

**SONY**  
**A7 V**



# **SETUP GUIDE**

**JAN WEGENER**

*by*



# Welcome!



The **A7 V** 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 **.DAT file** that you can install directly onto your camera via the **yellow menu #2 (Reset/Save Settings)**. This file will install all my settings.

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*



# CONTENTS

All items are **clickable**. Submenus are not listed and can be found by the main slides.  
(...) = Only the menu item selected in the slide is named for, but all relevant items are discussed.

<b>PHOTO SETUP</b>	7
<b>Light Grey ‘My Menu’</b>	8
1. My Menu	9
<b>White ‘Main’ Menu</b>	10
1. Main	11
<b>Red Shooting Menu</b>	12
1. Image Quality/ Rec	13
2. Media	14
3. File	15
4. Shooting Mode	16
5. Drive Mode	17
6. Composite RAW Shooting	18
7. Shutter/Silent	18
8. Image Stabilization	19
9. Zoom	19
10. Shooting Display	20
11. Marker Display	21
12. Shooting Option	21
<b>Pink Exposure Menu</b>	22
1. Exposure	23
2. Exposure Comp.	23
3. Metering	24
4. Flash	24
5. White Balance	25



6.	Color/Tone	26
7.	Zebra Display	27

## Purple Focus Menu 28

1.	AF/MF	29
2.	Focus Area - Back button AF setup	30-31
3.	Subject Recognition	32
4.	Focus Assistant	33
5.	Peaking Display	33

## Blue Playback Menu 34

1.	Playback Target	35
2.	Magnification	35
3.	Selection/Memo	36
4.	Delete	36
5.	Edit	37
6.	Viewing	37
7.	Playback Option	38

## Green Network Menu 39

1.	Connect/Remote Shooting	40
2.	FTP Transfer	40
3.	Streaming	41
4.	Creator's Cloud	41
5.	Wi-Fi	42
6.	Bluetooth	42
7.	Wired LAN	43
8.	Tethering Connection	43
9.	Network Option	44



<b>Yellow Setup Menu</b>	45
1. Area/Date - Select Video Standard	46
2. Reset/Save Settings ( <b>this is where you will install my setup file</b> )	47
3. Operation Customize - Custom/Emergency Button Setup	48-57
4. Dial Customize	58
5. Touch Operation	59
6. Accessibility	59
7. Finder/Monitor	60
8. Display Option	61
9. Power Setting Option	61
10. Sound Option	62
11. USB	62
12. External Output	63
13. Setup Option	64

<b>VIDEO SETUP</b>	65
--------------------	----

<b>Light Grey ‘My Menu’</b>	66
-----------------------------	----

<b>White ‘Main’ Menu</b>	67
--------------------------	----

1. Main	68
---------	----

<b>Red Video Menu</b>	69
-----------------------	----

1. Image Quality/ Rec	70-71
3. File	72
4. Shooting Mode	73
6. Audio Recording	74
7. TC/UB	74
8. Image Stabilization	75
11. Marker Display	75
12. Shooting Option	76



<b>Pink Video Menu</b>	77
1. Exposure	78
3. Metering	78
4. White Balance	79
5. Color Tone	80
6. Zebra Display	80
<b>Purple video menu</b>	81
1. AF/MF	82
2. Focus Area	82
3. Subject Recognition	83
4. Focus Assistant	84
5. Peaking Display	84
<b>Blue Video Menu</b>	85
<b>Green Video Menu</b>	86
<b>Yellow video menu</b>	87
1. Area/Date – Select Video Standard	88
3. Operation Customize	89

---

<b>You've made it</b> – <i>Closing thoughts and an invitation to my masterclasses</i>	90
<b>Find me here</b> – <i>Let's stay in touch</i>	91



# PHOTO SETUP



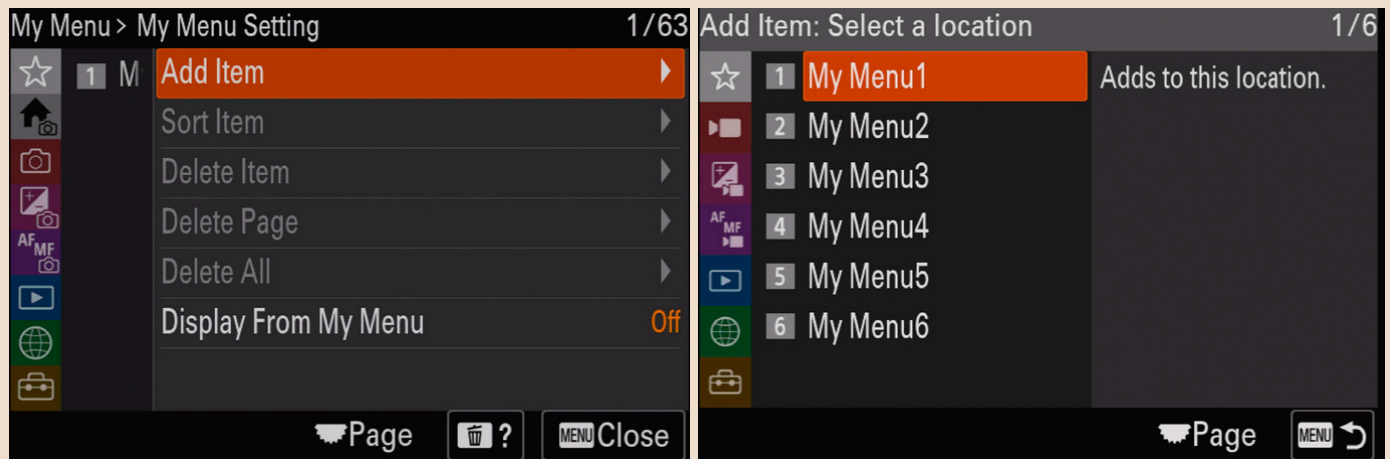


# LIGHT GREY 'MY MENU'

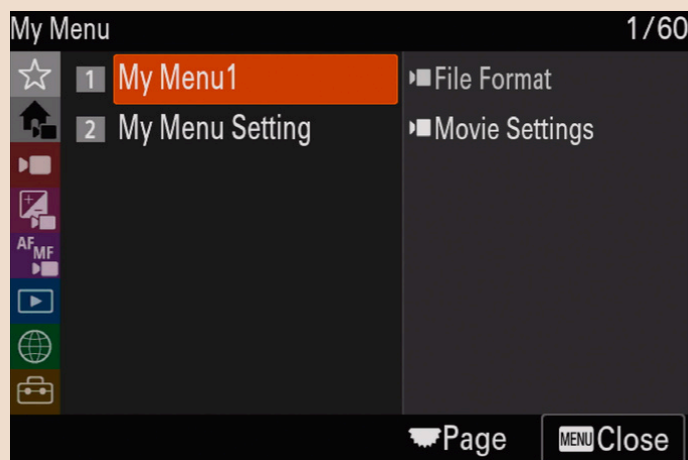
**This menu lets you create a *personalized menu page* with your most-used settings and functions.** It's designed to give you quick access to the features you use most, all in one place.

**The menu is the same for photo and video.**





### 'Sample' My Menu page



**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 Item** – Register menu items to your My Menu page

- For instance, AF settings or video modes you want to quickly access
- Press 'Add Item', select item from the menu & then add to desired My Menu page (1-6)

**Sort Item** – Re-arrange my menu age items

**Delete Page** – Remove my menu page

**Delete All** – Remove all saved my menu settings

**Display From My Menu** – My menu page will always be shown first, instead of last menu page visited

- I leave that off, but can be good for quick access

# WHITE PHOTO 'MAIN' MENU

**This menu tab shows a selection of shooting settings.**

You can confirm the settings before shooting and also change the settings directly from this screen.

## 1. Main→ Main



**Main** – Gives you a quick overview of core shooting settings

- *Make quick changes by adjusting each tab if needed*
- *All these settings can also be adjusted within the menu or the camera's dials and buttons*



A7V | 400-800 | 1.4X TC | ISO 12800 | F11 | 1/2000

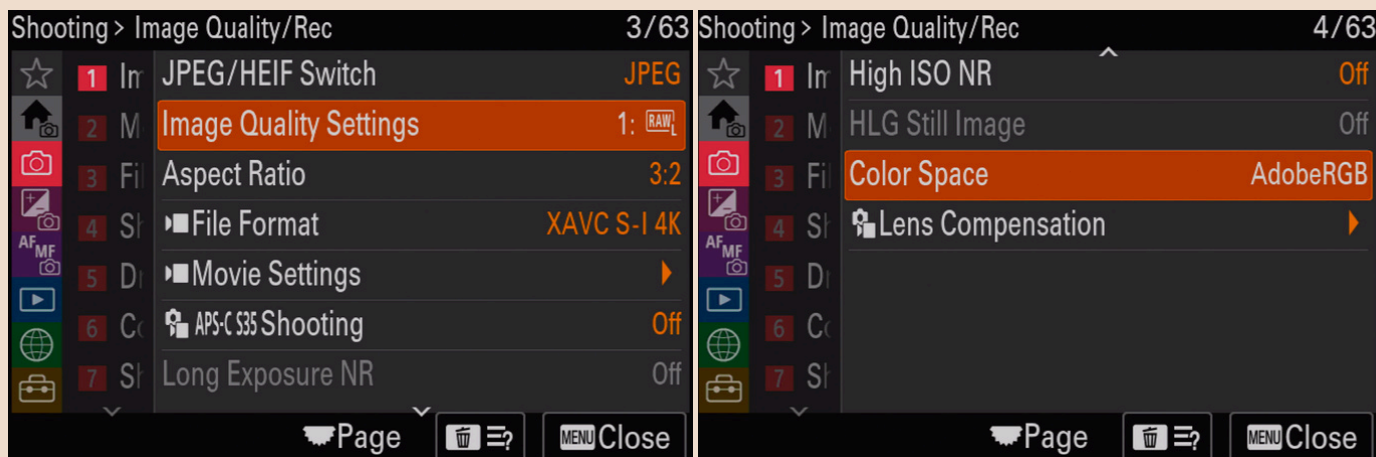


# RED SHOOTING MENU

**This menu controls all our *core shooting settings*—**  
like image quality, drive mode, pre-capture and custom  
shooting modes. It's where we fine-tune how the  
camera captures photos.

**We will make a lot of changes in this menu.**

## 1. Shooting → Image Quality/ Rec



**JPEG/HEIF Switch** – Choose JPEG or HEIF for stills

**Image Quality Settings** – RAW – Select RAW, JPEG, or both

- I always shoot in RAW only
- Select full **Lossless Comp** for highest quality files
  - **Compressed (HQ)** creates good quality smaller files (New on A7V)
  - **Compressed** files are even smaller with still decent quality and give a larger buffer

**Aspect Ratio** – 3:2 – Set frame shape (e.g., 3:2, 16:9)

*The following two menu items are for automatic video recording from photo mode, I do not recommend to use this mode and we will assign the record button to a different function, so I leave these untouched*

**File Format** – Select video codec (e.g., XAVC S-I 4K)

**Movie Settings** – Adjust resolution, frame rate, and compression

**APS-C/Super 35 Shooting** – Off – Crop to APS-C/S35 for stills or video

**Long Exposure NR** – Off – Reduce noise in long exposures

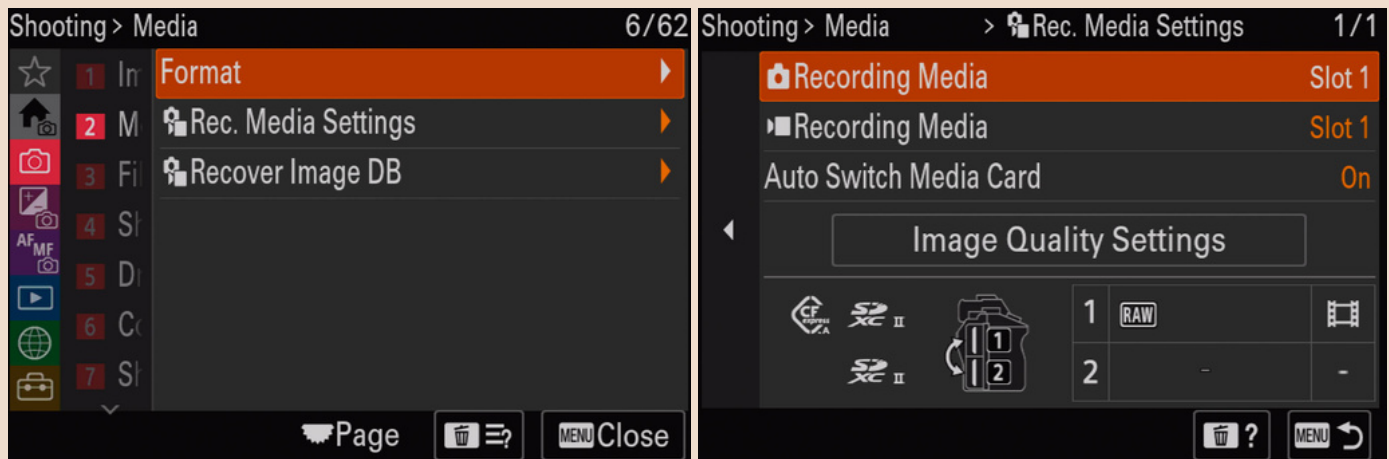
**High ISO NR** – Off – Apply noise reduction at high ISO.

**HLG Still Image** – Off – Shoot stills in Hybrid Log-Gamma for HDR display

**Color Space** – Adobe RGB – Choose sRGB or Adobe RGB

- I use Adobe RGB, this can be adjusted later when shooting in RAW

**Lens Compensation** – All Off – Correct shading, distortion, and chromatic aberration



## → submenu: Recording Media



**Format** – Erases and prepares memory card

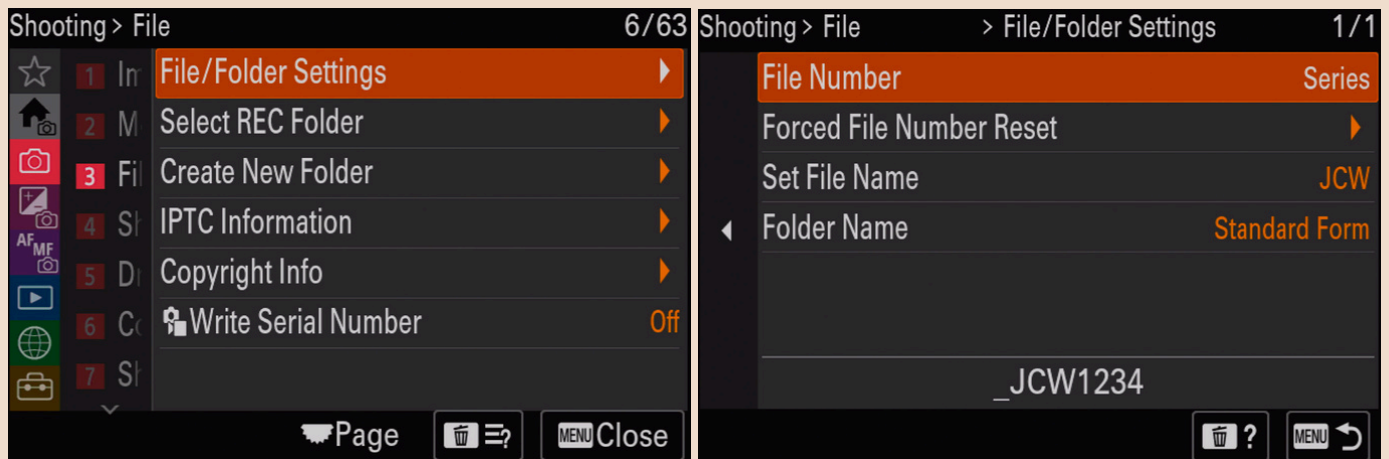
- *Always format cards in camera before use*

**Rec. Media Settings** – Choose card slot for stills/movies & recording behaviour

- Select slot 1 or 2 for stills and/or movies
- *I turn on 'Auto Switch Media Card', so when 1<sup>st</sup> card is full, it instantly keeps writing on second card, otherwise you will also not be able to record onto card 2, unless you change the slot for photos*
- *For important work select 'Simult. Recording', slower SD card will become a bottleneck, though*
- *'Sort Recording' records still images with different file formats and image sizes by sorting them to different slots. I.e RAW on one card and JPEG on the other, adjust below*

**Recover Image DB** – Fix corrupted image database





**No changes made here except file name**

**File/Folder Settings** – Manage file naming and folder use

**Select REC Folder** – Choose folder for saving files

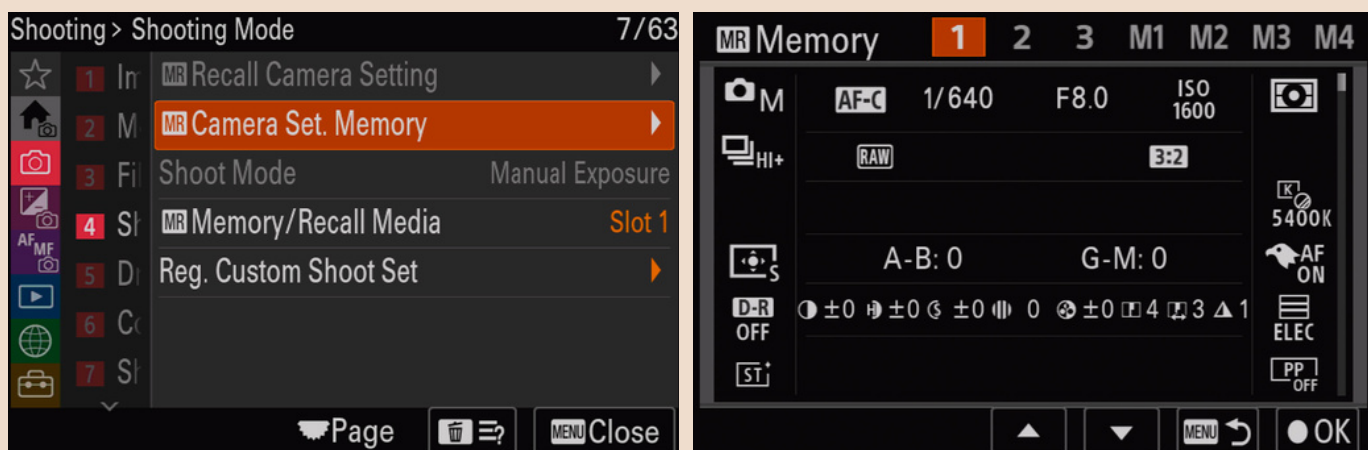
**Create New Folder** – Make a new storage folder

**IPTC Information** – Embed metadata like location/details

**Copyright Info** – Add photographer credit info

**Write Serial Number** – Off – Embed camera serial in files





*This next menu is an important one, here we can set up our custom shooting modes (memory/recall) and also register custom shooting settings, which we will assign to a special button later on.*

**Recall Camera Setting** – Load previously saved settings

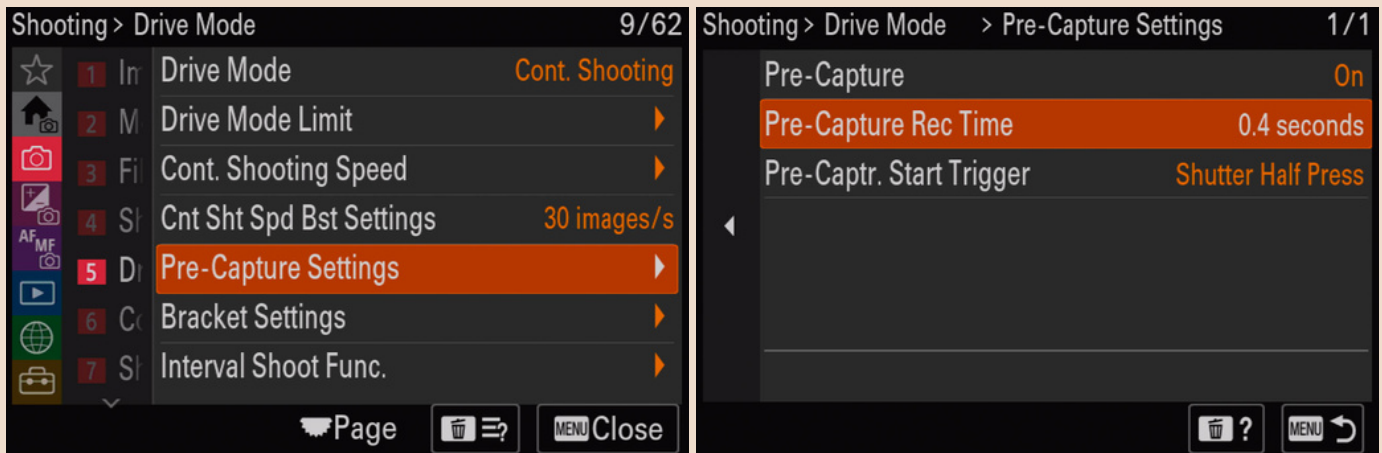
**MR Camera Set. Memory** – This function lets you store your current camera setup, including menu settings, shutter speed, and more into one of the three custom stills shooting modes (1, 2, or 3 on the top dial).

