Various shooting

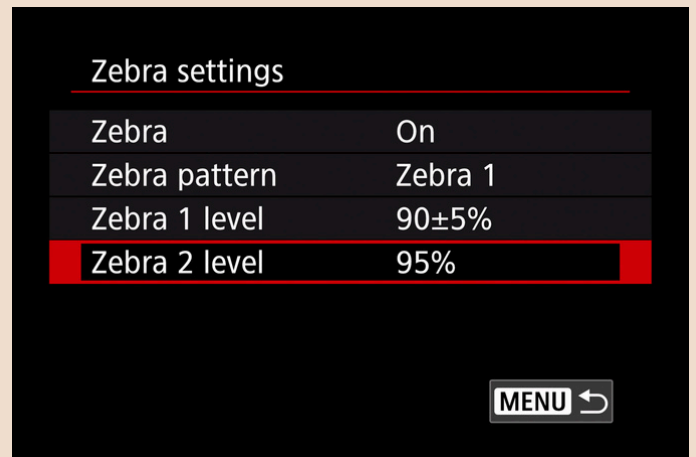
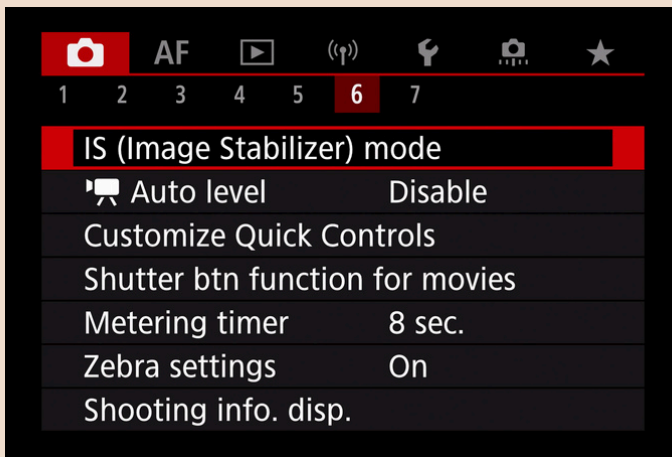


Time-lapse movie - Automatically captures frames at set intervals and creates a finished 4K or Full HD video in-camera.

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

Remote Control - Enable/Disable recording with remote





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.*

Auto level – Disable – Automatically straightens the horizon

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

Shutter btn function for movies – Define what the shutter button does in movie mode – *I like to set it to start/stop recording video*

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

Zebra settings – **On** – Highlights overexposed areas with stripes for exposure monitoring – see details on second slide

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

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

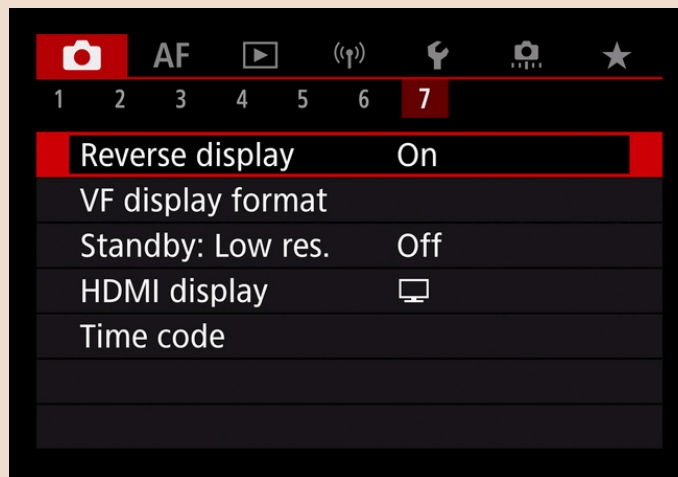
Zebra – **On** – Enables zebra stripe overlays for exposure assistance

