

SONY
A7RVI



SETUP GUIDE

by

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Welcome!



The **A7RVI** 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.

PHOTO SETUP	7
Light Grey ‘My Menu’	8
1. My Menu	9
White ‘Main’ Menu	10
1. Main	11
Red Shooting Menu	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
Pink Exposure Menu	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

Yellow Setup Menu	45
1. Area/Date - Select Video Standard	46
2. Reset/Save Settings (this is where you will install my setup file)	47
3. Operation Customize - Custom/Emergency Button Setup	48-56
4. Dial Customize	57
5. Touch Operation	58
6. Accessibility	58
7. Finder/Monitor	59
8. Display Option	60
9. Power Setting Option	60
10. Sound Option	61
11. USB	61
12. External Output	62
13. Setup Option	63

VIDEO SETUP	64
--------------------	----

Light Grey ‘My Menu’	65
-----------------------------	----

White ‘Main’ Menu	66-67
--------------------------	-------

1. Main	67
---------	----

Red Video Menu	68
-----------------------	----

1. Image Quality/ Rec	69-70
3. File	71
4. Shooting Mode	72
6. Audio Recording	73
7. TC/UB	73
8. Image Stabilization	74
11. Marker Display	74
12. Shooting Option	75

Pink Video Menu	76
1. Exposure	77
3. Metering	77
4. White Balance	78
5. Color Tone	79
6. Zebra Display	79
Purple Video menu	80
1. AF/MF	81
2. Focus Area	81
3. Subject Recognition	82
4. Focus Assistant	83
5. Peaking Display	83
Blue Video Menu	84
Green Video Menu	85
Yellow Video menu	86
1. Area/Date - Select Video Standard	87
3. Operation Customize	88

You've made it – <i>Closing thoughts and an invitation to my masterclasses</i>	89
Find me here – <i>Let's stay in touch</i>	90

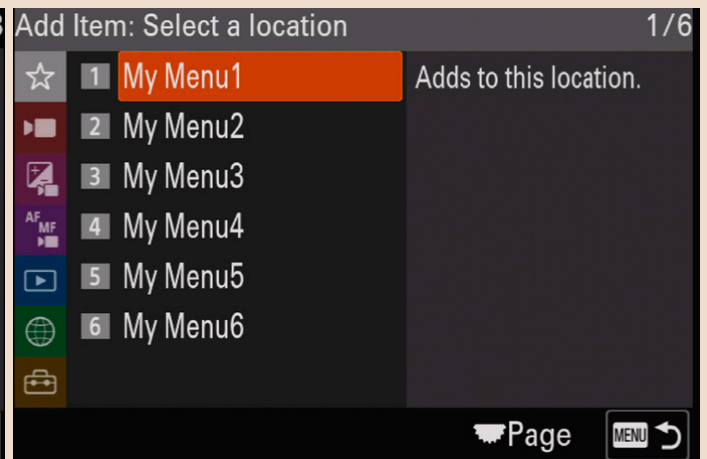
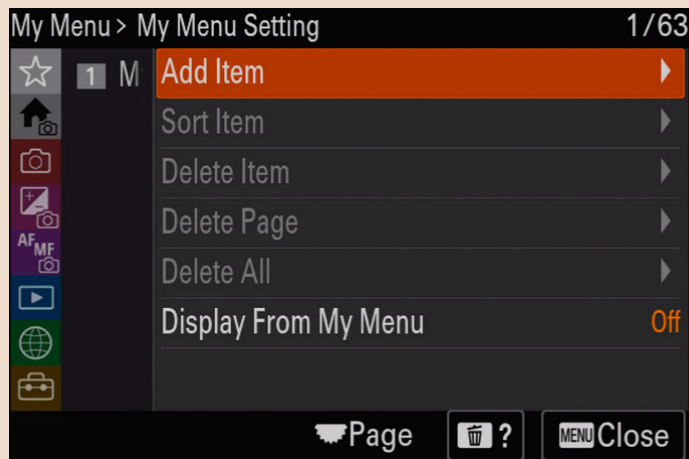
PHOTO SETUP