- You can save separate sets for photo and video mode. This is extremely useful for quickly switching to a complete set of preferred settings without having to adjust anything manually.
- On the A7V I save my most-used photo settings to slot 1 in photo mode, and my most-used video settings to slot 1 in video mode. This way, I can simply turn the small switch under the top dial from photo to video, and instantly load the right settings for each.
- If you use other modes like manual and switch between photo and video, certain settings, such as autofocus, will carry over from stills to video. I prefer to avoid this. By always leaving the top dial on 1 and switching only between photo and video modes, I ensure all my ideal settings for each are instantly available, without unwanted changes.
- **To register, dial in all settings you want, go to ‘Camera Set. Memory’, then select 1,2 or 3 at the top and press ok to confirm**

**Shoot Mode** – Select exposure mode (P/A/S/M, etc.) - Set on dial

**MR Memory/Recall Media** – Save or load MR settings from memory card

**Reg. Custom Shoot Set** – Register custom shooting settings for quick access (we will come back to this when we set up custom buttons)



**Drive Mode** – Choose shooting method (single, continuous, timer, bracketing) – Set on dial

**Drive Mode Limit** – Restrict available drive mode options if desired

**Cont. Shooting Speed** – Set frames per second for continuous shooting

- I set H+ on dial and set that to 30 fps in this menu

**Cnt Sht Spd Bst Settings** – Configure high-speed burst shooting options

- *I am happy to shoot at 30fps with the A7V, so I don't need the boost*
- *You could, however, set the Cont. Shooting Speed to less frames per second, maybe 20fps in H mode and then the speed boost to 30*
- *However, the A7V does not have a front C5 button, so there's no viable speed boost button*
- *You could also set a lower frame rate as "speed boost" and slow down when pressing a button*

**Pre-Capture Settings** – Enable/adjust pre-capture to record moments before shutter press – Ideal for action like a bird taking off

- *Captures up to 1 sec of images when half-pressing shutter button and/or holding down AF-On (Both valid option)*
- *Turn on Pre-Capture and set it to a suitable time. I use 0.4sec, which gives 12 extra shots before you press the shutter—enough to catch the moment without overloading the buffer. On the A7V I have to set it to a longer time than on the other Sony's otherwise I still seem to miss some moments*
- *Set it to both valid to have back button and shutter button trigger pre-capture or just to shutter button for more control*

**Bracket Settings** – Set exposure, WB, or flash bracketing parameters

**Interval Shoot Func.** (not pictured) – Set up automatic shooting at regular intervals for time-lapse or sequence shots



## 6. Shooting → Composite RAW Sht.

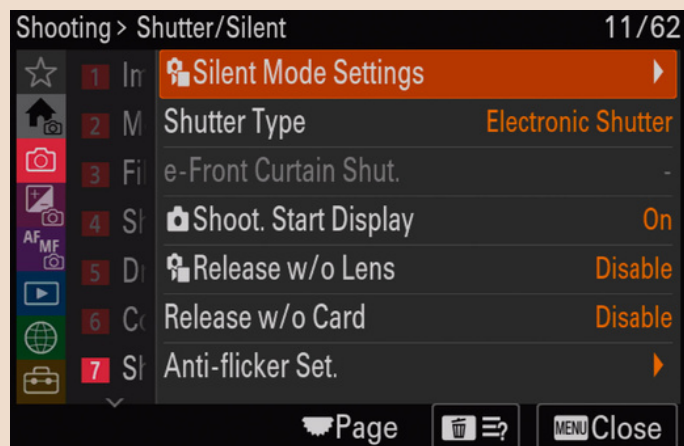
All left as default



**NR Shooting Settings** – Off – Capture multiple shots to combine for less noise

**NR Shooting Settings** – Off – Shoot 4 to 32 RAW images and combine them to achieve low noise levels not possible otherwise

## 7. Shooting → Shutter/Silent



**Silent Mode Settings** – Off – Disables all camera sounds, even sensor shield going down – not to be confused with Elec. Shutter

**Shutter Type** – *Electronic Shutter* – Choose between mechanical or electronic shutter

- *On the A7V I usually use the Elec. Shutter, it's the fastest and has low rolling shutter*

**e-Front Curtain Shut.** – Electronic front curtain shutter to reduce shutter shock, while maintaining fast response and flash compatibility.

**Release w/o Lens** – *Disable* – Shutter release without a lens attached

**Release w/o Card** – *Disable* – Allow shooting w/o memory card

**Anti-flicker Set.** – Reduce exposure inconsistencies under flickering light sources like LEDs inside

## 8. Shooting → Image Stabilization



**SteadyShot** – Enable in-camera image stabilisation and optical image stabilisation – set with switch on lens

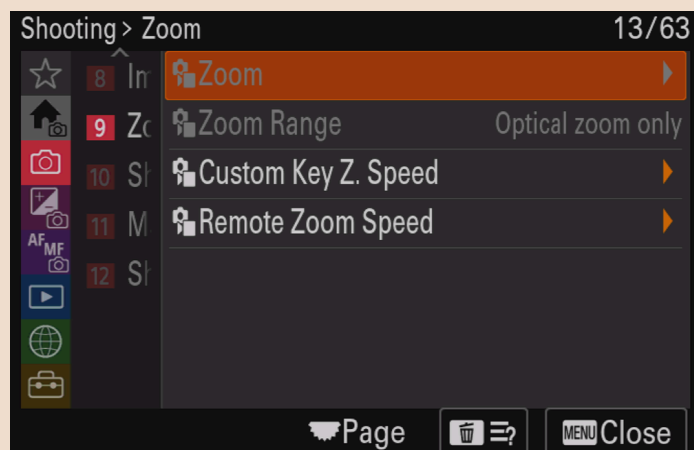
**SteadyShot Adjust.** – Fine-tune stabilisation settings

**Focal Length** – Set lens focal length for optimal stabilisation performance

- Only available when 'SteadyShot Adjust.' is set to manual

## 9. Shooting → Zoom

**All left as default**



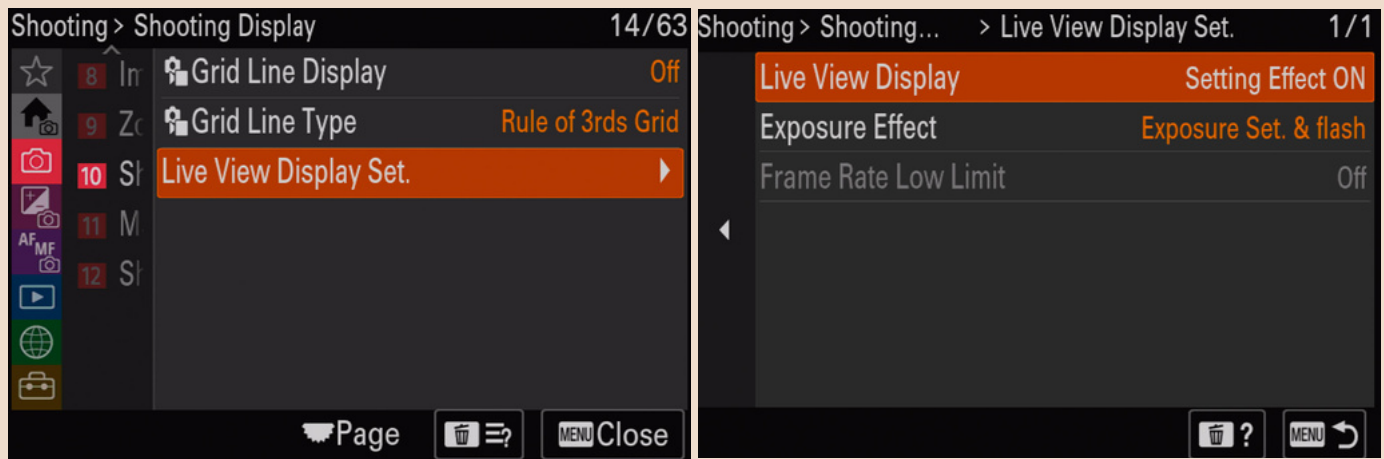
**Zoom** – Control digital or optical zoom function – Not available in RAW

**Zoom Range** – Set zoom limits or range – Not available in RAW

**Custom Key Z. Speed** – Assign zoom speed for compatible lenses

**Remote Zoom Speed** – Adjust zoom speed and type





**Grid Line Display** – Turn on/off grid overlay on the LCD or EVF for composition guidance

**Grid Line Type** – Choose the style of grid (e.g., 3×3, 4×4, diagonal)

**Live View Display Set.** – Customize what information appears on the screen during Live View

**Live View Display** – *Setting Effect ON* – Shows exposure changes etc in EVF

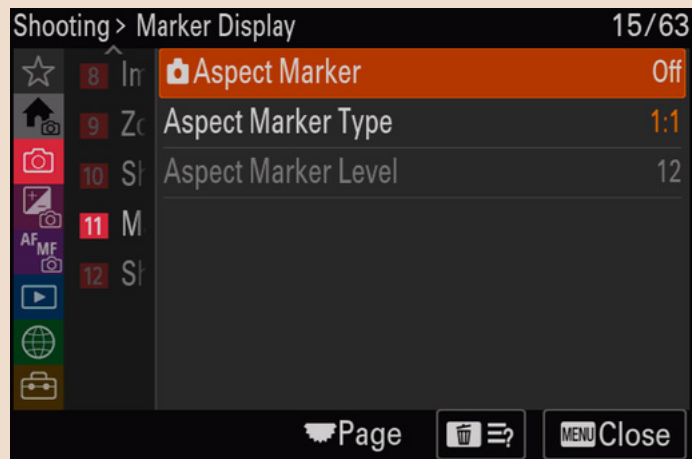
**Exposure Effect** – *Exposure Set. & flash* – Preview exposure changes in Live View

**Frame Rate Low Limit** – Off – Set minimum frame rate for Live View display



## 11. Shooting → Marker Display

All left as default



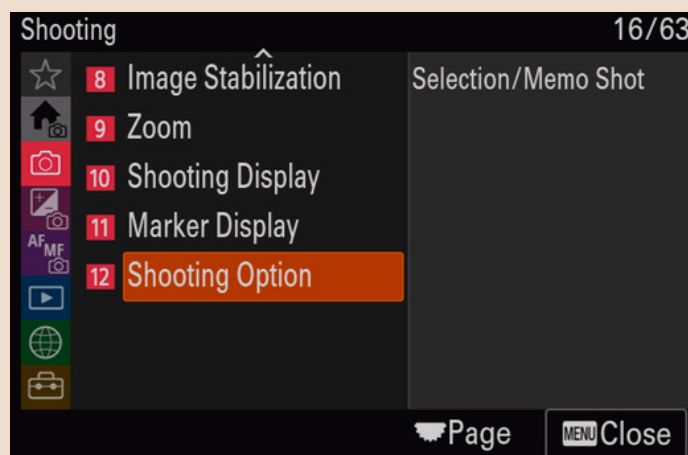
**Aspect Marker** – Turns aspect ratio markers on/off for framing shots in specific ratios (e.g., 16:9, 4:3).

**Aspect Marker** – Type Selects the aspect ratio marker, like 16:9, 4:3, or 1:1, for composition

**Aspect Marker Level** – Sets the opacity of marker lines (high, medium, low) for visibility

## 12. Shooting → Shooting Option

All left as default



**Selection/Memo Shot** – Enables automatic rating or divider frame insertion for the first shot in continuous or interval shooting, or sets a rating for the first image in Pre-Capture mode

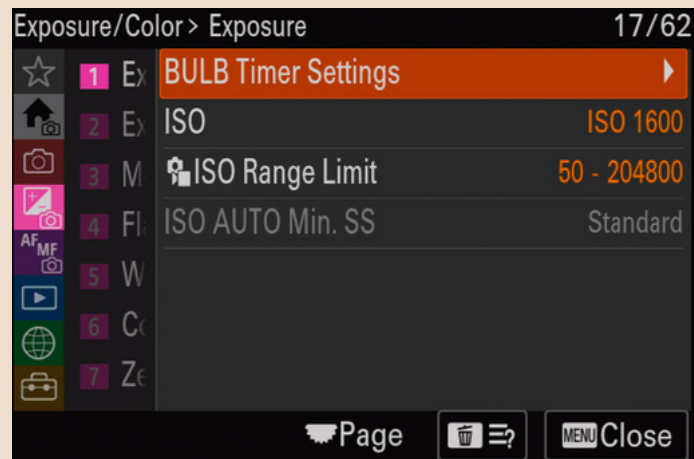
# PINK EXPOSURE MENU

**This menu handles everything related to *exposure & colour*. It's where you set WB, Zebras & Flash settings.**

**We will make some changes here.**



## 1. Exposure/Color → Exposure



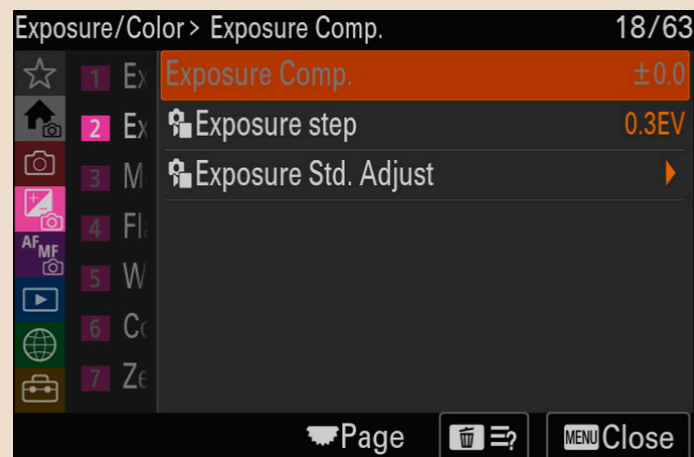
**BULB Timer Settings** – Sets exposure duration for BULB mode, ideal for long exposures in low-light or motion capture

**ISO** – Adjusts light sensitivity, from low (e.g., ISO 100) for bright scenes to high (e.g., ISO 12800) for low light or set AUTO ISO

**ISO Range Limit** – Restricts ISO to a custom range, ensuring sensitivity stays within user-defined limits

**ISO AUTO Min. SS** – Sets minimum shutter speed in ISO AUTO mode to prevent motion blur – only for automatic shooting modes like AV/P etc.

## 2. Exposure/Color → Exposure Comp.

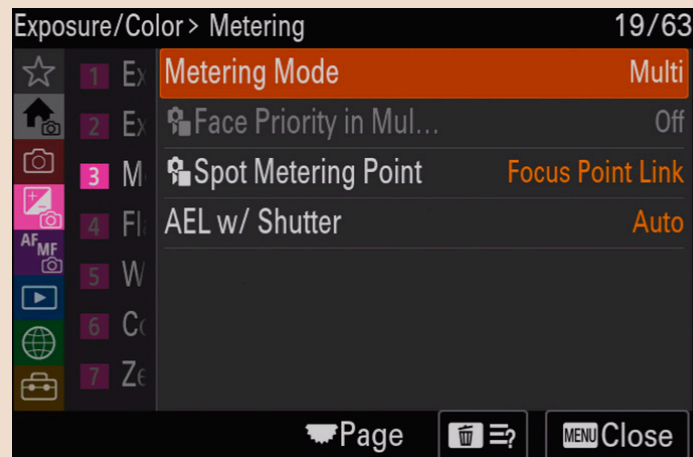


**Exposure Comp.** – Adjust image brightness by increasing or decreasing exposure

**Exposure Step** – Choose the adjustment increments for exposure (e.g., 0.3 EV or 0.5 EV)

**Exposure Std. Adjust** – Fine-tune the standard exposure level for stills or movies, *i.e. if camera always exposes too bright you can adjust it lower*

### 3. Exposure/Color → Metering



**Metering Mode – Multi** – Select how the camera measures light (multi, center, spot, etc.) – *I usually use multi for balanced exposure*

- *When shooting full manual mode, metering mode doesn't matter*

**Face Priority in Multi Metering** – Prioritize correct exposure for detected faces

**Spot Metering Point – Focus Point Link** – Link spot metering to the focus point or keep it centered

**AEL w/ Shutter** – Auto – Choose if Auto Exposure Lock engages when the shutter is pressed halfway

### 4. Exposure/Color → Flash All left as default



*I have not been using flash for wildlife in a long time, with the newer mirrorless camera's dynamic range and high ISO capabilities and good editing it's not needed. So I have not made any changes here.*



**White Balance** – Adjust colour temperature to match lighting conditions

- 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

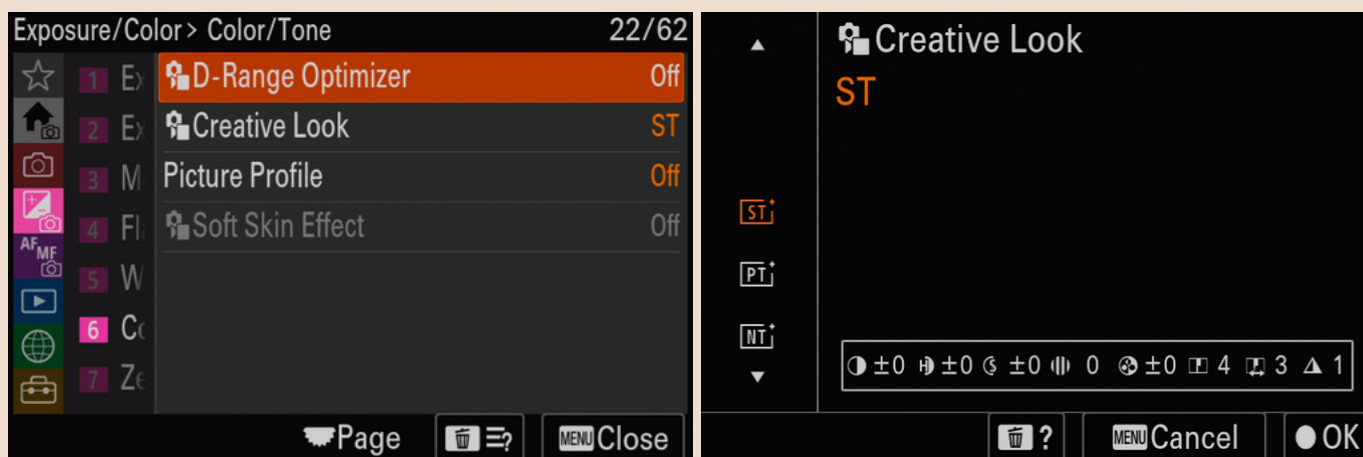
**Priority Set in AWB** – *Ambience* – Choose if Auto White Balance favors white tones or warmer ambience

**Shutter AWB Lock** – *Off* – Lock Auto White Balance when the shutter is half-pressed or during burst shooting

**WB Capt. Frame Size** – *Medium* – Set the size of the area used when capturing a custom white balance







**D-Range Optimizer** – Off – Enhances shadow and highlight detail in high-contrast scenes (JPEG only)

**Creative Look** – ST – Select desired image look

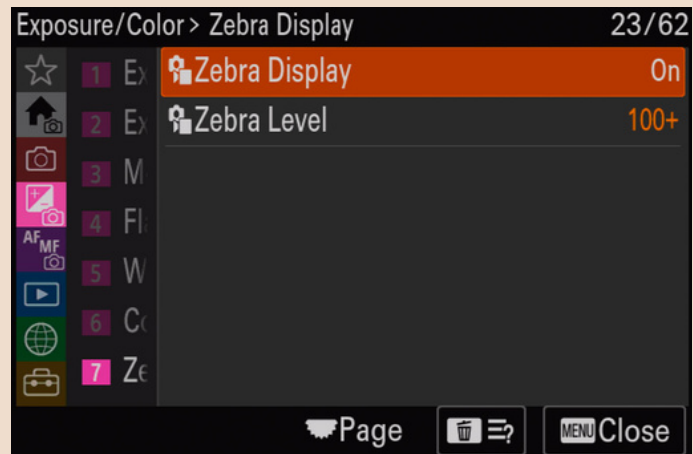
- These settings affect the image look of JPEG/HEIF & the back of camera preview of RAW files
- I only shoot RAW, so I like to choose the Standard picture profile that gives me a good preview of colours and sharpness

**Picture Profile** – Off – Configures detailed image parameters like gamma, colour mode, and contrast for professional video or stills customization