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*



Reverse Display – Automatically flips the screen when rotated

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

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

HDMI display – Output image to camera + external monitor simultaneously

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

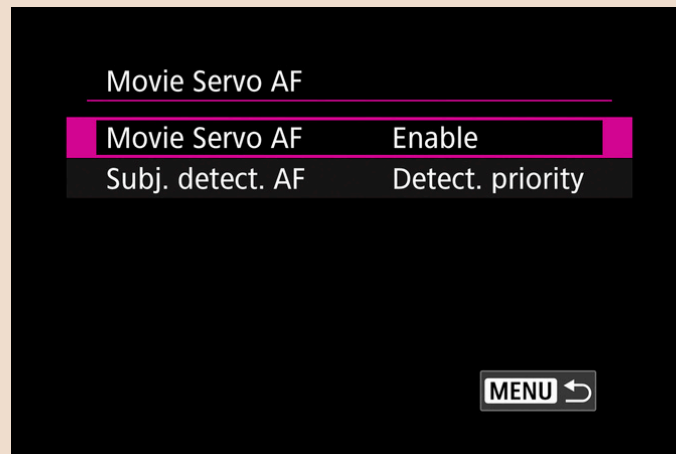
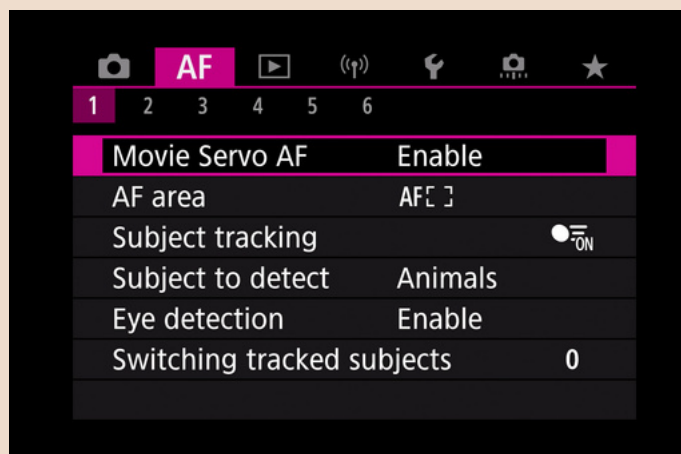


Zebra Display

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 #4) Limit AF areas*

Subject tracking – ON – Tracks subject all over EVF

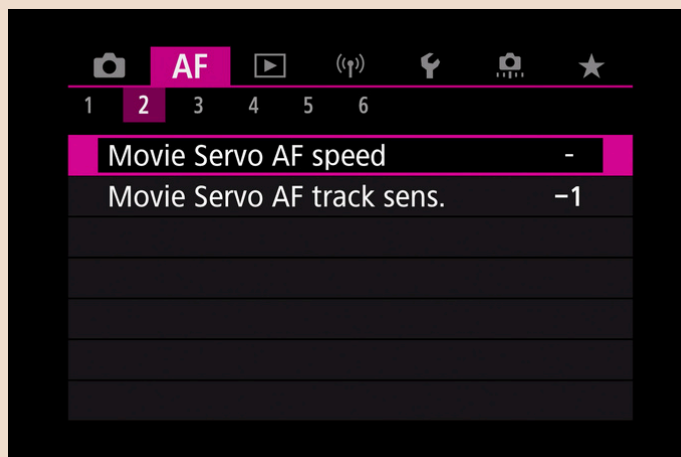
Subject to detect – Animals – Prioritizes animal faces/eyes for tracking

Eye detection – Enable

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.*

2/6: Subject detection

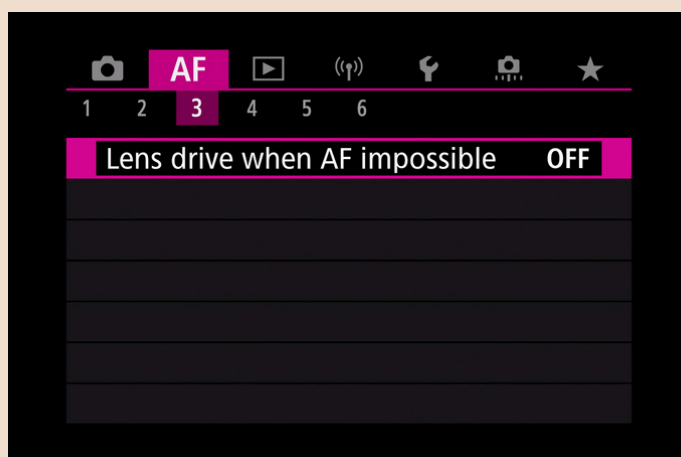


Movie Servo AF speed – 0 – Standard focus transition speed; adjust for faster or slower tracking

Movie Servo AF track sens. : -2 – Balanced tracking; less likely to shift focus unless subject moves clearly