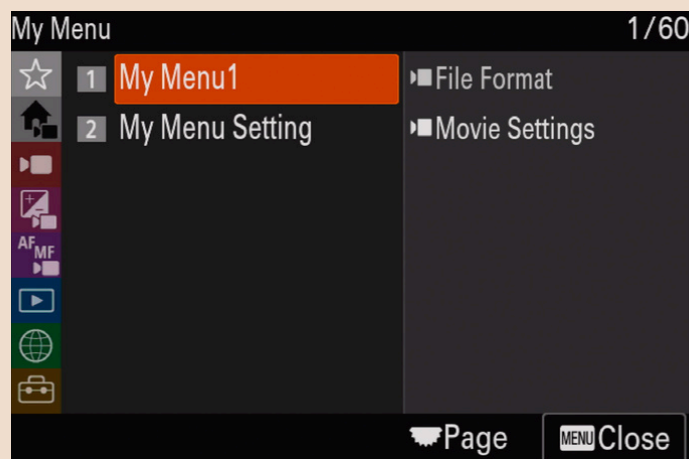
LIGHT GREY 'MY MENU'

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



You can press the bin button/icon (rear of camera) while being in the menu as a short-cut to add an item to 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 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*



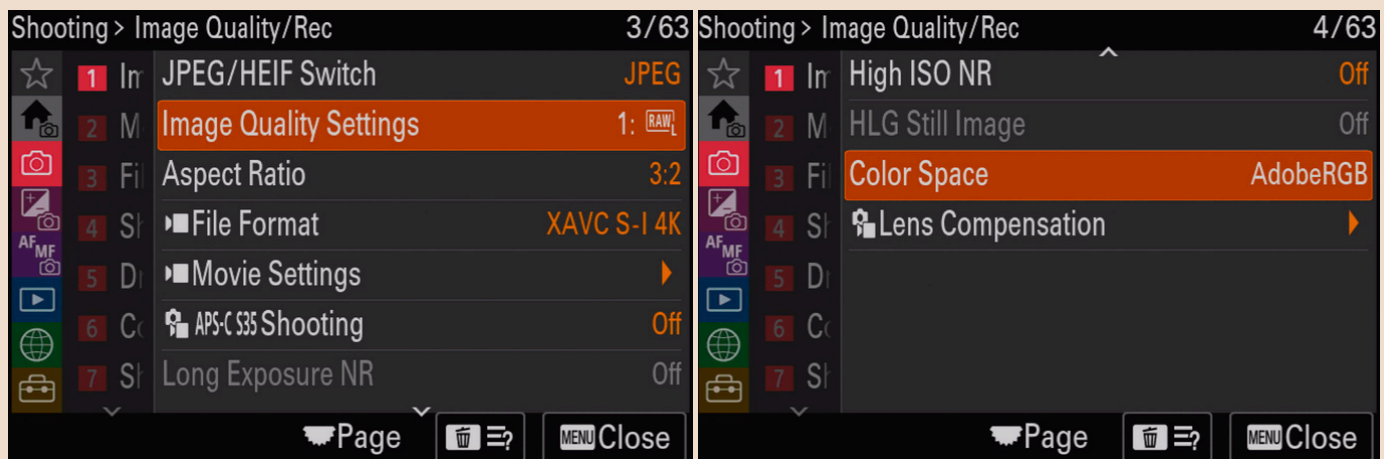
A7RVI | 400-800 | 1.4X TC | ISO 3200 | F11 | 1/400

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
 - **Compressed** files are smaller with still decent quality and give a **larger buffer, more AF calculations & faster readout speed**
- On the A7RVI, using compressed RAW has noticeable advantages, even with the image quality dropping to 12 bit

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



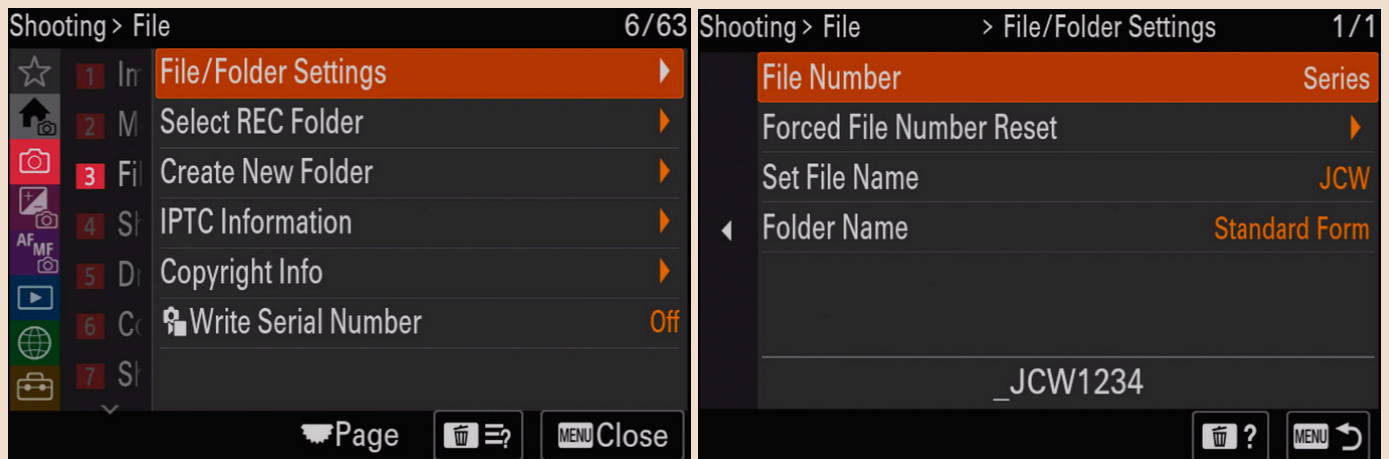
Format – Erases and prepares memory card