**Soft Skin Effect** – Off – Smooths skin tones in portraits, with adjustable intensity levels for a natural or enhanced look



## 7. Exposure/Color → Zebra Display



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

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

**Zebra 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*



Zebra Display

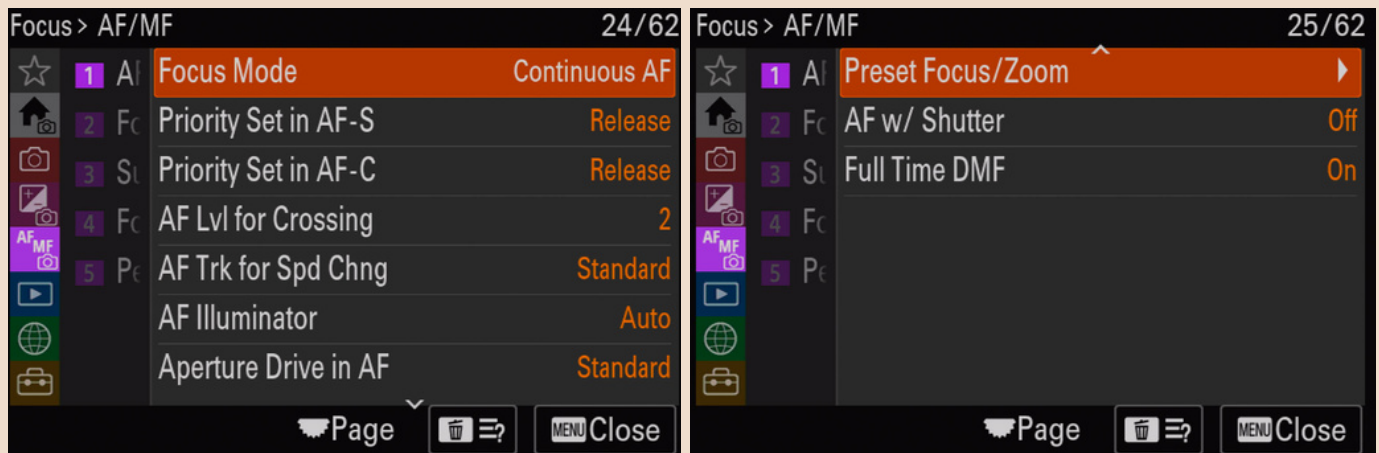
# PURPLE FOCUS MENU

**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.**



## 1. Focus → AF/MF



**Focus Mode – AF-C (continuous)** – Select on Dial

**Priority Set in AF-S – Release** – Focus or release priority in single AF

**Priority Set in AF-C – Release** – Focus or release priority in continuous AF

**AF Lvl for Crossing – 2** – Adjusts sensitivity for subjects crossing in front of the main subject – *this may need adjusting depending on subject*

**AF Trk for Spd Chng – Standard** – Controls how quickly AF responds to subject speed changes – *this may need adjusting depending on subject*

- For fast action 'Responsive' seems to work well

**AF Illuminator – Auto** – Enables the AF assist light in low light

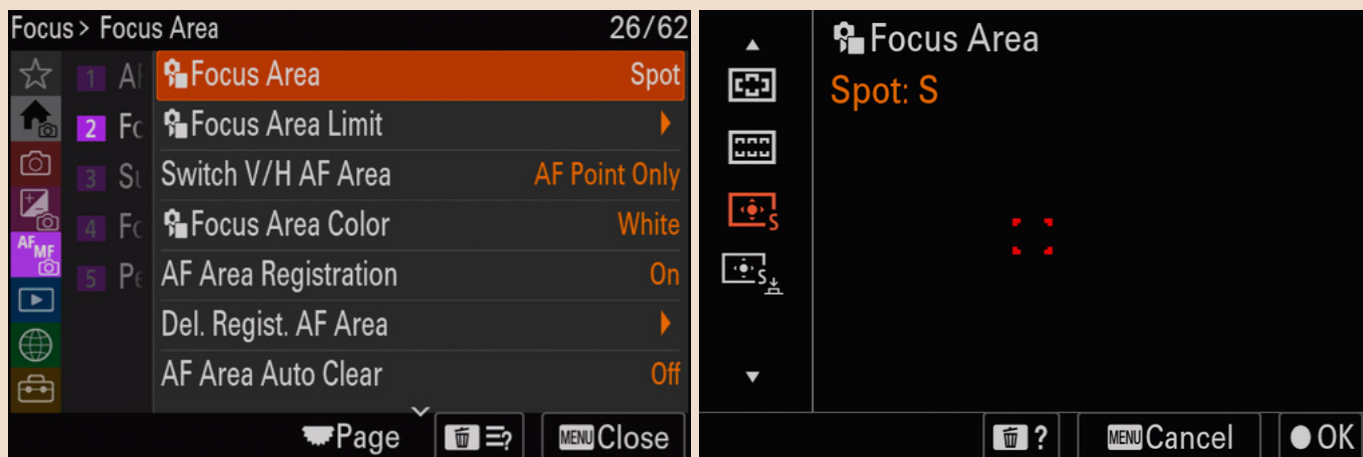
**Aperture Drive in AF – Standard** – Chooses between silent or fast aperture drive during AF

**Preset Focus/Zoom** – Stores and recalls a preset focus position and/or zoom setting

- Allows you to save and then recall a certain point to quickly jump back to it

**AF w/ Shutter – Off – Important** – To set up back button AF, we are deactivating shutter button AF here - *we will set the rest up later*

**Full Time DMF – On – Important** – Allows manual focus adjustment at any time during AF operation – this helps to pre-focus and fine tune AF where needed



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

On the A7 V, I like to use double back button autofocus. We will set this up across a few different menus.

- My base autofocus is **'Spot: S'**. 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 set up **Animal Eye tracking AF** later. It will be assigned to the AF-ON button in the setup menu
- We already **de-activated shutter button focus** in the previous menu

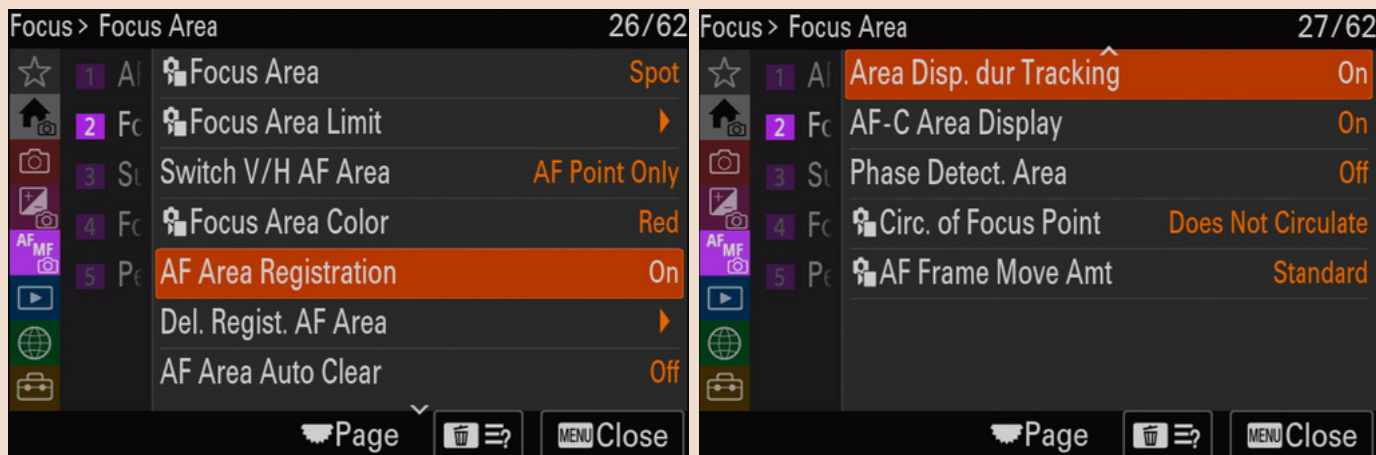
**Focus Area Limit** – Select which AF modes appear when cycling

- 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, Wide, Zone) – add/remove modes as per your liking
- We will assign a custom button to cycle through these fast

**Switch V/H AF Area** – AF Point Only – Allows separate focus area positions for vertical and horizontal shooting orientations.

- 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.

**Focus Area Color** – White – Changes the colour of the focus frame for better visibility



**AF Area Registration** – *On* – Saves a specific focus area for quick recall

***We will set this up when assigning our custom buttons***

**Del. Regist. AF Area** – Deletes saved AF area settings

**AF Area Auto Clear** – *Off* – Hides the AF area frame automatically after focus is locked

**Area Disp. dur Tracking** – *On* – Controls whether the tracking AF frame stays visible while tracking a subject

**AF-C Area Display** – *On* – Shows the active AF area continuously during continuous AF

**Phase Detect. Area** – *Off* – Displays the region where phase-detection AF is available

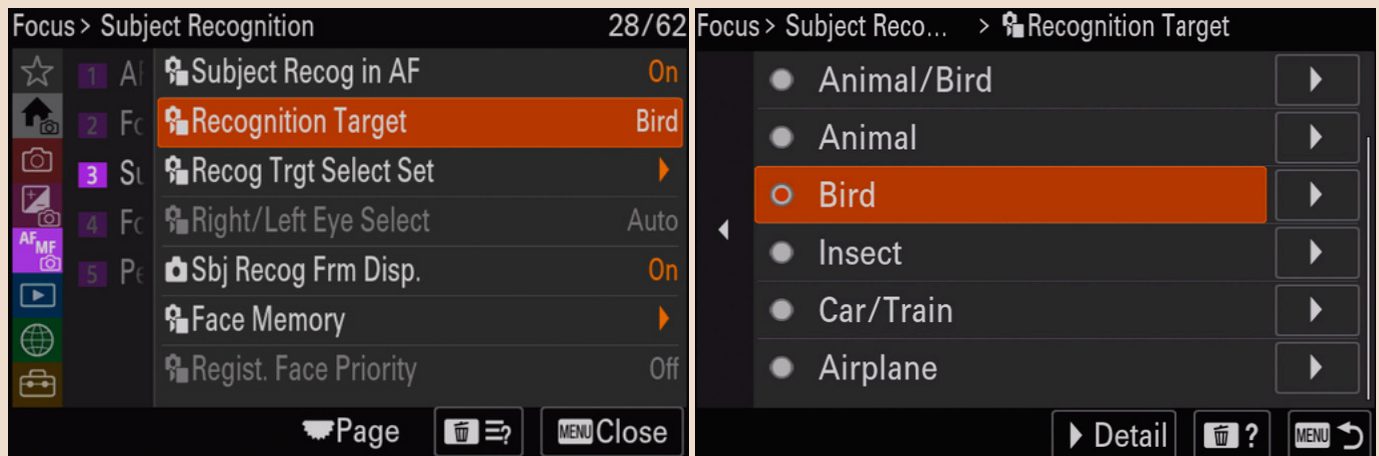
**Circ. of Focus Point** – *Does Not Circulate* – Enables wrapping the focus point from one edge of the frame to the opposite edge when moving it

**AF Frame Move Amt** – *Standard* – Sets how far the focus point moves with each control input (Small/Standard)

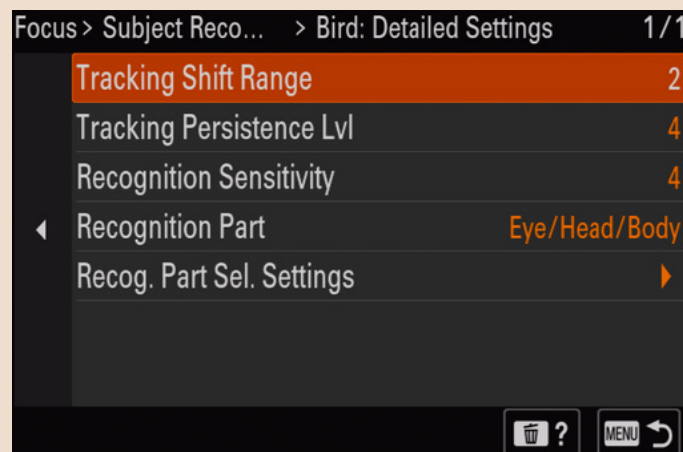


### 3. Focus → Subject Recognition

### submenu → Recognition Target



### submenu → Bird: Detailed Set.



**Subject Recog in AF** – On – Turns subject recognition autofocus on or off

**Recognition Target** – Bird – Chooses which subjects to detect

- Click right to enter submenu – click right again to enter sub settings for each detection mode
- The sub settings may need adjusting depending on your targets, but these displayed have worked well for me
- **Tracking Shift Range** – 2
- **Tracking Persistence Lvl** – 4
- **Recognition Sensitivity** – 4

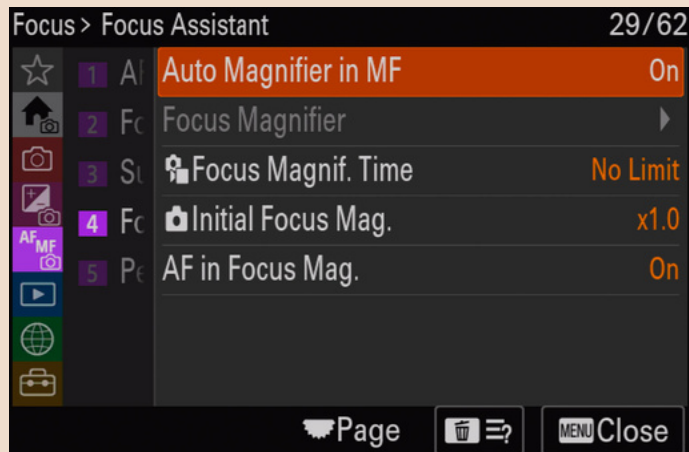
**Recog Trgt Select Set** – Limit selection targets if desired

**Right/Left Eye Select** – Auto – Prioritize left/right eye

**Sbj Recog Frm Disp.** – On – Displays a recognition frame around detected subjects in the viewfinder/screen – see if you like that or not

**Face Memory** – Stores specific faces so the camera can prioritize them in future shots

**Regist. Face Priority** – Gives priority focus to registered faces when multiple are detected



**Auto Magnifier in MF** – *On* – Automatically magnifies the focus area when turning the focus ring in manual focus

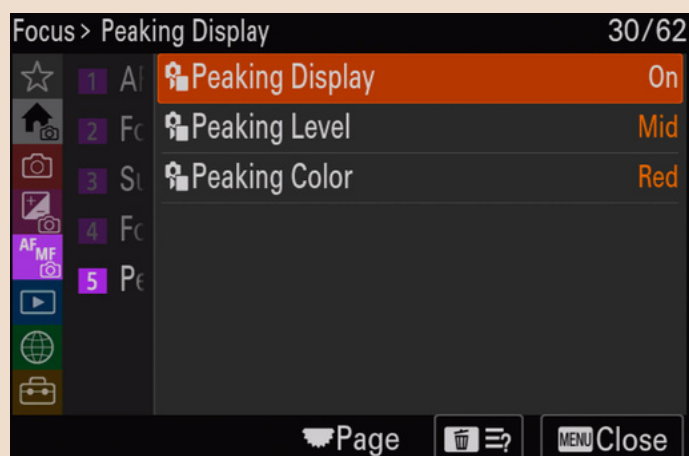
**Focus Magnifier** – Activates magnified view for precise manual focusing

**Focus Magnif. Time** – *No Limit* – Sets how long the magnified view stays active before returning to normal

**Initial Focus Mag.** – *x1.0* – Chooses the initial magnification level when entering magnified focus view

**AF in Focus Mag.** – *On* – Allows autofocus to be used while in magnified view

## 5. Focus → Peaking Display



**Peaking Display** – *Off* – Highlights in-focus edges in a chosen colour to assist manual focusing

- *Can be useful but also quite distraction, great for video*

**Peaking Level** – Adjusts the sensitivity of focus peaking (low, mid, high)

**Peaking Color** – Sets the highlight colour for peaking e.g. blue

# BLUE PLAYBACK MENU

**This menu manages *playback settings*** like image viewing options, playback settings, 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. Adjust to your liking.**

## 1. Playback → Playback Target All left as default



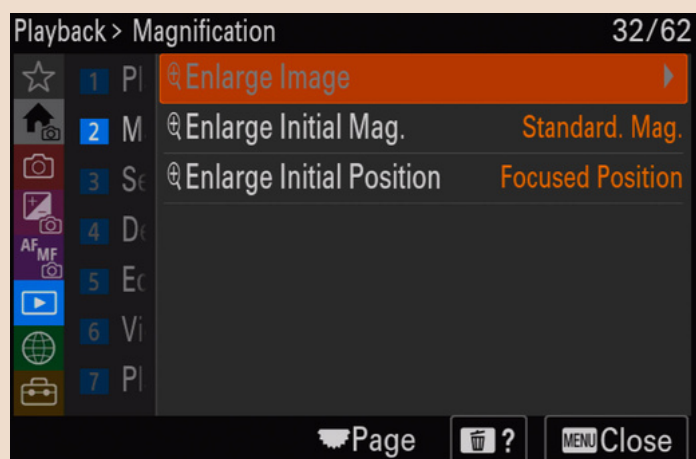
**Play Set of Multi. Media** – Choose how stills/videos are played back when multiple card slots are used

**Disp Set of Multi Media** – Select which card's images are shown during playback

**Playback Filter Condition** – Set filters for playback (e.g., stills only, videos only, rating)

**Image Order** – Arrange playback order for slideshow or sorting

## 2. Playback → Magnification All left as default



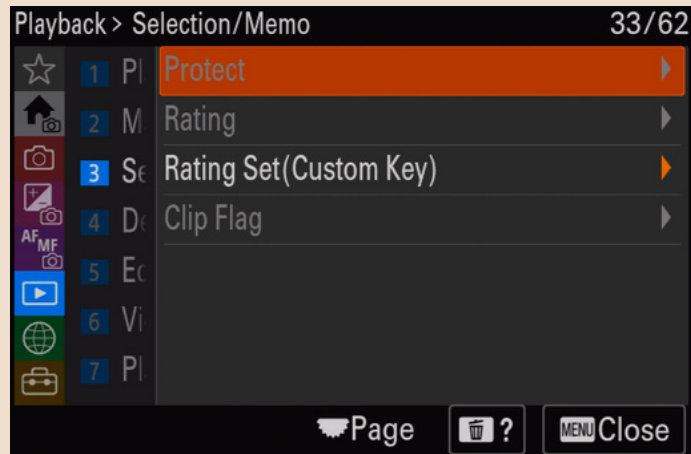
**Enlarge Image** – Magnify the image during playback for closer inspection

**Enlarge Initial Mag.** – Set the default zoom level when enlarging an image

**Enlarge Initial Position** – Choose the starting point for enlargement (e.g., center, focus point)



### 3. Playback → Selection/Memo All left as default



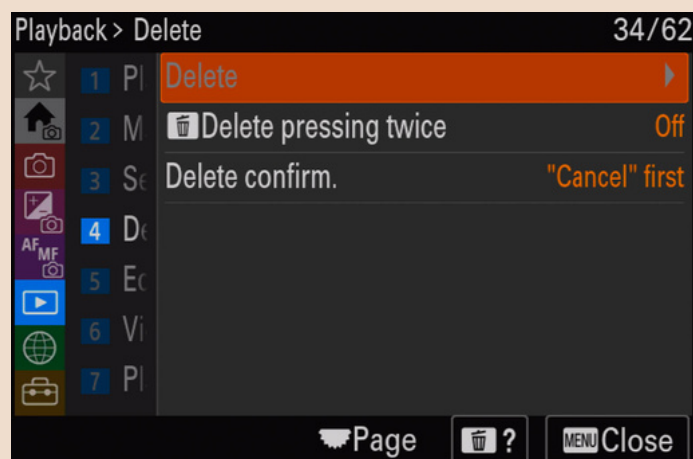
**Protect** – Lock an image to prevent accidental deletion

**Rating** – Assign a star rating to images for organization

**Rating Set (Custom Key)** – Assign ratings to be assigned with key

**Clip Flag** – Mark specific portion of a clip

### 4. Playback → Delete All left as default



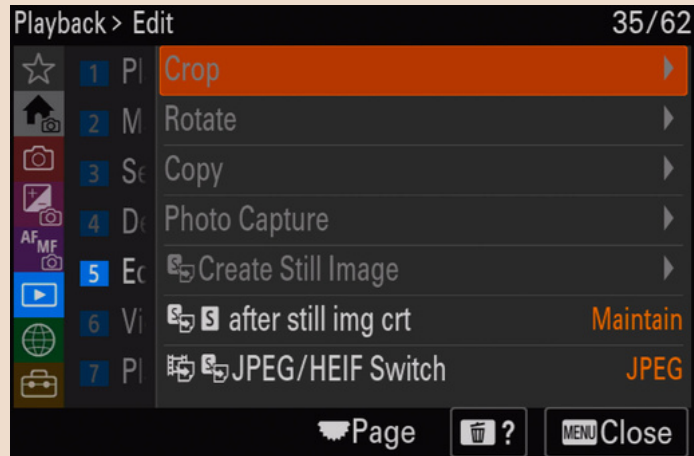
**Delete** – Remove selected images from the memory card