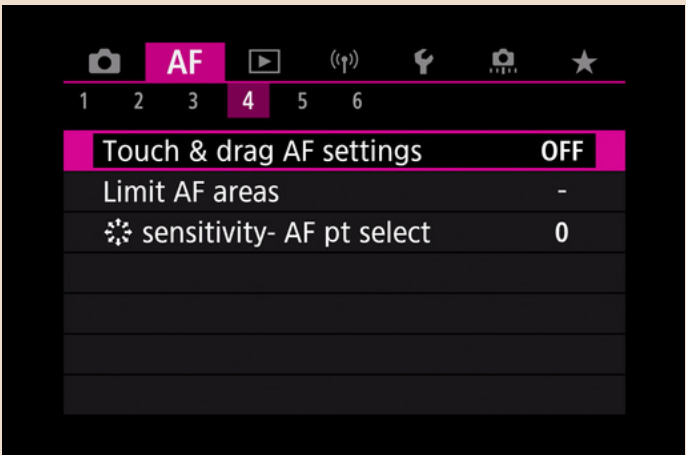
- Change for more/less aggressive setting

3/6: Customize AF operation



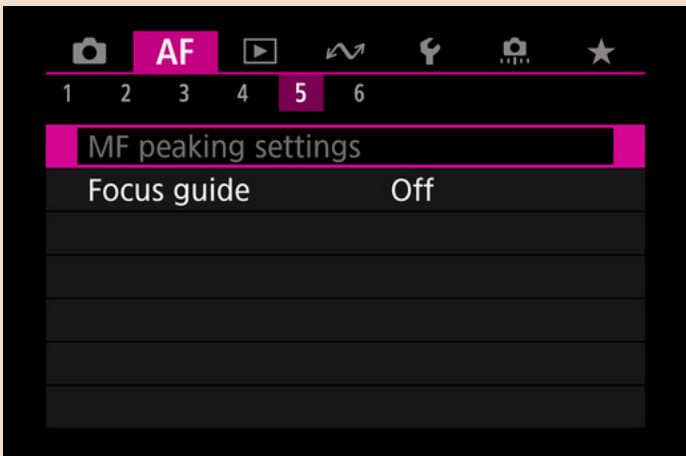
- **Lens drive when AF impossible – OFF** – Prevents focus hunting and camera getting stuck on BG, but requires pre-focussing for larger distance changes

4/6: Autofocus Settings

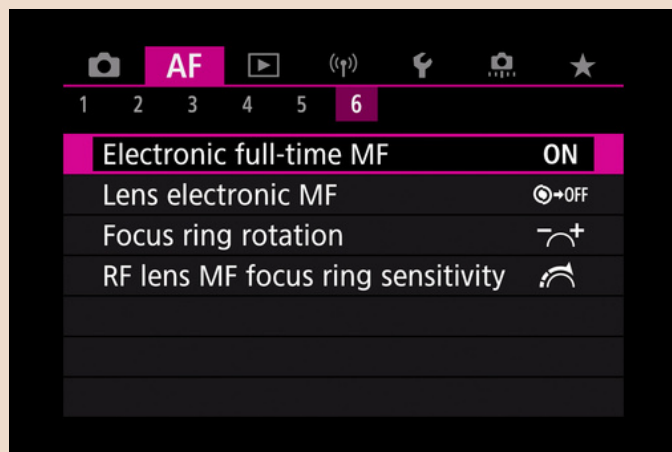


- Touch & Drag AF settings – OFF** – Select areas on LCD to move AF point
- Limit AF areas** – Select which AF area modes are available in the menu for quicker switching - disable not used ones
- Multi controller sensitivity – AF pt select: +1** – Speed when moving AF points via controller (joystick)

5/6: Autofocus Settings



- 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



Electronic full-time MF – Electronic Full-time MF (Video) – Lets you manually adjust focus with the lens ring even when using autofocus during video recording

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

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

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



BLUE VIDEO MENU

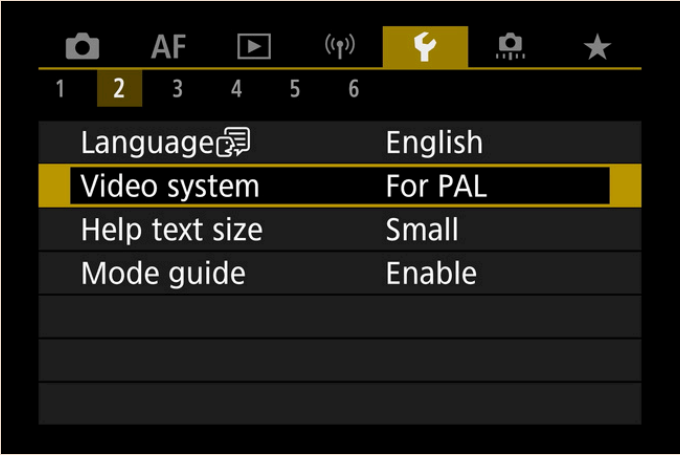
No changes have been made to the blue menu in video mode compared to what we've done already in photo mode.