- *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 1st card is full, it instantly keeps writing on second card, otherwise you will not be able to record onto card 2, unless you change the slot for photos*
- *For important work select 'Simult. Recording'. In this case use 2 CFexpress cards or slower SD card will become a bottleneck*
- *'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 in the bottom section*

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

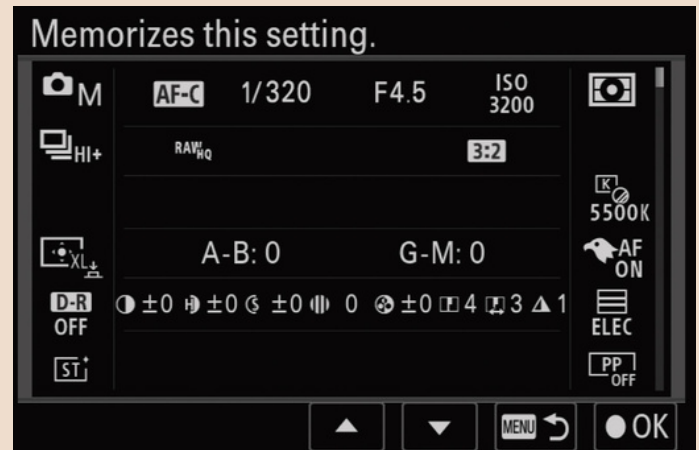
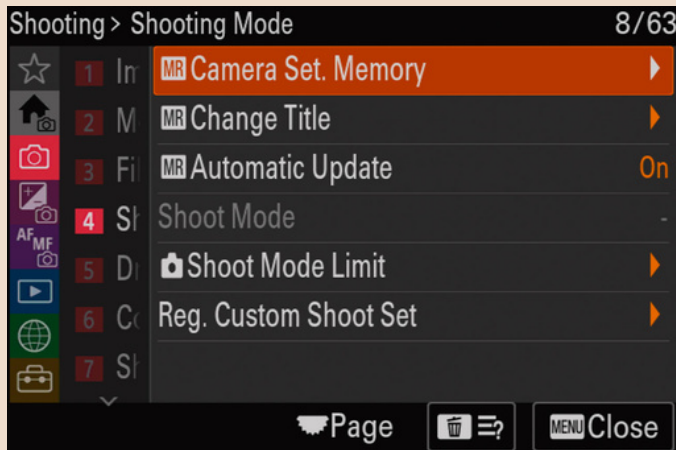
Copyright Info – Add photographer credit info

Write Serial Number – Off – Embed camera serial in files



4. Shooting → Shooting Mode

→ submenu: Camera Set. Memory



→ submenu: Save MR & Name



In this important menu we can set up our custom shooting modes (memory/recall) and also register custom shooting settings we will assign to a button later on

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

On the A7RVI you can save over 10 Memory recalls. To register:

- **Select ‘Camera Set. Memory’, confirm the settings to memorise and then select which MR slot to save them to and rename to identify**
- Slot 1 & 2 can be accessed via the top dial directly (1,2), the others can be selected via the * on the top dial