**Delete Pressing Twice** – Enable/disable double-press shortcut to delete images quickly

**Delete Confirm.** – Choose whether a confirmation prompt appears before deleting

## 5. Playback → Edit

All left as default



**Crop** – Adjust framing in camera of images taken

**Rotate** – Rotate the image in playback

**Copy** – Duplicate an image from one card slot to another

**Photo Capture** – Save a still frame from a recorded video

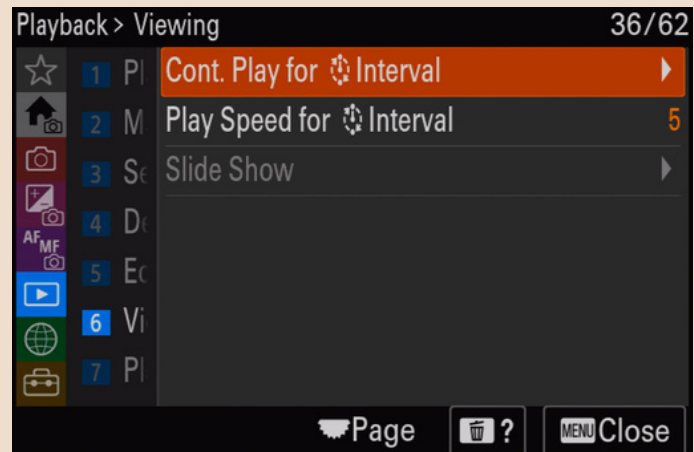
**Create Still Image** – Captures all frames with Shot Marks as stills

**After Still Img Crt** – Choose to delete Shot Mark once still is captured

**JPEG/HEIF Switch** – Choose file format of still images in Photo Capture and Create Still Image

## 6. Playback → Viewing

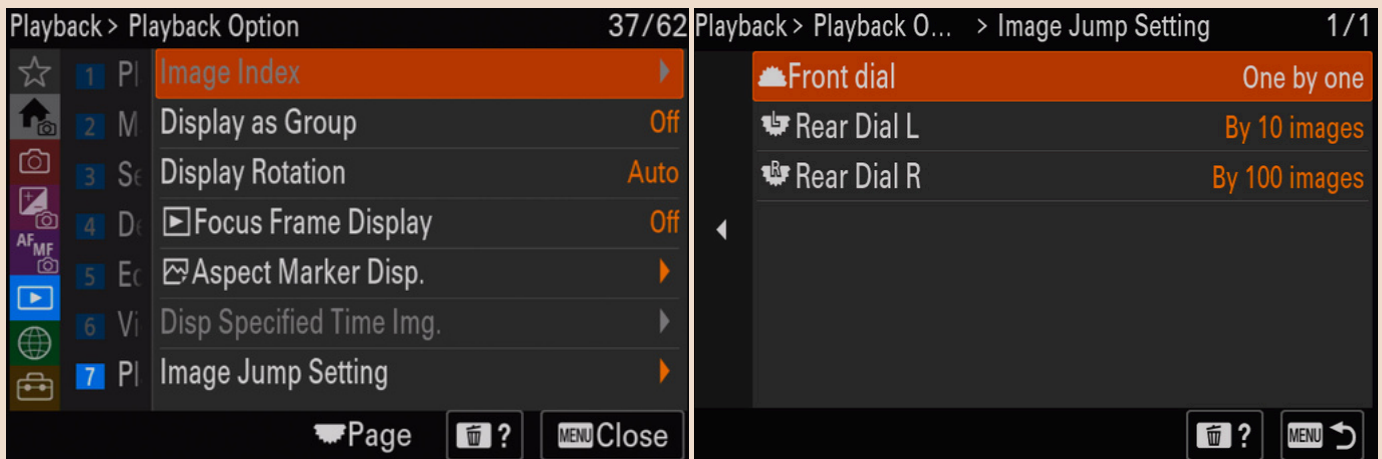
All left as default



**Cont. Play for Interval** – Continuously plays back images shot using interval shooting

**Play Speed for Interval** – Set playback speed for 'Cont. Play for Interval'

**Slide Show** – Automatically plays back images on the memory card at a set interval



**Image Index** – Shows multiple thumbnail images on one screen for quick selection

**Display as Group** – View related images (burst shots, interval sequences) grouped together

**Display Rotation** – Rotate playback display based on camera orientation

**Focus Frame Display** – Show or hide the focus frame used when capturing the image

**Aspect Marker Disp.** – Display aspect ratio markers (e.g., 16:9, 1:1) over the image in playback

**Disp Specified Time Img.** – Display only images taken within a selected time range

**Image Jump Setting** – Configure how many images or groups to skip when using the image jump function

- *I like to select larger jumps here of 10 and 100 on some of the dials*
- *That allows me to quickly review larger amounts images*

# GREEN NETWORK MENU

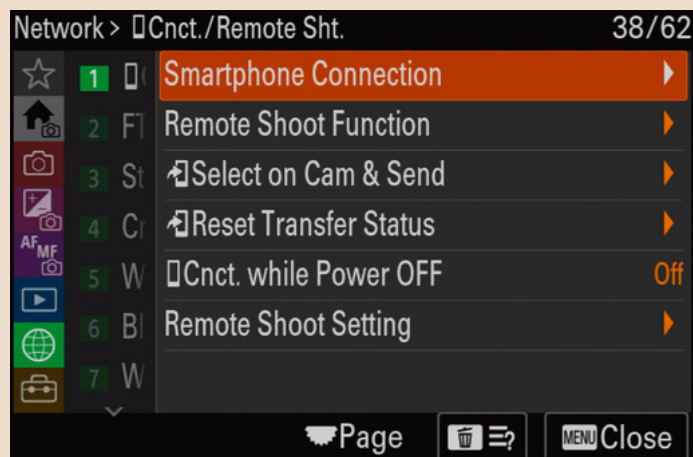
**This menu covers communication settings** – including Wi-Fi, Bluetooth, and other connectivity options. It's where you set up how your camera connects to smartphones, computers, or cloud services.

**I don't make any changes here.**



## 1. Network → Cnct./Remote Sht.

All left as default



**Smartphone Connection** – Connect camera to a smartphone for remote control or image transfer

**Remote Shoot Function** – Shooting via smartphone or remote device

**Select on Cam & Send** – Choose images on the camera and send them directly to a connected device

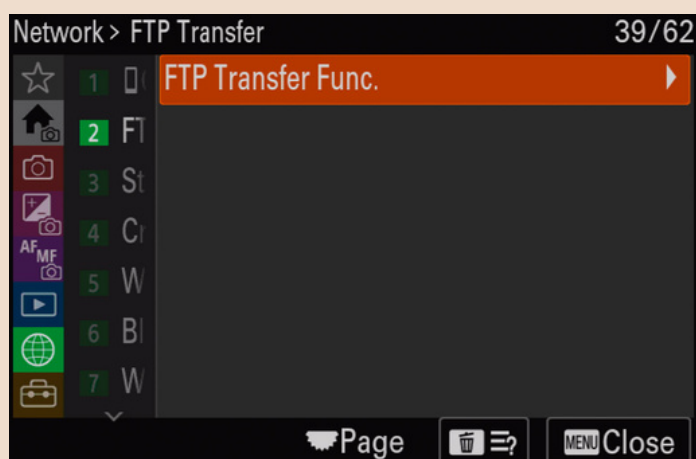
**Reset Transfer Status** – Clear previous transfer records or errors

**Cnct. while Power OFF** – Allow smartphone connection even when the camera is powered off

**Remote Shoot Setting** – Configure settings for remote shooting

## 2. Network → FTP Transfer

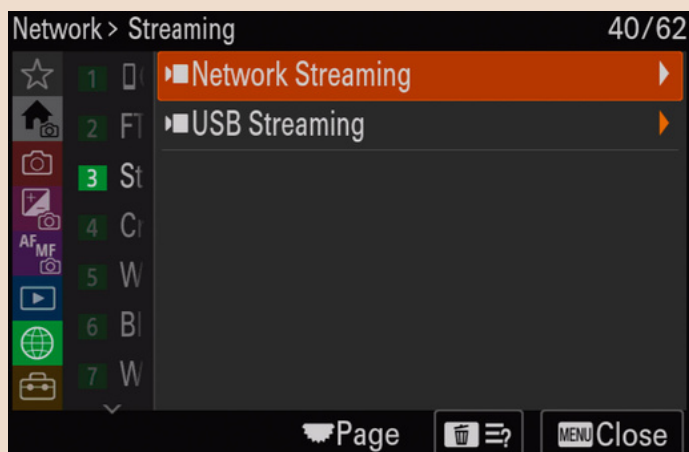
All left as default



**FTP Transfer Func.** – Upload images or videos directly from the camera to an FTP server

### 3. Network → Streaming

All left as default

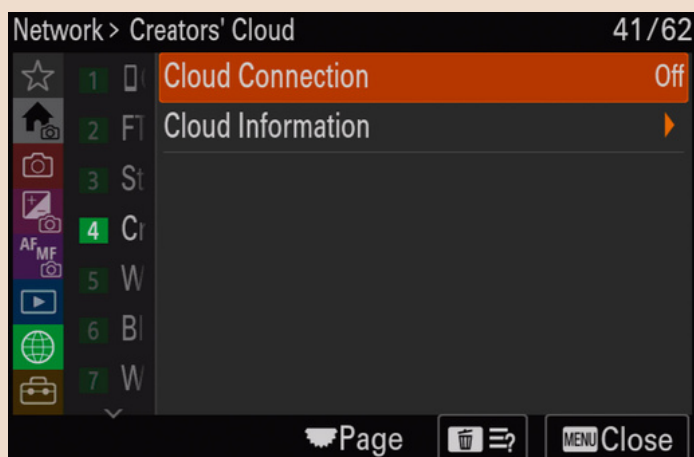


**Network Streaming** – Stream live video from the camera over a network connection

**USB Streaming** – Stream live video from the camera via USB to a computer or compatible device

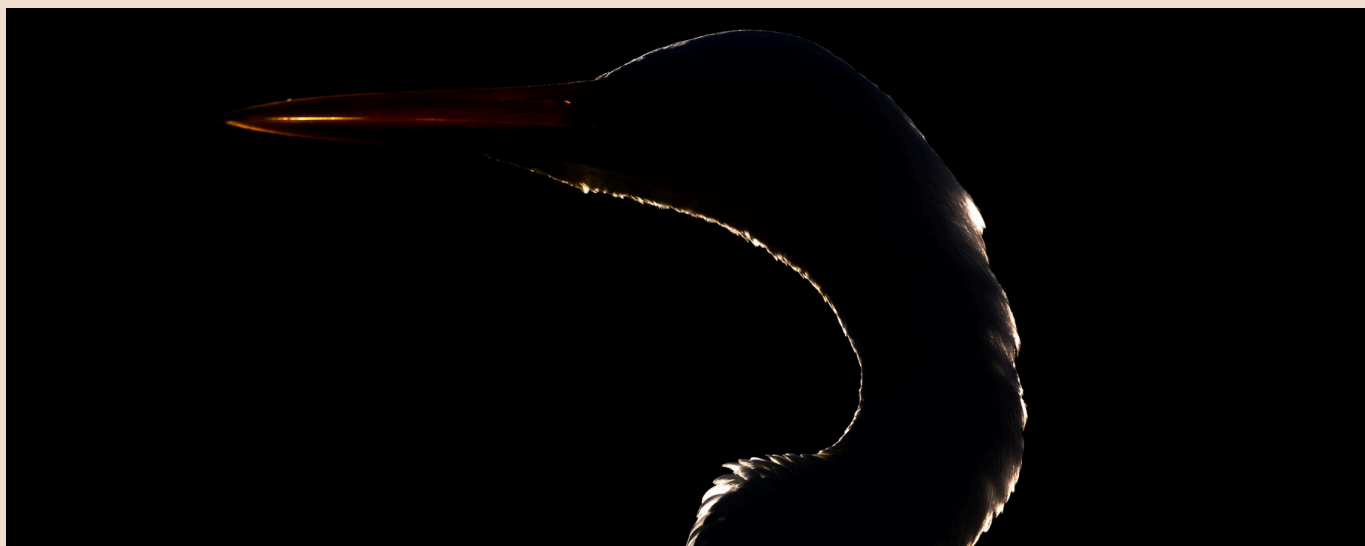
### 4. Network → Creator's Cloud

All left as default



**Cloud Connection** – Connect camera to Sony's Creator's Cloud

**Cloud Information** – View status and details of the cloud connection



## 5. Network → Wi-Fi

All left as default



**Wi-Fi Connect** – Connect the camera to a Wi-Fi network

**WPS Push** – Use WPS button method to connect to a compatible router

**Access Point Set.** – Manually configure Wi-Fi network settings

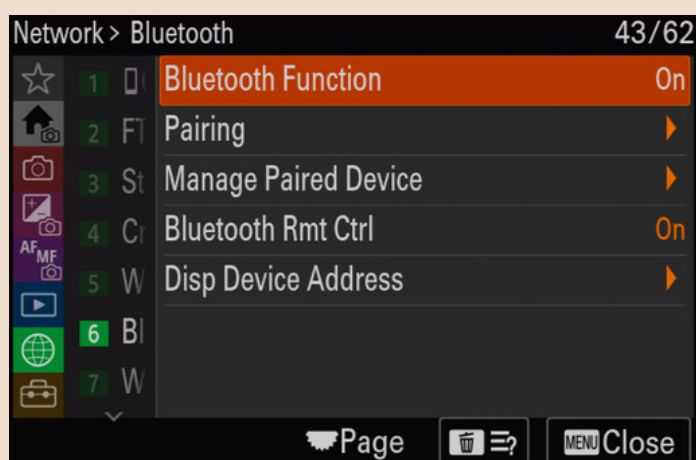
**Wi-Fi Frequency Band** – Choose 2.4GHz or 5GHz band for connection

**Display Wi-Fi Info.** – Show current Wi-Fi network details

**SSID/PW Reset** – Reset saved Wi-Fi network names and passwords

## 6. Network → Bluetooth

All left as default



**Bluetooth Function** – Enable or disable the camera's Bluetooth connection

**Pairing** – Connect the camera to a new Bluetooth device

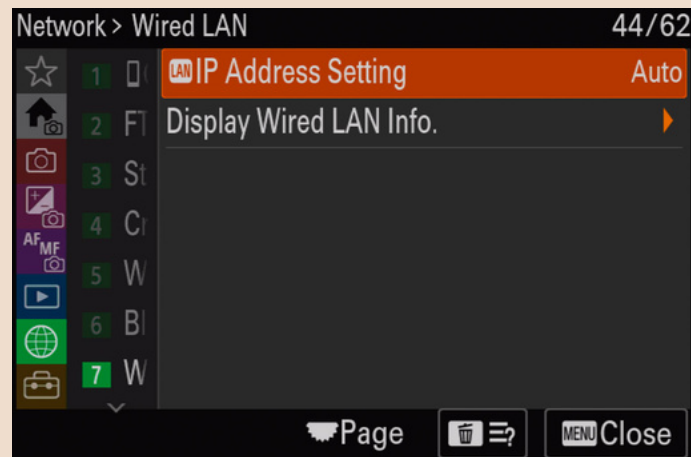
**Manage Paired Device** – View or remove previously paired devices

**Bluetooth Rmt Ctrl** – Configure the camera to be controlled via Bluetooth remote

**Disp Device Address** – Show the camera's unique Bluetooth hardware address

## 7. Network → Wired LAN

All left as default

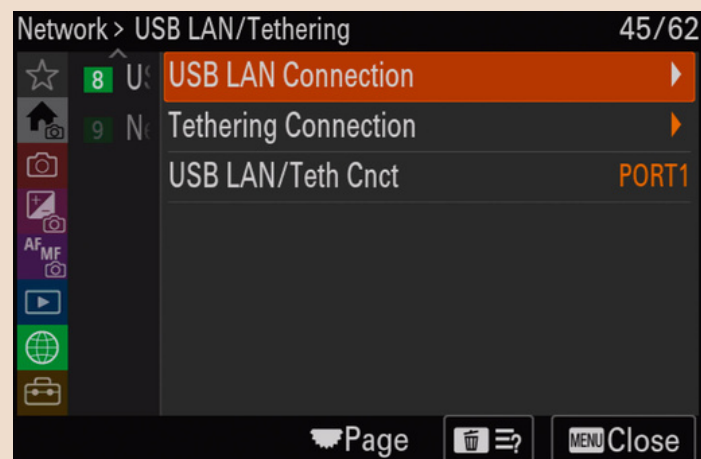


**LAN IP Address Setting** – Set a static or automatic IP address for the LAN connection

**Display Wired LAN Info.** – Show status and details of the wired LAN connection

## 8. Network → Tethering Connection

All left as default

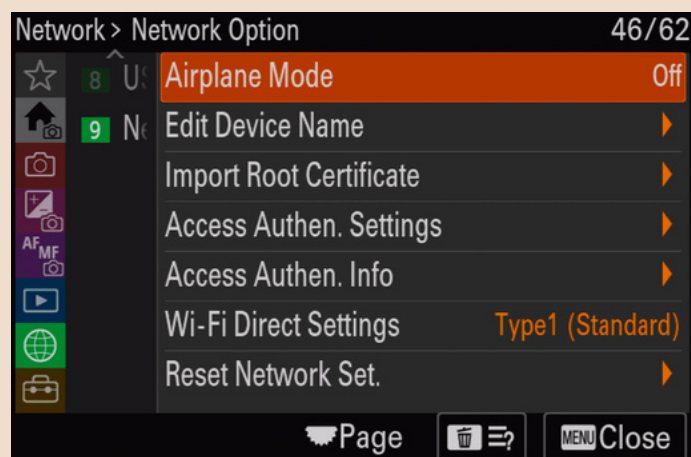


**USB LAN Connection** – Allows the camera to connect to a network via a USB-to-Ethernet adapter for stable, wired data transfer.

**Tethering Connection** – Connect the camera to a computer for remote control and direct image transfer

**USB LAN/Teth Cnct** – Selects whether the USB port is used for LAN networking or for standard tethered shooting/data transfer





**Airplane Mode** – Disable all wireless communication on the camera

**Edit Device Name** – Change the camera's network name for identification

**Import Root Certificate** – Add security certificates for network authentication

**Access Authen. Settings** – Configure authentication options for network access

**Access Authen. Info** – View details of network authentication settings

**Wi-Fi Direct Settings** – Set up direct connection type to devices

**Reset Network Set.** – Restore all network settings to factory defaults



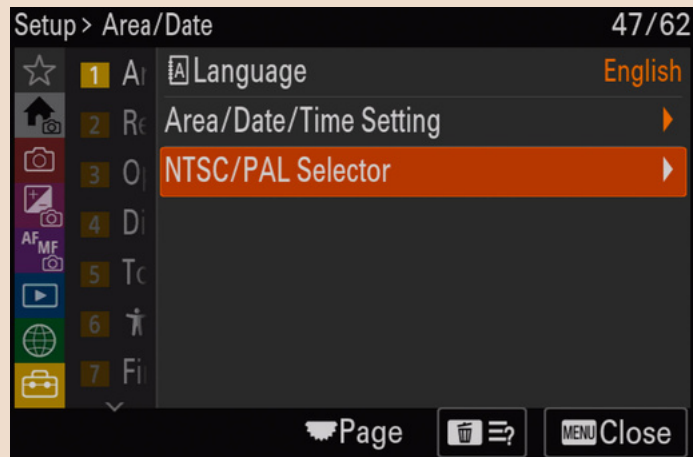
A7V | 400-800 | ISO 6400 | F8 | 1/320

# YELLOW SETUP MENU

**This menu handles *camera setup, system settings & custom controls* – such as video standard, screen brightness, and shutter sound and custom buttons.**  
**We will make major changes here.**



## 1. Setup → Area/Date



**Language** – Select the display language for menus and messages

**Area/Date/Time Setting** – Set your location, date, and time

**NTSC/PAL Selector** – Switch video format for your region (NTSC for Americas/Japan, PAL for Europe/Australia)

- 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



A7V | 200-600 | ISO 12800 | F6.3 | 1/400



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

(Save/Load Settings)

### **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!

**Setting Reset** – Restore camera settings to factory defaults

**Save/Load Settings** – Save current settings to a card or load saved settings

- To save your current settings navigate to '**Save/Load Settings**' and then select '**Save**'. This will create a **.DAT** file on your memory card you can save onto your computer as a back up. You can also rename it before saving.