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

No changes have been made to the yellow menu in video mode compared to what we've done already in photo mode. Just remember, here you can assign NTSC/PAL video standard to select frame rate in the red menu.

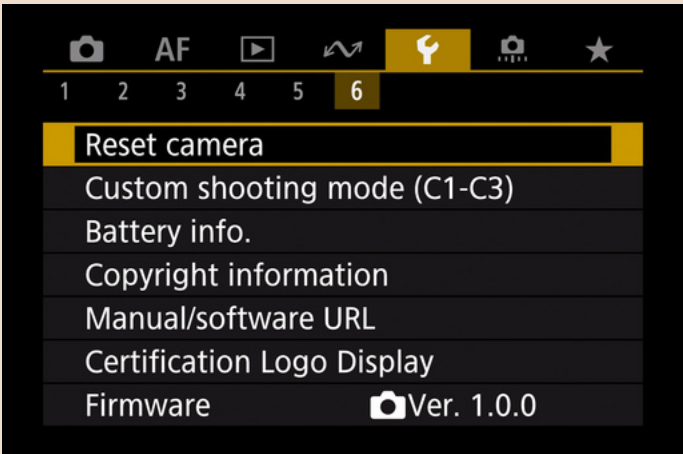


In the second tab, just remember that the system frequency is important. This will determine your available video frame rates.

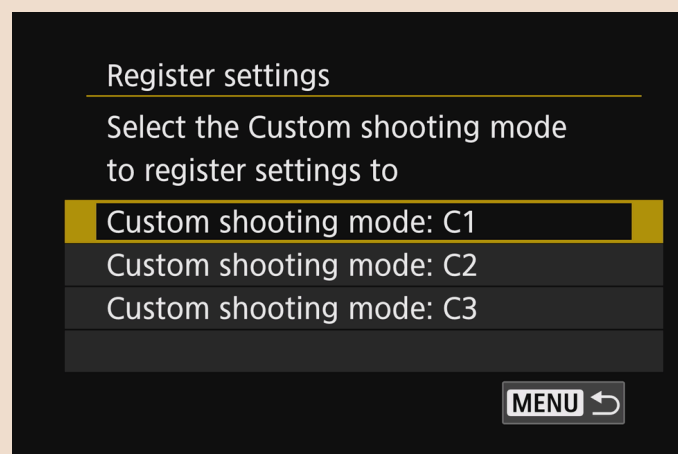
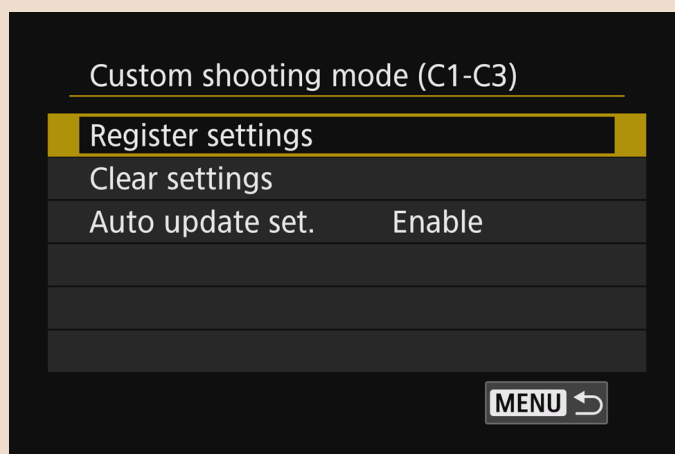
System frequency – Match region’s video standard (PAL for EU/Asia, NTSC for US)

- ***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

6/6: Custom Shooting mode



For video, this 6th yellow menu is important. *This is where we save our custom functions.* We can save 3 different frame rates and settings, so we can easily switch between video formats, without having to go into the red video menu. We just turn the dial on top instead.



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

For instance you could save 4k 50/60p as C-Fn1 and 4k 25/30p as C-Fn2 for easy changes, since slow motion is only available in FHD I might leave it out or assign it to C-Fn3.

C-Fn1 - 4kD fine – 50.00p – IPB

C-Fn2 - 4kD fine – 50p – IPB

C-Fn3 - FHD – High frame rate 100p – IPB

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*

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 R7. 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.

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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 R5 Mark II 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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