**Load** - Load settings from a camera settings file

- On Sony cameras this often only works when the file is in a specific folder. You can either save your settings and then replace the file in the folder structure on your memory card with mine. Or copy the .DAT file with all the folders I am providing onto your memory card directly.
- The folders are: SONY → SETTING → A7V → CAMSET → .DAT file.
- To install my camera set up file, save the SONY folder and subfolders including the .DAT file onto an empty memory card
- Make sure there are no other cards inside the camera
- Then navigate to '**Save/Load Settings**' and select '**Load**'
- This will install all most settings onto your A7 V. Including file names and custom modes etc., check with this guide to make sure it's all set up right.
- In rare cases this may not work and needs to be done multiple times



### 3. Setup → Operation Customize



#### **Custom Key/Dial Set. (Stills)** – Set up custom buttons and dials

- Here we will assign the buttons for back button focus and assign specific settings to certain buttons. Some of these settings are 3-4 submenus deep and require multiple steps (next pages)

#### **Custom Key/Dial Set.** – Set up custom buttons and dials (Video)

- I leave most buttons as default/same as stills for video, because we set up fully automatic tracking AF, which works great

#### **Custom Key Setting (Playback)** – default – Set up custom buttons and dials

#### **Fn Menu Settings (Stills/Video)** – Customize the function (Fn) menu layout

#### **FnMenu Settings (Playback)** – Customize the function (Fn) menu layout

#### **DISP (Screen Disp) Set (Stills)** – Select info shown on the LCD

#### **DISP (Screen Disp) Set (Movies)** – Select info is shown in the viewfinder

- Select what options are cycled through when pressing DISP (up on rear dial) – adjust to your liking

#### **Different Set for Still/Mv** – Use separate settings for stills & movies

- Select all options, but some are missing like Focus area. We can use memory recall we have set up in the **red menu #4**, as work around

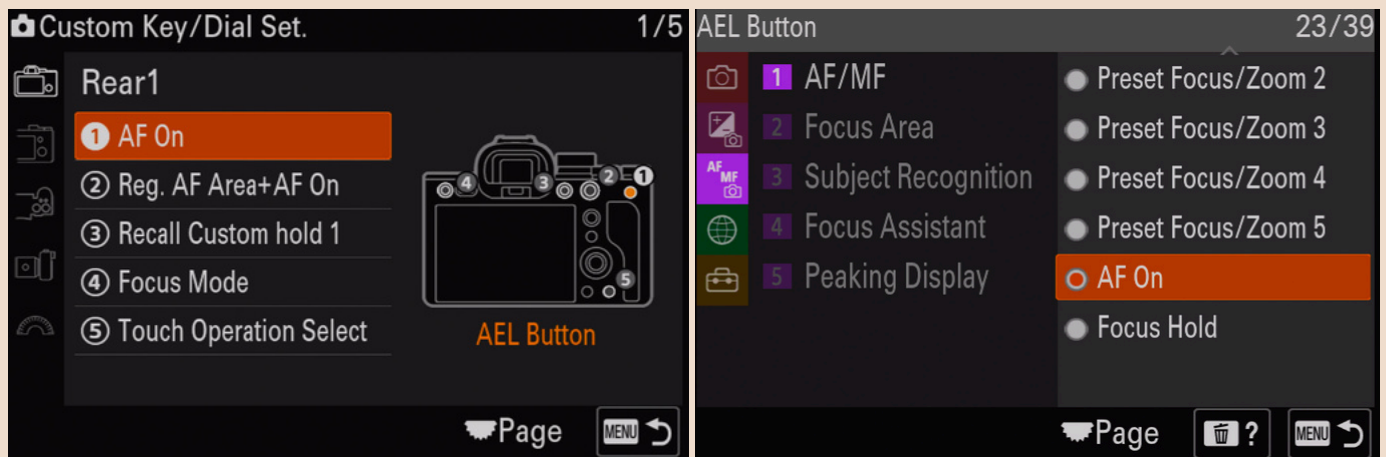
#### **REC w/ Shutter** – On – Start/stop video recording using the shutter button

- I always turn this on

#### **s with Shutter Button** – Add Shot Marks by pressing the shutter button during video recording

- Greyed out if Rec w/ Shutter is on

#### **Zoom Ring Rotate** – Set the zoom ring's rotation direction



### Let's set up our custom buttons for stills 1 by 1.

To assign different AF modes to buttons, first select the button you want to customize. Then, open its submenu and choose from the AF options.

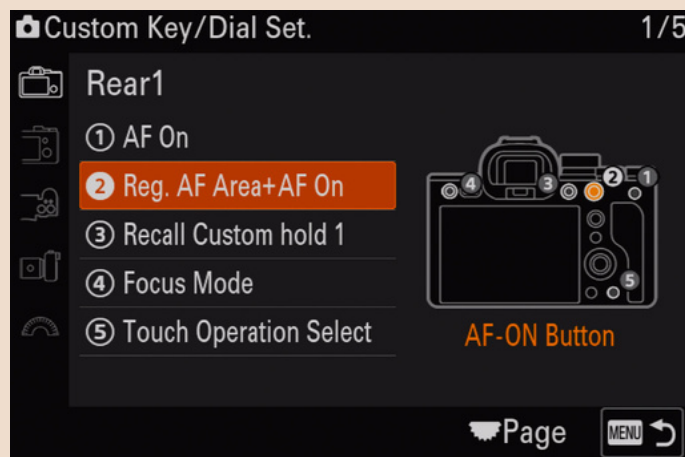
We will also need to go to the **purple focus** and **red shooting menu** to register a few settings there.

Our goal is to set up '**Double back button AF**' and an '**Emergency/high image quality button**'

### AEL button (1) – AF ON

- Navigate to the Custom Key settings, select '**AEL Button**', and confirm. In the submenu, go to the purple AF/MF menu and choose AF-ON.
- Pressing and holding the AEL button will now activate autofocus using your selected AF area (Spot: S in our case) from the **purple focus menu**.



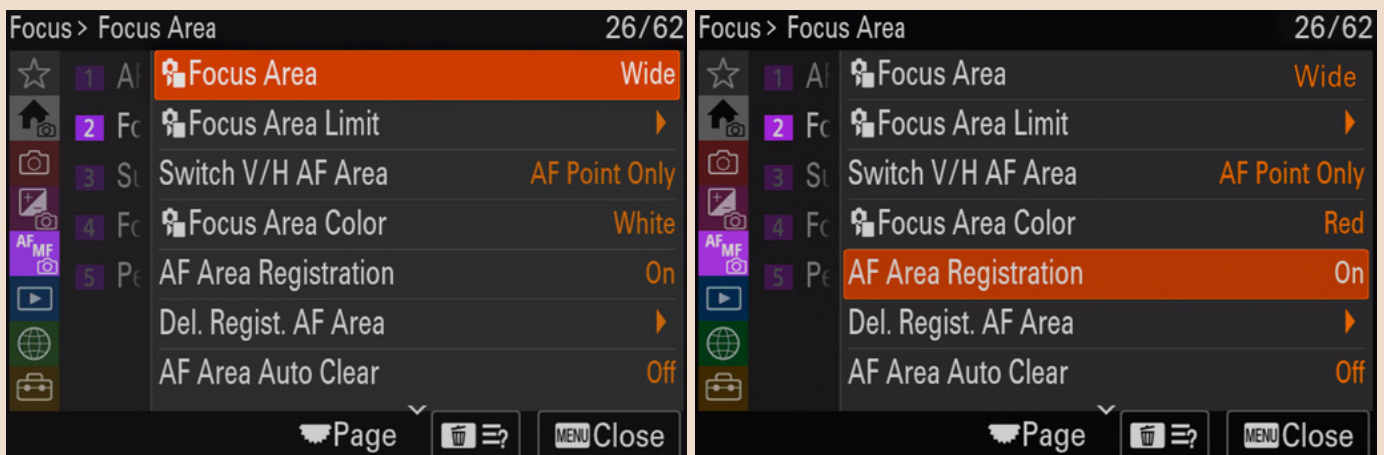


Next, we will assign **Wide Area Bird Eye Tracking** to the **AF-ON button**. This lets the camera find and track the subject all over the EVF. On Sony cameras, this isn't as straightforward.

First, we need to go to **purple focus menu #2** and **temporarily change the 'Focus Area'**, then **register a new 'AF Area'**. Once that's done, we will **assign the saved 'AF Area'** to the **'AF-ON button'**.

Then change the 'Focus Area' back to Spot:S. See below for details

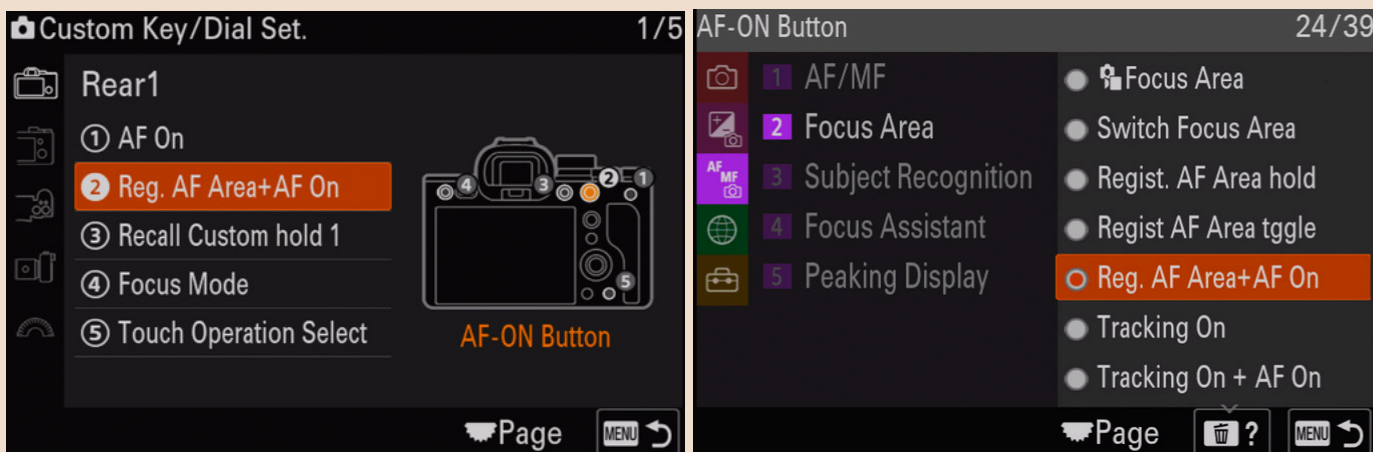
### Navigate to 2. Focus → Focus Area → Make 2 temporary changes here



Go to **purple menu #2** and change **'Focus Area'** to **'Wide'** and **'AF Area Registration'** to **On**. Once done, go out of the menu like if you were going to take a photo and then hold down the Fn button (on the back) for a few seconds, until it says 'AF Area is registered'. Now the registered AF Area is set to 'Wide'.

- Then go back to **purple menu #2** and change the **'Focus Area'** back from **'Wide'** back to **'Spot:S'**
- Now 'Wide' is registered as AF area and Spot is our base AF area again
- **Head back to the yellow Custom Key/Dial Set. (Stills) menu**
  - See next page to finish the setup





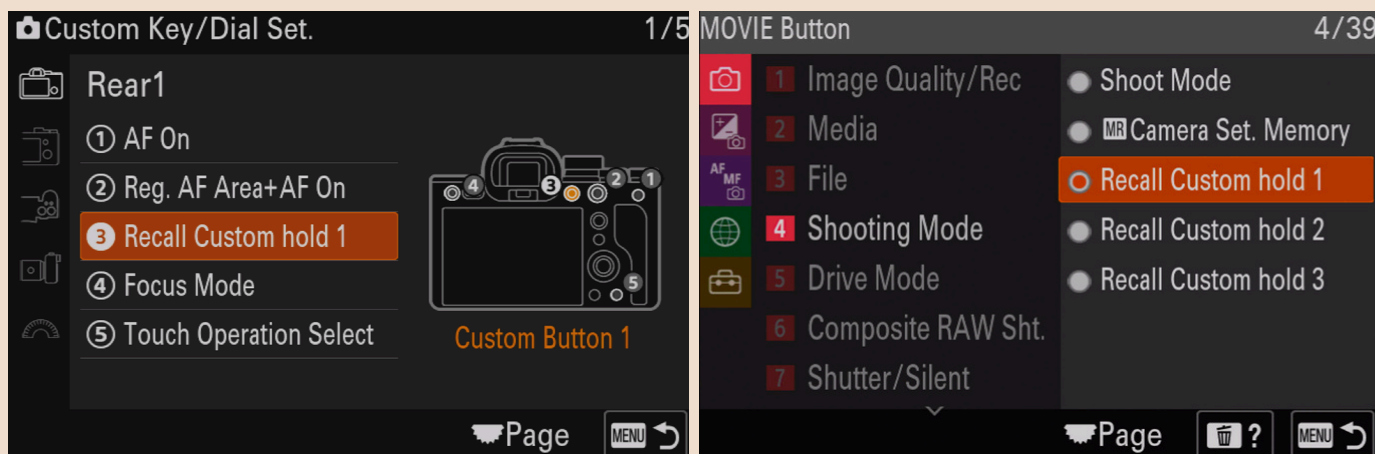
### AF-ON button – Reg. AF Area + AF ON

- With the 'Focus Area' registered, we can now assign the **AF-ON button**
- Select the **AF-ON button (2)** and then navigate the submenu to '**Reg. AF Area + AF On**' and confirm
- **This will now activate the 'Wide' AF Area that we have registered whenever we press and hold the button and start eye-tracking AF**
  - *If you install my .DAT file, this will all be installed already and you can save yourself a lot of work!*



A7V | 400-800 | ISO 3200 | F8 | 1/4000





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 A7 V, 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 'Custom button 1' 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.

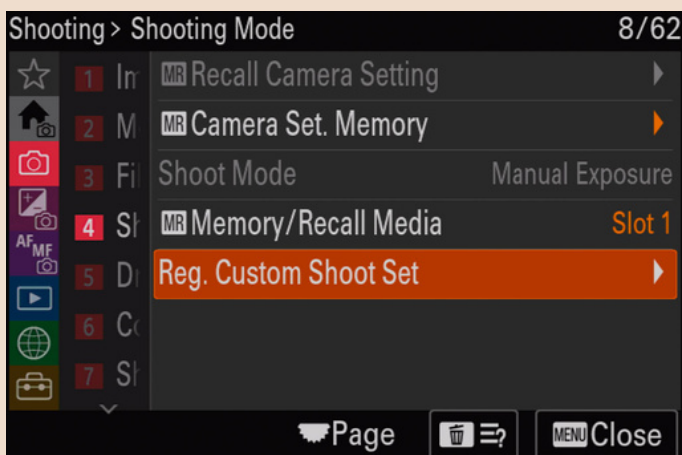
*Let's set it up!*

### **Custom Button 1 – Action or High IQ settings (Your choice)**

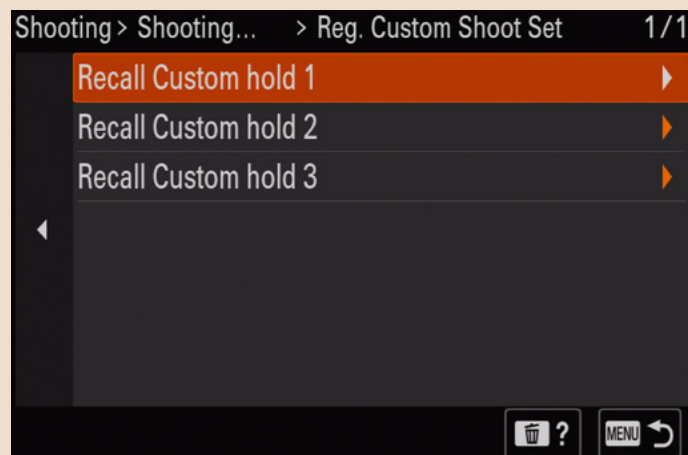
- Navigate to '**Recall Custom hold 1**' in the submenu and **confirm**
- We can't actually set up the parameters for '**Recall Custom hold 1**' in this menu, so we have to go back to the red shooting menu and set it up there. (Next Page)*

## Setting up Recall Custom Hold for Movie Button Cont'd

### 4. Shooting → Shooting Mode



### submenu: Reg. Custom Shoot Set



Leave custom key menu and navigate to **red shooting menu #4**, select **'Reg. Custom Shoot Set'** then select **'Recall Custom Hold 1'**.

*Press right – This opens up a page where we can set out desired settings*

### submenu: Recall Custom Hold 1

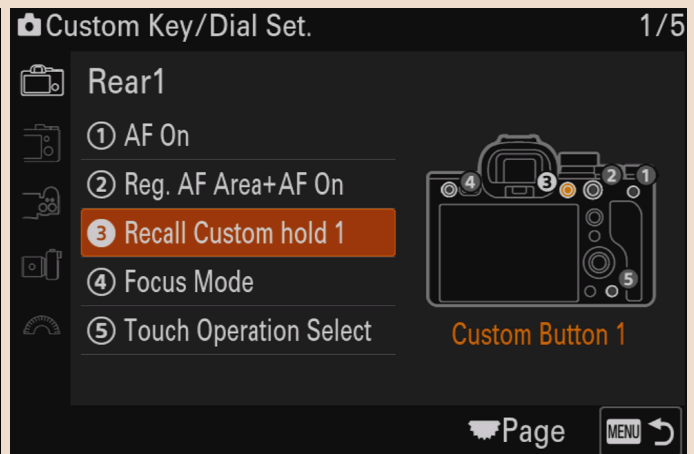


**All adjustments you make in this menu and activate (✓) will overwrite your current camera settings while the button is pressed. Unticked settings will default to the ones in the main menu.**

- ✓ **Shooting mode – Manual Exposure**
  - *This lets us lock in shutter speed and aperture*
- ✓ **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*
- ✓ **Shutter speed**
  - *1/320 - 1/500 for high image quality mode*
  - *1/2000 to 1/4000 for action mode*



- ✓ **Drive Mode** – Cont. Shooting – Select desired speed, I usually use H+
  - **Cnt Shoot Speed Boost** – unticked – Off
    - No boost needed
- ✓ **Shutter Type** – Mechanical for higher dynamic range and better IQ
- ✓ **Exposure compensation** – Depends on the shooting situation
  - I leave it between 0 or set it to – 0.7 for generally decent exposure
- ✓ **ISO speed – Auto ISO**
  - This will guarantee us good exposure without having to make any changes
- ✓ **Metering mode** – Multi
  - For balanced result
- ✓ **Focus Mode** – Continuous AF
  - To track the birds
- ✓ **Focus Area** – Wide
  - We need wide so the camera quickly jumps onto the subject, in this mode there's no time or option to move AF fields or zones



### ✓ Focus Area – Wide

- We need wide so the camera quickly jumps onto the subject, in this mode there's no time or option to move AF fields or zones

### ✓ AF Lvl for Crossing – 2

- Change if needed, but this has given me good results

### ✓ AF Trk for Sped Chng – Standard

- Change if needed, but this has given me good results

### ✓ AF-ON – Starts AF

- Let's camera find and track subject all over the EVF

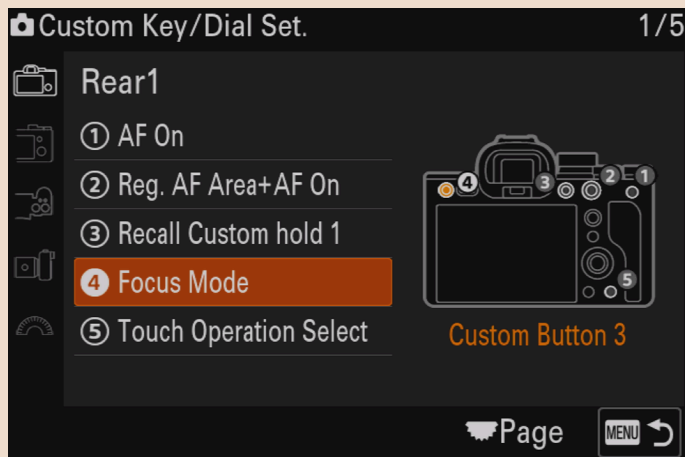
## DONE!

Press *MENU* to confirm and **return to yellow Custom Key/Dials Set menu** to set up the rest of the buttons.

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



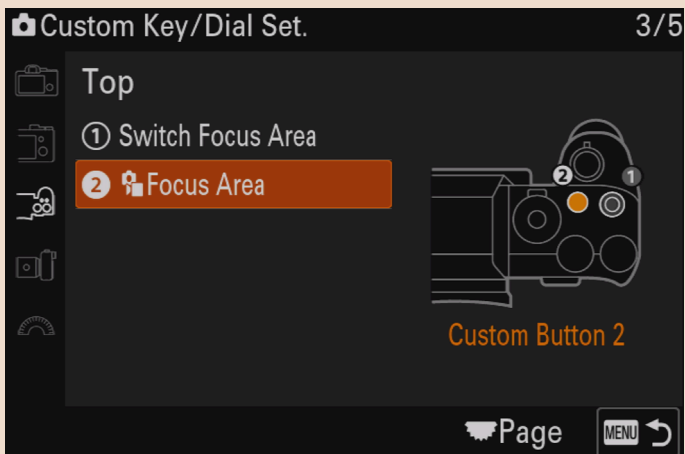
## submenu: Rear1 – Cont'd



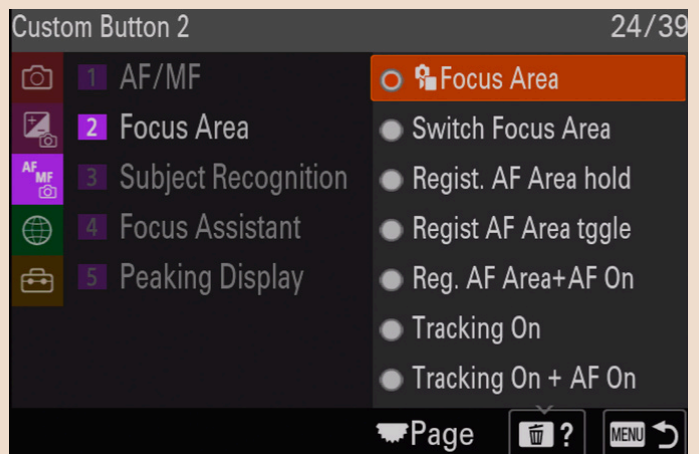
## submenu: Rear2



## submenu: Top



## submenu: Custom Button 2



Let's finish the rest of the custom buttons, I have only made a few small changes here. So far we have changed **buttons 1-3** in the **Rear1 menu** for our AF modes. **Buttons 4 & 5** I left as default.

In the **Rear2 menu** I made a few changes to option **2 & 4**. You can assign these to your liking with different settings for quick access.

**Top Option on rear dial (2)** – Recog. Off on Toggle – Easily turn off/on subject detection in case it can't find subject or interferes with Spot:S

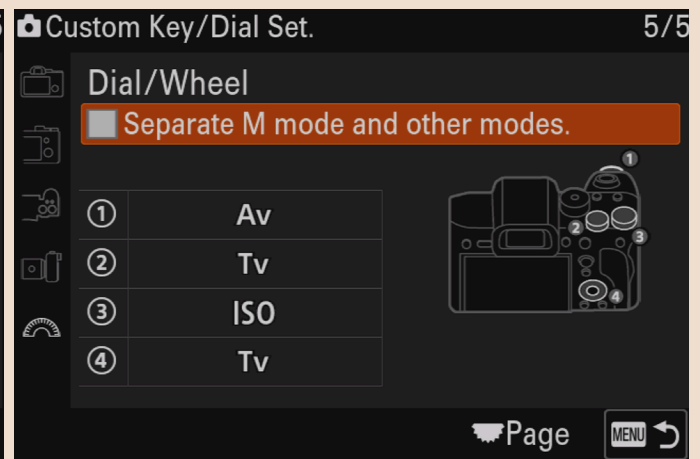
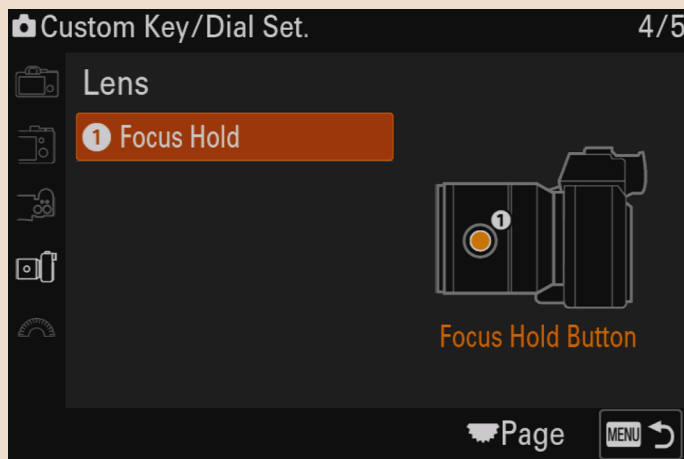
**Right option on rear dial (4)** – ISO – sometimes easier to reach, not needed

### Top menu

**Custom Button 1** – Switch Focus Area – Toggle through focus areas

**Custom Button 2** – 'Focus Area'

- Brings up Focus Area menu to select different area. For instance if I want to change from Wide to Spot or a Zone.
- Probably fine to just use one of the two options



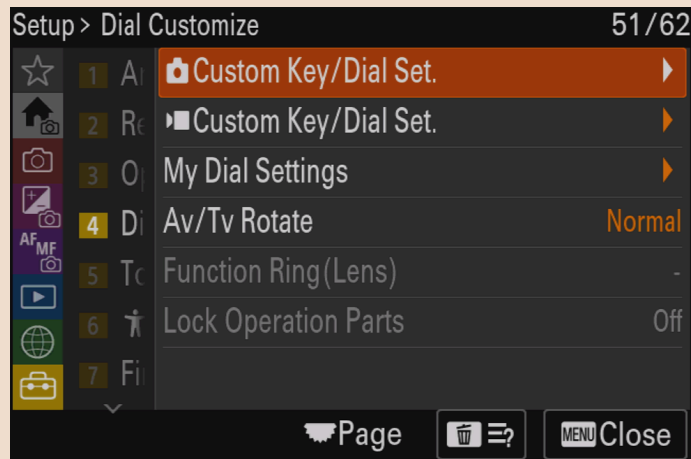
In the **Lens** menu I left all buttons as default.

**Dial/Wheel menu** – Assign the 4 wheels/dials to your liking

- *I don't use exposure compensation, so I like to assign that dial to ISO. This layout let's me very quickly adjust my settings.*
- **1. Front Dial** – AV (Aperture)
- **2. Top Dial L** – TV (Shutter Speed)
- **3. Top Dial R** – ISO
- **4. Control Dial (Rear)** – TV (Shutter speed) – *Could assign something else here*



## 4. Setup → Dial Customize



**Custom Key/Dial Set. (Stills)** – We have already set this up in the previous menu

**Custom Key/Dial Set. (Video)** – We have already set this up in the previous menu

**My Dial Settings** – Customize which settings you control with the dials

**Av/Tv Rotate** – *Normal* – Set the direction of rotation for the front dial, rear dial L, rear dial R, or control wheel

**Function Ring (Lens)** – Assign a function (like ISO, WB, etc.) to the lens control ring - *if supported*

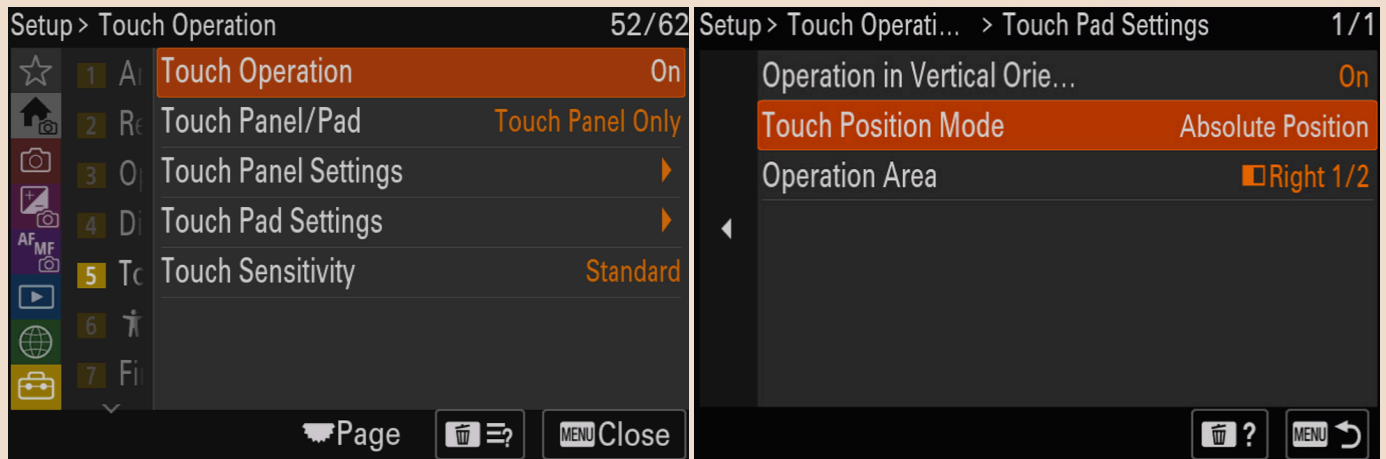
**Lock Operation Parts** – *Off* – Lock buttons/dials to prevent accidental changes





## 5. Setup → Touch Operation

## submenu: Touch Pad Settings



*I left everything as default in this menu*

**Touch Operation** – *On* – Turn the touchscreen on or off

**Touch Panel/Pad** – *Both Valid* – Decide if the screen works as a touch panel, a touch pad, or both

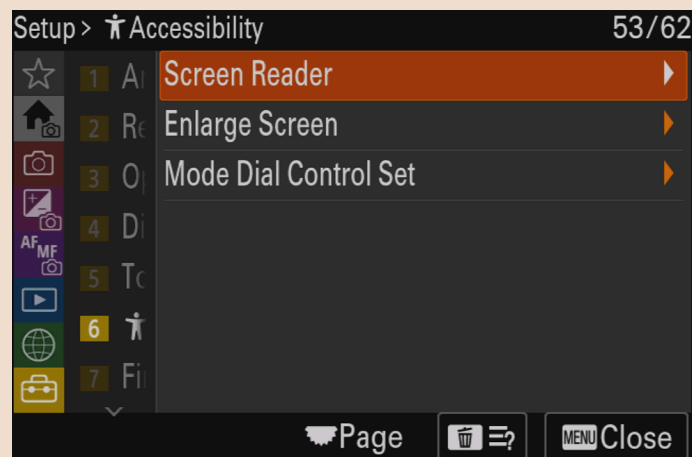
**Touch Panel Settings** – Adjust touch behaviour

**Touch Pad Settings** – Select areas on LCD to move AF points for instance

**Touch Sensitivity** – *Standard* – Set how responsive the touchscreen is

## 6. Setup → Accessibility

## All left as default

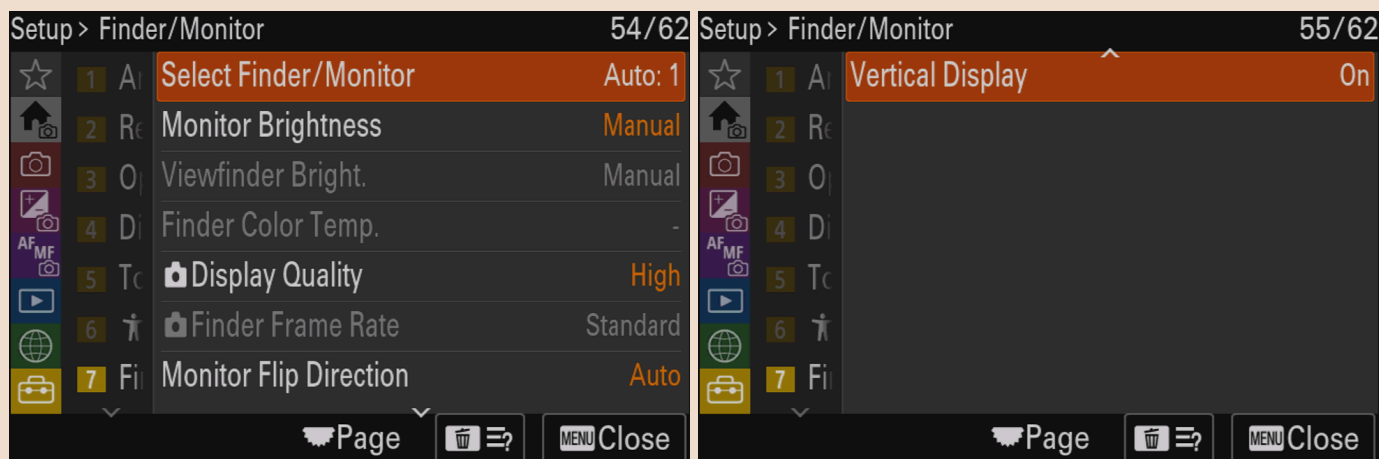


**Screen Reader** – Turns on voice guidance for menus and settings

**Enlarge Screen** – Magnifies menus and text for easier viewing

**Mode Dial Control Set** – Choose which modes the mode dial can access





**Select Finder/Monitor** – Auto: 1 – Choose auto switch, monitor only, or viewfinder only

**Monitor Brightness** – Manual – Adjust LCD brightness

- *I like to have the screen very bright for easy viewing in sunlight*

**Viewfinder Bright.** – Auto – Adjust EVF brightness

**Finder Color Temp.** – Fine-tune EVF color temperature

**Display Quality** – High – Select standard or high display quality

**Finder Frame Rate** – Choose between standard or high refresh rate for smoother viewing

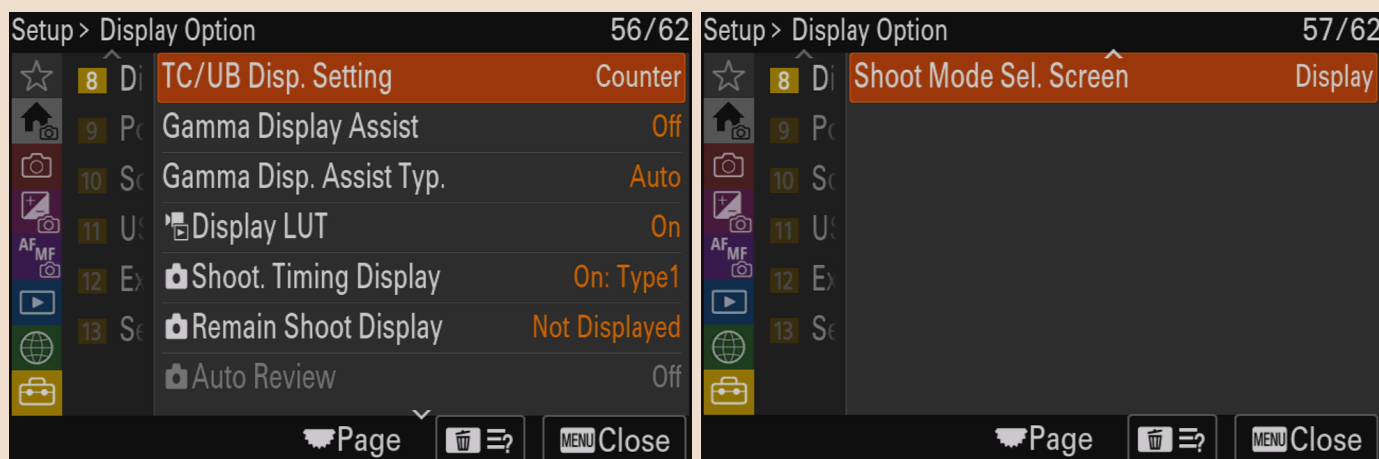
**Monitor Flip Direction** – Auto – Set how the display image rotates when the LCD is flipped

**Vertical Display** – On – Enable or disable auto-rotation for vertical shooting



## 8. Setup → Display Option

All left as default



**TC/UB Disp. Setting** – Choose how timecode/user bit info is shown

**Gamma Display Assist** – *Off* – Apply a preview LUT for easier viewing when shooting in log

**Gamma Disp. Assist Typ.** – *Auto* – Select the assist type or profile

**Display LUT** – *Off* – Load or apply a custom LUT for preview

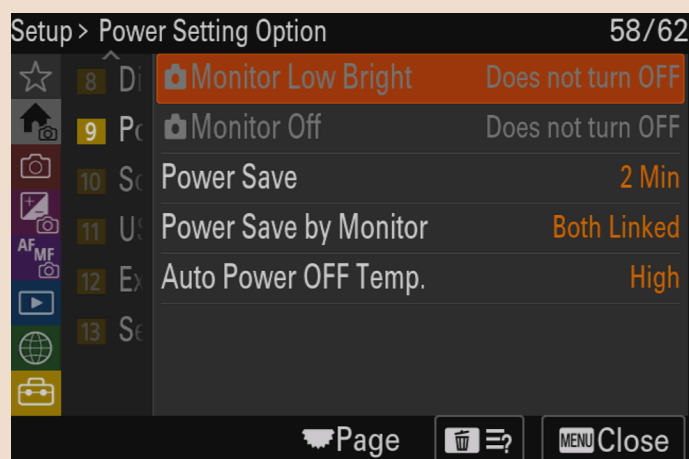
**Shoot. Timing Display** – *On: Type 1* – Show shooting timing indicators

**Remain Shoot Display** – *Not Displayed* – Display remaining recording or shooting capacity

**Auto Review** – *Off* – Set how long an image is shown after capture

**Shoot Mode Sel. Screen** – *Display* – Choose whether the shooting mode selection screen appears when changing modes

## 9. Setup → Power Setting Option



**Monitor Low Bright** – Automatically reduces brightness

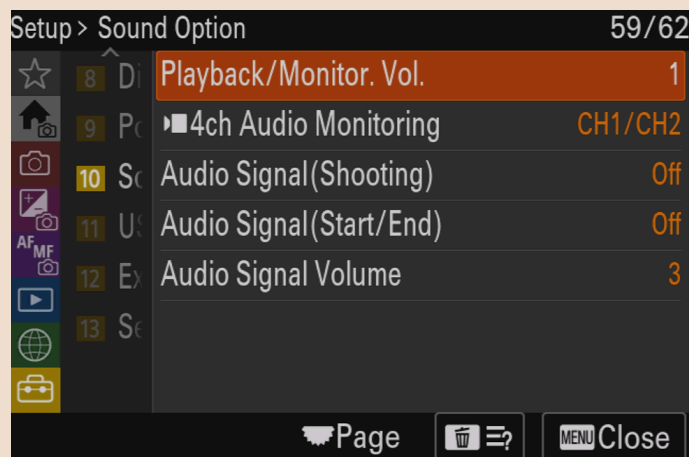
**Monitor OFF** – Automatically turns the monitor off to save power

**Power Save Start Time** – Time before camera enters power-saving mode

**Power Save by Monitor** – Dim/disable monitor – *linked to settings above*

**Auto Power OFF Temp.** – *High* – Delays overheating shutdown for longer recording

## 10. Setup → Sound Option



**Playback/Monitor Vol.** – Adjust the volume for playback and monitoring

**Audio Monitoring** – Enable/ disable live audio monitoring during recording

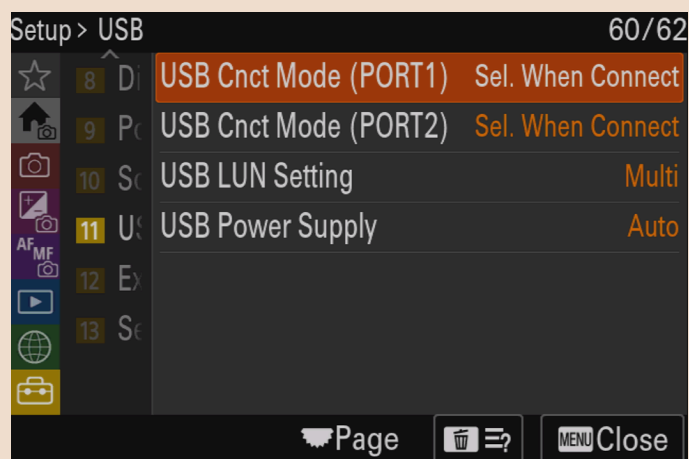
**Audio Signal (Shooting)** – Turn on or off audio beeps & **shutter sounds** while shooting

- *I like to use a very quiet shutter sound, but disable all other sounds*

**Audio Signal (Start/End)** – Enable sound at start and/or end of recording

**Audio Signal Volume** – Adjust volume level of the camera's audio signals

## 11. Setup → USB



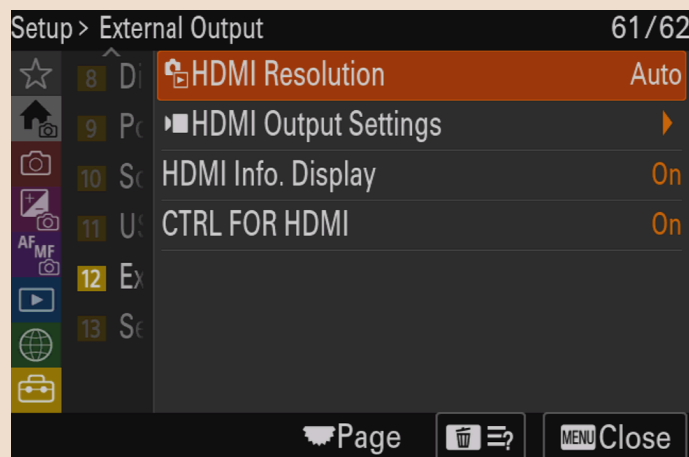
**USB Connection Mode** – Choose how the camera communicates with a computer (e.g., PC Remote, Mass Storage)

**USB LUN Setting** – Select whether a single or multiple logical units are exposed over USB

**USB Power Supply** – Enable or disable USB power delivery to the camera



## 12. Setup → External Output



**HDMI Resolution** – Set the output resolution for HDMI video

**HDMI Output Settings** – Choose signal format, colour depth, and range for HDMI

**HDMI Info. Display** – *On* – Show camera info overlays on the HDMI output

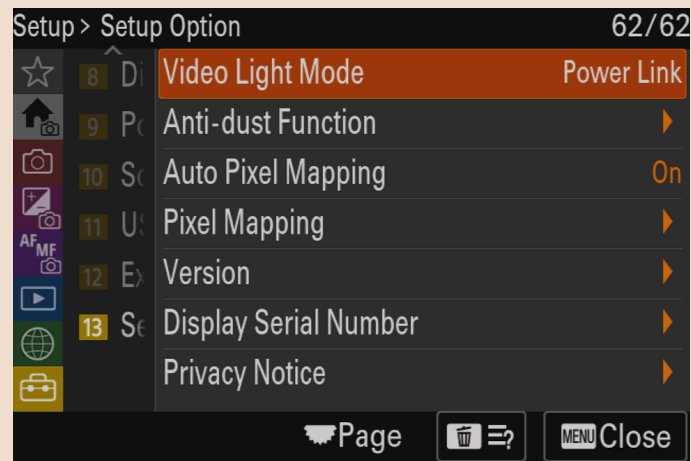
- *Turn off for clean HDMI video output*

**CTRL FOR HDMI** – *On* – Enable control of the camera via HDMI devices





### 13. Setup → Setup Option



**Video Light Mode** – Select how the camera’s video light operates

**Anti-dust Function** – Activate sensor cleaning to remove dust from the image sensor

**Auto Pixel Mapping** – Automatically detect and correct defective pixels

**Pixel Mapping** – Manually map and correct defective pixels

**Version** – Display the camera’s firmware version

- This is where you update the firmware
  - *Select Body or Lens and click right to update FW.*

**Display Serial Number** – Show the camera’s serial number on screen

**Privacy Notice** – View information about data privacy and usage







# **VIDEO** **SETUP**

*To access the video menu, change the  
A7V to video mode  
(switch under upper dial)*



***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 or don't require changes.

# LIGHT GREY 'MY MENU'

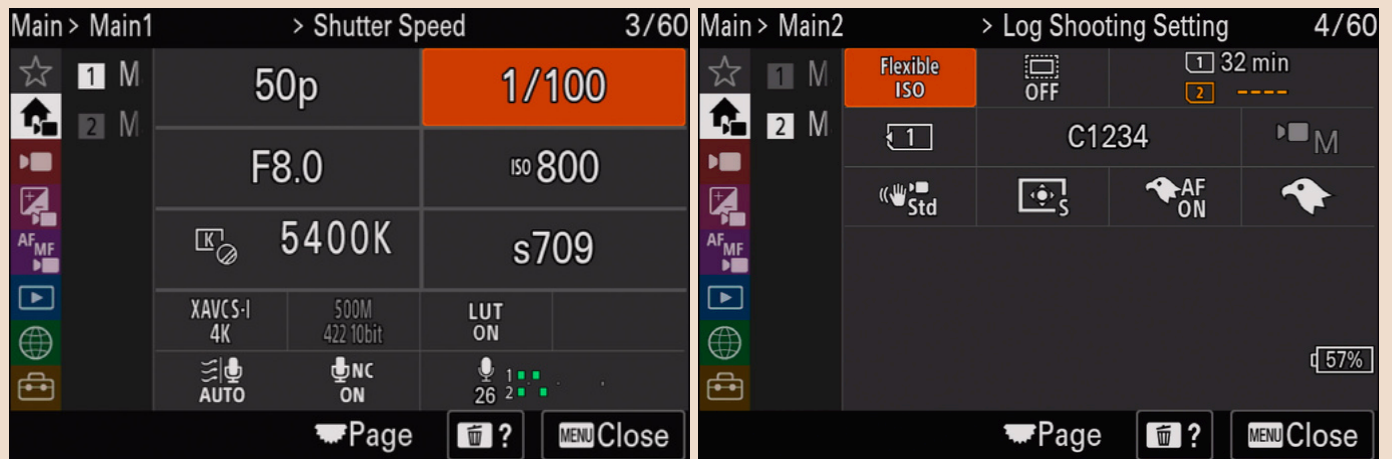
**This menu lets you create a *personalised menu page with your most-used settings and functions*.** It's designed to give you quick access to the features you use most, all in one place.

**The menu is the same for photo and video.**

# WHITE VIDEO 'MAIN' MENU

**This menu tab shows a list of shooting settings. You can confirm the settings before shooting and also change the settings directly from this screen.**





**Main** – Gives you a quick overview of core shooting settings

- *Make quick changes by adjusting each tab if needed*
- *All these settings can also be adjusted within the menu or the camera's dials and buttons*

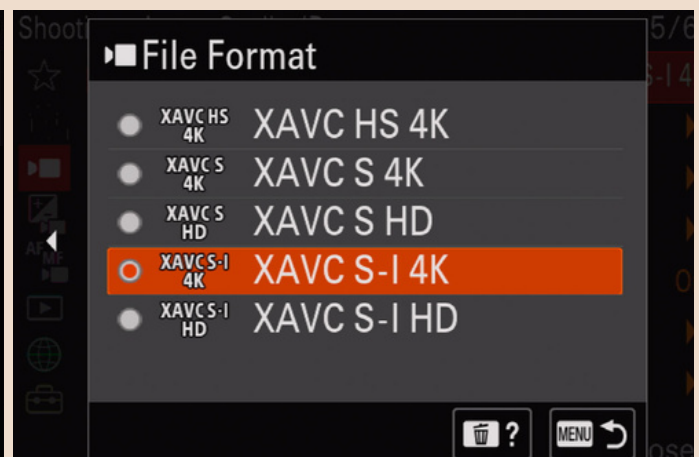
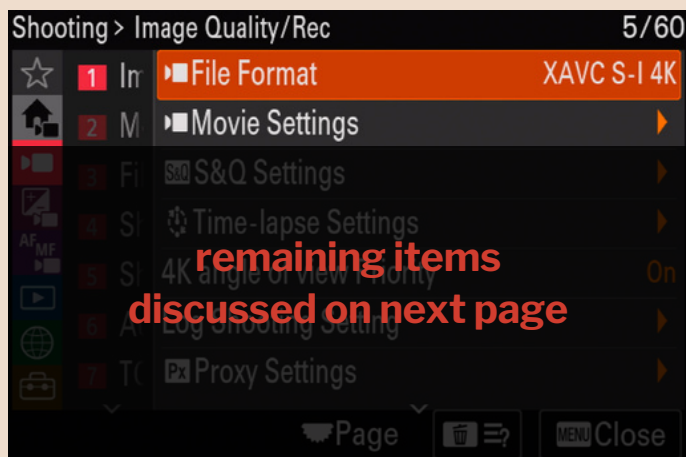


# RED VIDEO MENU

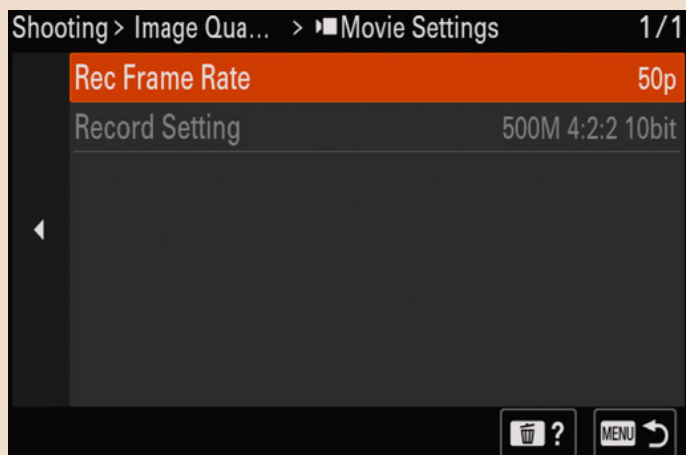
**This menu controls your *video recording settings* –**  
such as resolution, frame rate & compression format.  
It's where you set up how your camera captures video.

## 1. Shooting → Image quality/Rec

### submenu: File Format



### submenu: Movie Settings



### submenu: Rec Frame Rate



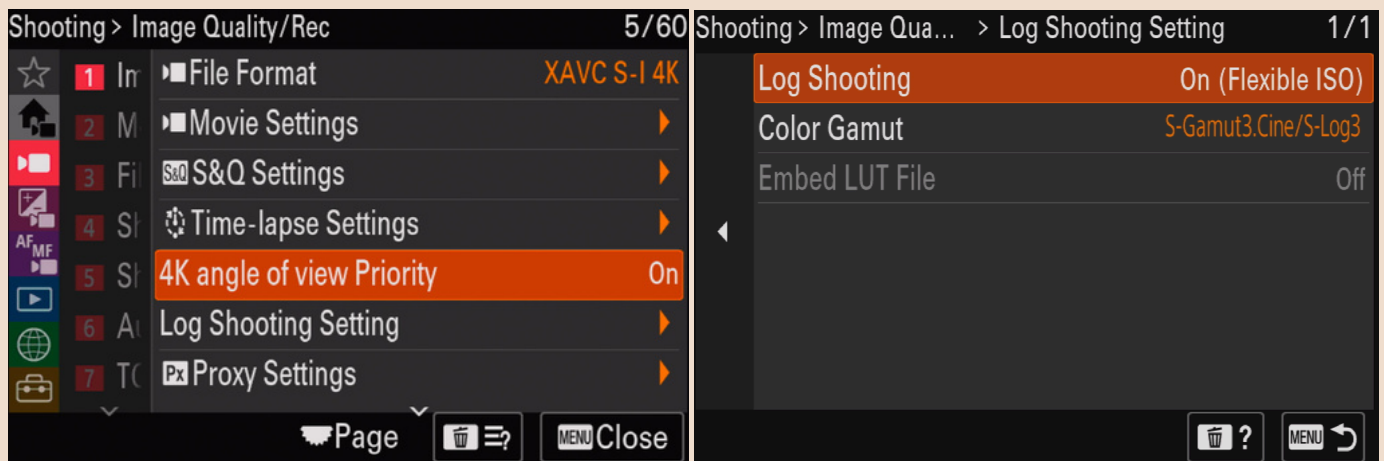
The first menu lets us select a large variety of recording options. We have to select **'File Format'**, **'Rec Frame Rate'** & **'Recording Setting'** (bit depth & quality). Those three combined determine our video output.

**File Format** – Choose movie recording format

- Depending on the codec selected here, different quality and recording options will be available in the other menus.
  - I like to use XAVC-S-I 4k for very high quality recording (large files)*
  - Select XAVC-S 4k for smaller files and more recording options like 100/120p slow motion*
  - XAVC HS will give you smaller and more compressed files*
- Save different recording options to custom modes (Memory Recall 1,2,3), to quickly switch between them*

**Movie Settings** – Select Frame Rate & Record Setting (Quality)

- I like to use XAVC-S-I 4:2:2 10bit 50/60p for great video quality*
- For most, XAVC-S or HS 4:2:2 10bit may be sufficient and will result in smaller files, or 8 bit 4:2:0 for even smaller files*
- For animals I prefer to shoot in 4k 50/60p, 25/30p for people*
- If Movie Settings does not show 100/120p option, change codec*



### S&Q Settings – Configure Slow & Quick Motion recording

- In camera slow-motion and time lapse
  - Select with Dial on camera to access

### Time-lapse Settings – Set up interval shooting for time-lapse movies

**4k Angle of view Priority** – Choose to shoot 4k full frame or with a small crop and noise reduction applied

*Next we have the option to enable Log shooting*

### Log Shooting Setting – Enable log profiles for advanced colour grading

- *Log files have maximum dynamic range (minimal contrast), but require more extensive editing*
- *For most casual users, leaving log off and selecting a ‘Creative Look’ is likely sufficient and will make editing much easier or sometimes unnecessary*

Personally I always shoot in Log, which gives me the best possible image quality

### To enable Log shooting

- Go to log Shooting Setting and in the submenu:
  - Set Log Shooting to On
  - Select Colour Gamut - *I like S-Log 3*

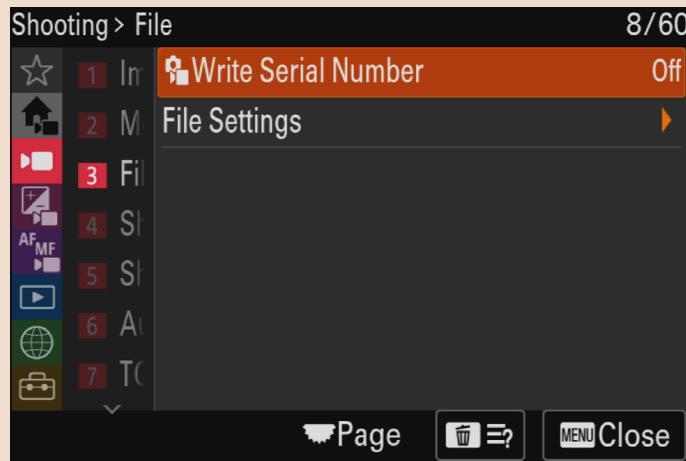
**Proxy Settings** – Record lower-resolution proxy files alongside main video for easier editing

**APS-C/Super 35 Shooting** (not pictured) – Switch to a cropped APS-C/Super 35 recording mode for extra reach

**Lens Compensation** (not pictured) – *All OFF* – Adjust in-camera corrections for lens issues like shading (vignetting), chromatic aberration, and distortion



### 3. Shooting → File



**Write Serial Number** – Choose whether the camera writes the body's serial number into recorded files

**File Settings** – Control movie file naming, folder creation, and related storage options



Log File | not graded |  
*You can see the need for editing with these  
files, but it gives max. dynamic range*



*This next menu is an important one, here we can set up our custom shooting modes (memory/recall) and also register custom shooting settings, which we will assign to a special button later on.*

**Exposure Ctrl Type – M** – Choose how exposure is controlled in video

**Recall Camera Setting** – Load previously saved settings

**MR Camera Set. Memory** – This function lets you store your current camera setup, including menu settings, shutter speed, and more into one of the three custom video shooting modes (1, 2, or 3 on the top dial).

- *You can save separate sets for photo and video mode. This is extremely useful for quickly switching to a complete set of preferred settings without having to adjust anything manually.*
- *On the A7V, I save my most-used photo settings to slot 1 in photo mode, and my most-used video settings to slot 1 in video mode. This way, I can simply turn the small switch under the top dial from photo to video, and instantly load the right settings for each.*
- **To register, dial in all settings you want, go to ‘Camera Set. Memory’, then select 1,2 or 3 at the top and press ok to confirm**
- *This is also great to register different frame rates to different modes, so you can just turn the dial on top instead of coming back into the menu to switch from 50p to 100p for instance.*
- *I like 50/60p for animals, 100/120p for slowmotion & 25/30 for people*

**Shoot Mode** – Select exposure mode (P/A/S/M, etc.) – Set on dial

**S&Q Shoot Mode** – Choose to shoot slow-motion and quick-motion movies or time-lapse movies when the Still/Movie/S&Q dial is set to S&Q

**MR Memory/Recall Media** – Save or load MR settings from memory card

## 6. Shooting → Audio Recording



**Audio Recording** – Turn on/off in-camera audio recording

**Audio Rec Level** – Adjust microphone recording level

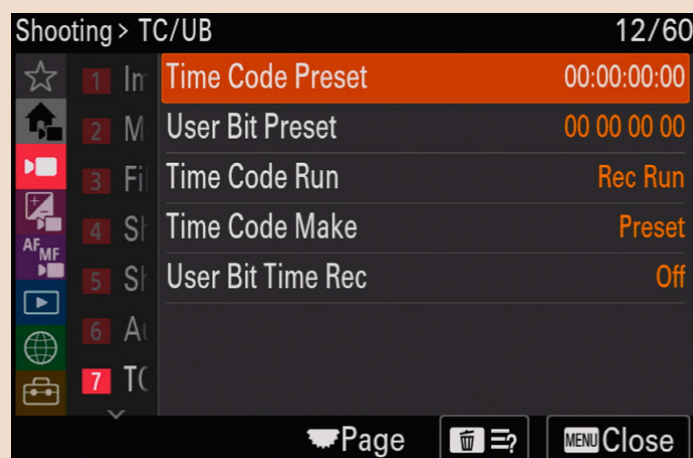
**Audio Out Timing** – Choose live or lip-sync audio monitoring

**Audio Noise Reduct** – Reduce wind noise when using built-in mic

**MI Shoe Audio Set** – Configure settings for microphones or audio devices connected via Multi-Interface Shoe

## 7. Shooting → TC/UB

**All left as default**



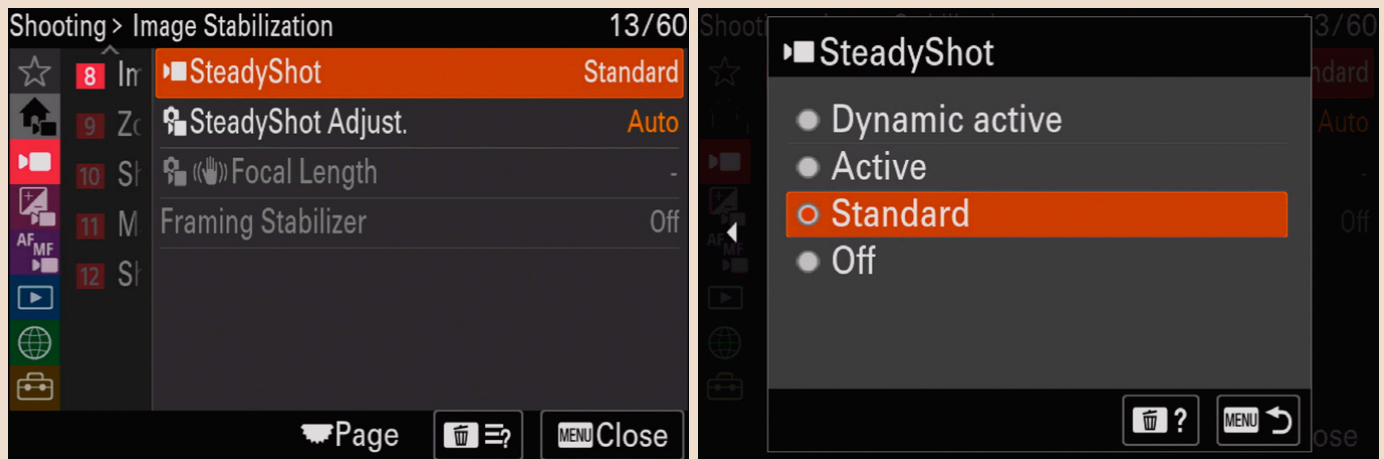
**Time Code Preset** – Set the starting value for time code

**User Bit Preset** – Sets custom user bit data (e.g., timecode metadata) for video recording, allowing you to embed specific identification or organisational information in the footage for post-production

**Time Code Run** – Choose free run or rec run for how time code advances

**Time Code Make** – Select drop frame or non-drop frame format

**User Bit Time Rec** – Record user bit data along with time code



**SteadyShot** – Turns image stabilisation on or off

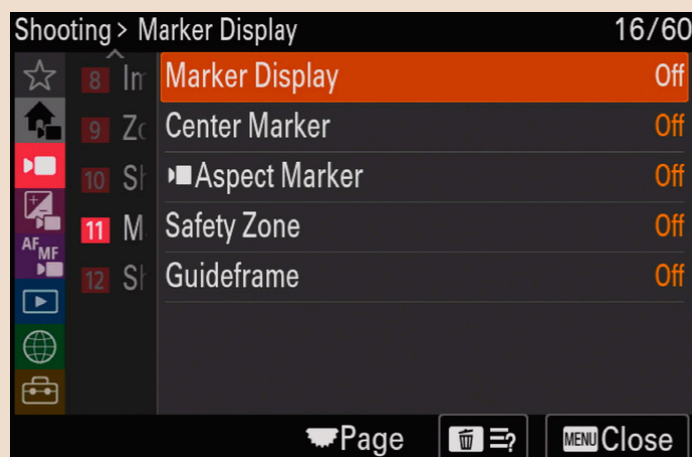
- *Select stabilisation mode*
- *I like to use Standard, but it's more shaky*
- *Active & Dynamic Active are more stable, but crop into your footage a fair amount and can also display robotic movement at times*

**SteadyShot Adjust** – Choose between automatic or manual focal length input for stabilisation

**Focal Length** – Manually enter focal length when using non-electronic or adapted lenses

**Framing Stabilizer** – Helps keep subject centered and stable in the frame while shooting

## 11. Shooting → Marker Display All Off



**Marker Display** – Turns visual markers on or off in the display

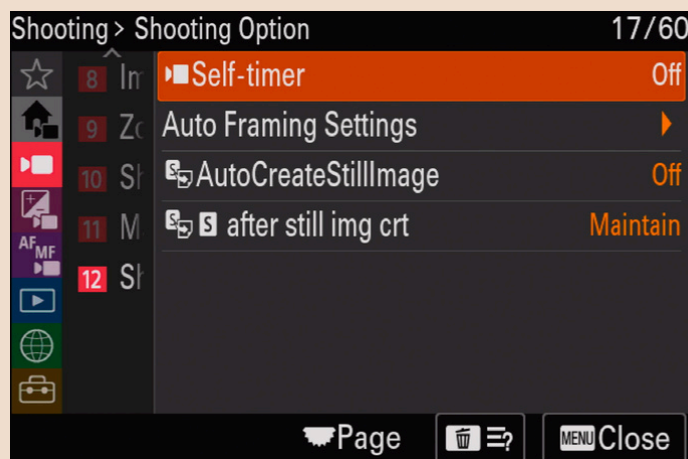
**Center Marker** – Shows a marker in the center of the frame for alignment

**Aspect Marker** – Adds frame lines to preview different aspect ratios

**Safety Zone** – Displays a safe area guide to ensure important content stays visible on all screens

**Guideframe** – Shows a grid overlay to help with composition and leveling





**Self-timer** – Sets a delay before the shutter is released

**Auto Framing Settings** – Lets the camera automatically reframe your subject for better composition and movement within videos with a static camera

**Auto Create Still Image** – Creates still images automatically from recorded video content

**After Still Image Create** – Chooses what happens after an auto still image is created



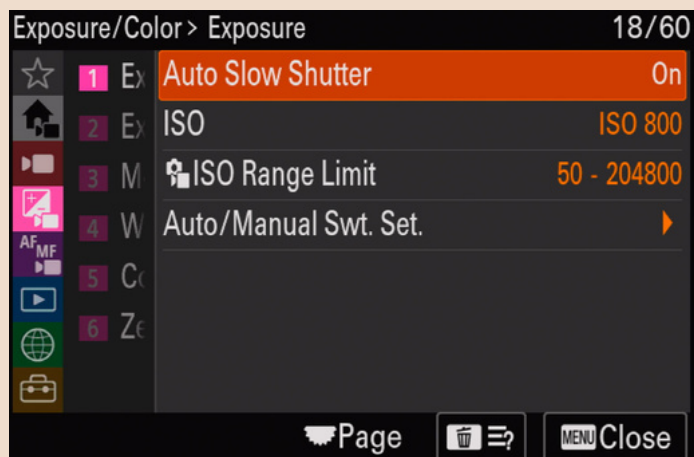
Zebra Display

# PINK VIDEO MENU

**This menu handles everything related to exposure.**

We will make a few changes here.

## 1. Exposure/Color → Exposure All left as default



**Auto Slow Shutter** – Automatically lowers shutter speed in low light to brighten movies

**ISO** – Set ISO value or AUTO ISO

**ISO Range Limit** – Sets the minimum and maximum ISO values the camera can use

**Auto/Manual Switch Setting** – Configures how the camera switches between auto and manual controls

## 3. Exposure/Color → Metering



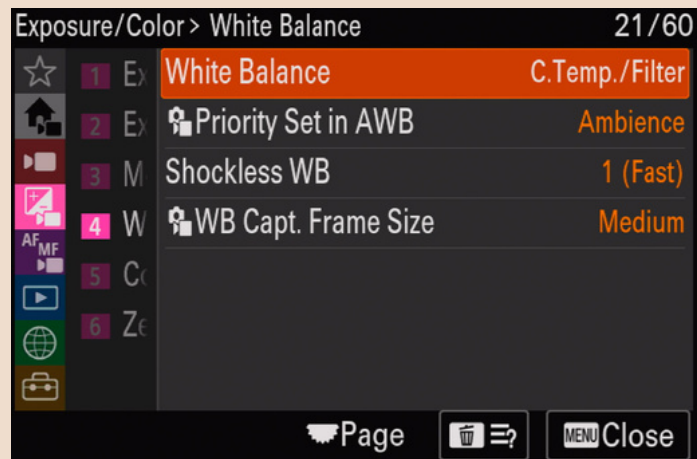
**Metering Mode** – Chooses how the camera measures light in a scene

- I usually choose Multi for balanced result

**Face Priority in Multi Metering** – Gives exposure priority to faces when metering

**Spot Metering Point** – Sets whether spot metering follows the focus point or stays in the center

## 4. Exposure/Color → White Balance



**White Balance** – Adjust colour temperature to match lighting conditions

- 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

**Priority Set in AWB** – Ambience – Choose if Auto White Balance favors white tones or warmer ambience

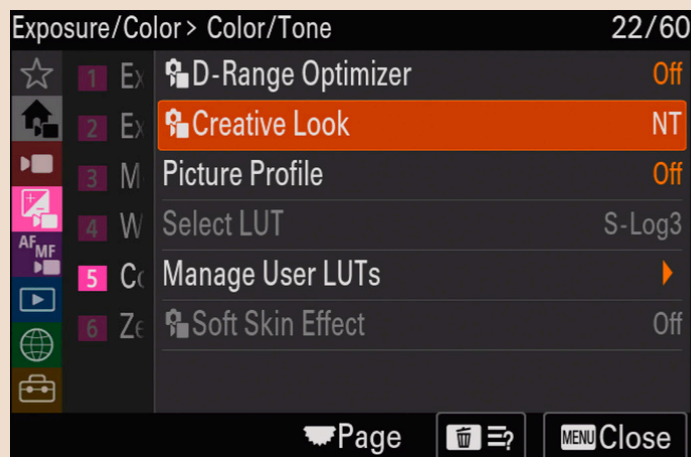
**Shockless WB** – Smooths out white balance shifts when lighting changes suddenly - choose a slower setting for better transitions

**WB Capt. Frame Size** – Large – Set the size of the area used when capturing a custom white balance





## 5. Exposure/Color → Color Tone



**D-Range Optimizer** – Adjusts shadows and highlights for balanced exposure - *will not work with Log*

**Creative Look** – Image look of video files – Greyed out if LOG is active

- Choose *standard* or *neutral* for a softer video look
- Don't apply too much sharpening, as files may look oversharpened

**If you are shooting in Log, most of this menu will be greyed out**

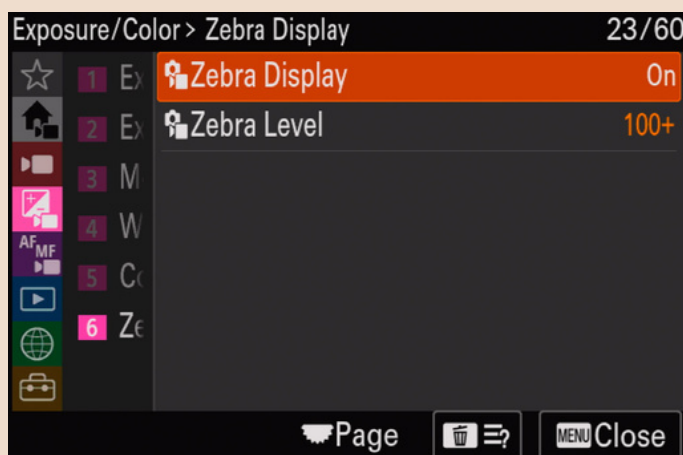
**Picture Profile** – Off – Configure advanced colour and gamma settings for recording

**Select LUT** – Choose a Look-Up Table (LUT) for preview or grading

**Manage User LUTs** – Add, delete, or organize custom LUTs

**Soft Skin Effect** – Smooths skin tones for a polished appearance

## 6. Exposure/Color → Zebra Display



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

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

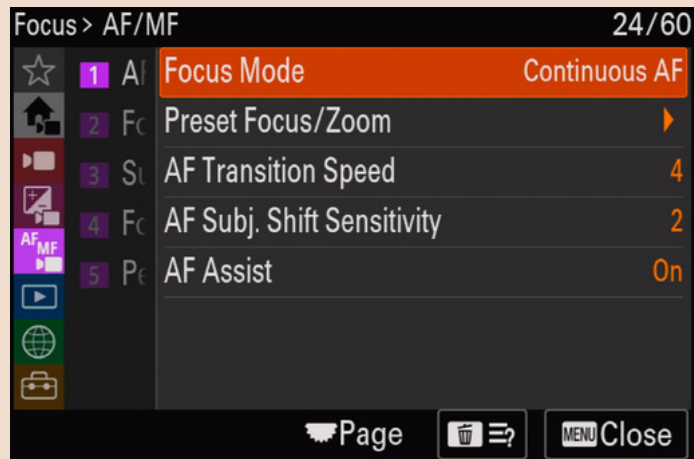
**Zebra Level** – 100+ – Highlights areas at peak brightness (100% exposure)

# PURPLE 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.**

## 1. Focus → AF/MF



**Focus Mode** – Continuous AF – during movie recording; keeps subjects in focus as they move – **camera never stops focusing**

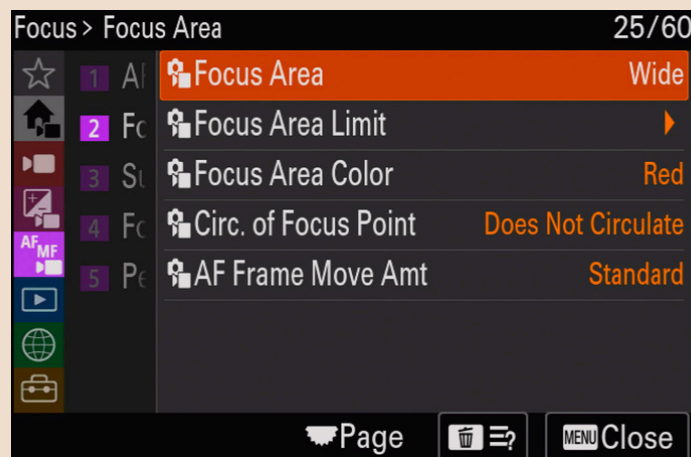
**Preset Focus/Zoom** – Stores and recalls a preset focus position and/or zoom setting

**AF Transition Speed** – 4 – Controls how quickly the autofocus moves between subjects - *Slower for smoother transitions*

**AF Subject Shift Sensitivity** – 2 – Adjusts how easily the camera switches focus from one subject to another – *more locked on should help here*

**AF Assist** – Off – Turns on/off the autofocus assist light for low-light

## 2. Focus → Focus Area



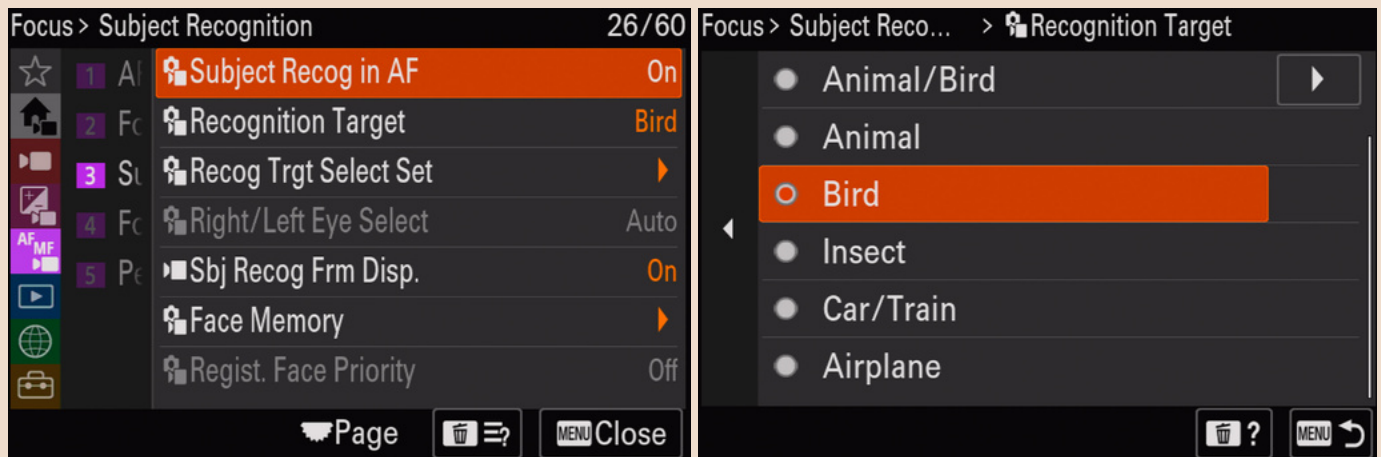
**Focus Area** – Wide – tracks subject all over EVF – great for movies – alternatively choose smaller zone

**Focus Area Limit** – Limit available 'Focus Areas' – I remove most and only keep a few that I use: Wide, Zone, Spot

**Focus Area Color** – Set the colour of the focus point/frame for visibility

**Circ. of Focus Point** – Does Not Circulate – AF point moves edge to edge

**AF Frame Move Amt** – Standard – Sets how far the focus point moves with each control input (Small/Standard)



**Subject Recog in AF** – *On* – Turns subject recognition autofocus on

**Recognition Target** – *Bird* – Chooses which subjects to detect

- *Click right to enter submenu and select target*
- *No sub settings in video mode*
- *Except when choosing Animal/Bird – You can select priority subject*

**Recog Trgt Select Set** – Limit selection targets if desired

**Right/Left Eye Select** – *Auto* – Prioritize left/right eye

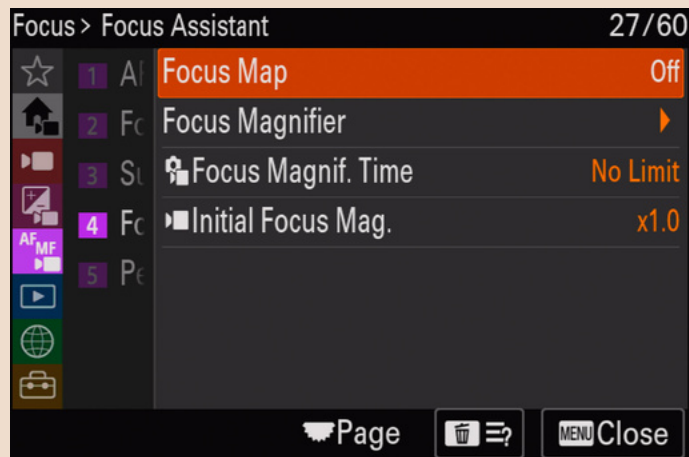
**Sbj Recog Frm Disp.** – *On* – Displays a recognition frame around detected subjects in the viewfinder/screen – see if you like that or not

**Face Memory** – Stores specific faces so the camera can prioritize them in future shots

**Regist. Face Priority** – Gives priority focus to registered faces when multiple are detected



## 4. Focus → Focus Assistant



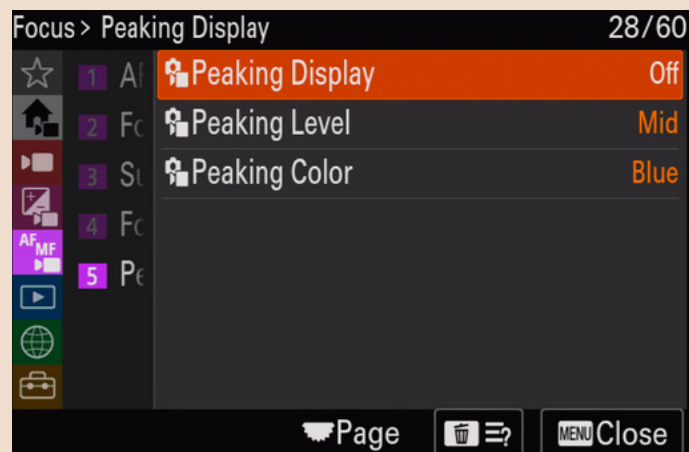
**Focus Map** – Displays a color overlay showing depth of field and focus range

**Focus Magnifier** – Magnifies the selected area to check precise focus

**Focus Magnif. Time** – Choose how long magnification stays active

**Initial Focus Mag.** – Set the initial zoom level when magnifying focus

## 5. Focus → Peaking Display



**Peaking Display** – *Off* – Highlights in-focus edges in a chosen colour to assist manual focusing

- Helpful for MF in video

**Peaking Level** – Adjusts the sensitivity of focus peaking (low, mid, high)

**Peaking Color** – Sets the highlight colour for peaking e.g. blue

# 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.*

# GREEN VIDEO MENU

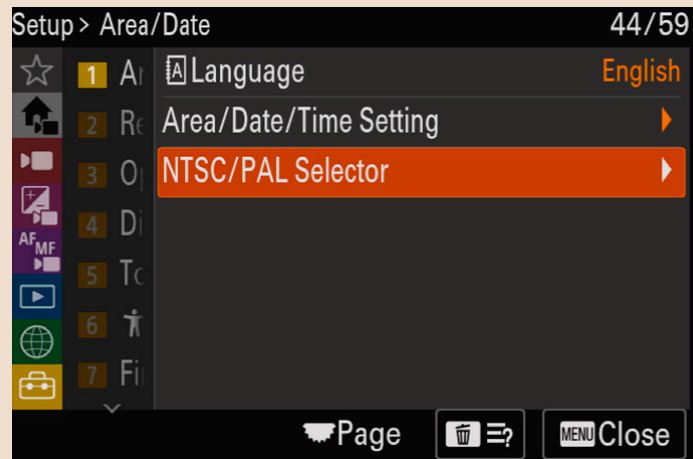
*No changes have been made to the green menu in video mode compared to what we've done already in photo mode.*

# 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.



## 1. Setup → Area/Date



**Language** – Select the display language for menus and messages

**Area/Date/Time Setting** – Set your location, date, and time

**NTSC/PAL Selector** – Switch video format for your region (NTSC for Americas/Japan, PAL for Europe/Australia)

- **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



### 3. Setup → Operation Customize



**Custom Key/Dial Set. (Stills)** – Set up custom buttons and dials for stills

**Custom Key/Dial Set.** – Set up custom buttons and dials (Video)

- *I leave most buttons as default/same as stills for video, because we set up fully automatic tracking AF, which works great (we have set this up already)*

**Custom Key Setting (Playback)** – default – Set up custom buttons and dials

**Fn Menu Settings (Stills/Video)** – Customize the function (Fn) menu layout

**Fn Menu Settings (Playback)** – Customize the function (Fn) menu layout

**Different Set for Still/Mv** – Use separate settings for stills & movies

- *I select all options, but not all settings can be selected (like AF area), so we can use memory recall we have set up in the **red menu #4**, as work around*

**DISP (Screen Disp) Set** – default – Select what information is shown on the LCD or in the viewfinder

- *Select what options are cycled through when pressing DISP (up on rear dial) – adjust to your liking*

**REC w/ Shutter** – Start/stop video recording using the shutter button

- *I always turn this on*

**s with Shutter Button** – Add Shot Marks by pressing the shutter button during video recording

- *Greyed out if Rec w/ Shutter is on*

**Zoom Ring Rotate** – Set the zoom ring's rotation direction



# You've made it!



I hope my guide has helped you finding the best settings for your **A7V**. 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!**



**Next-Gen Photoshop Class**

**Lightroom Class**

or

**Or roam the rest of my shop for more photography courses!**



# 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 other setup videos as an additional resource or find me on my other platforms. You can always say hi.

***Find me and contact me here:***



@jan\_wegener\_



Jan Wegener



jan\_wegener\_



Jan Wegener



janwegener.com

**That is all for now! See you online or in the field!**  
**Sending you all much love.**





This document is the intellectual property of Jan Wegener.  
Unauthorized distribution of this document is strictly prohibited.

© Copyright 2025 @ Jan Wegener. All rights reserved.