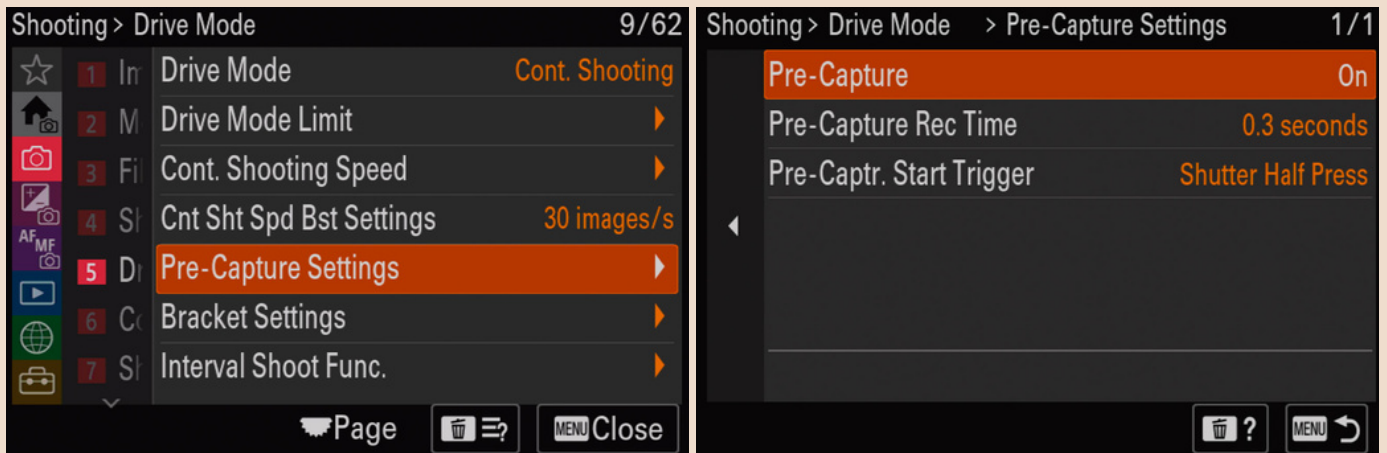
You can save separate sets for photo and video mode. This is extremely useful for quickly switching to a complete set of preferred settings without having to adjust anything manually.

- *On the A7RVI 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 mode.*

MR Automatic Update – ON - Enable to save menu changes to the active MR mode on the fly. Disable to always return to the original saved settings.

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

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 A7RVI, 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 A7RVI 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 0.3sec, which gives 9 extra shots before you press the shutter—enough to catch the moment without overloading the buffer.*
- *Set it to both valid to have back button and shutter button trigger pre-capture or just to shutter button for more control when pre-capture actually runs*

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

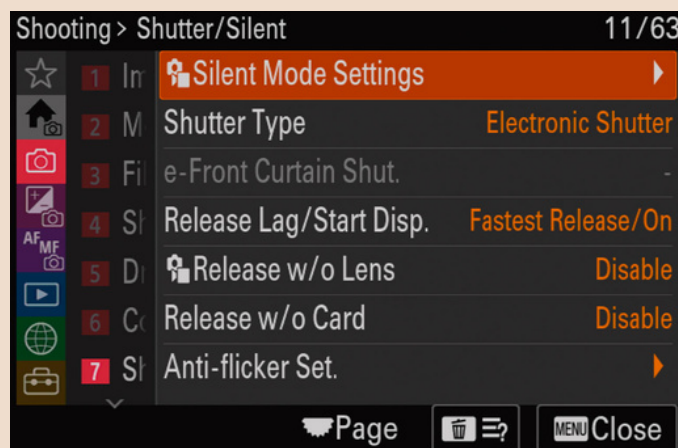


Pixel Shift Multi Shoot. – Off – Captures multiple images and combines them to a massive file, reducing noise and improving image quality

NR Shooting Settings – Off – Captures multiple shots to reduce 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 A7RVI I usually use the Elec. Shutter, it's the fastest and has relatively low rolling shutter*

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

Release Lag/Start Disp. – Fastest Release – Adjust shutter response and display timing

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

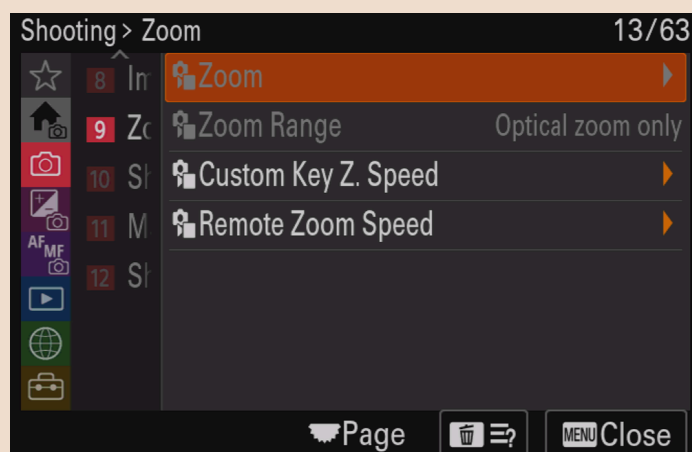
SteadyShot Adjust. – Fine-tune stabilisation settings

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

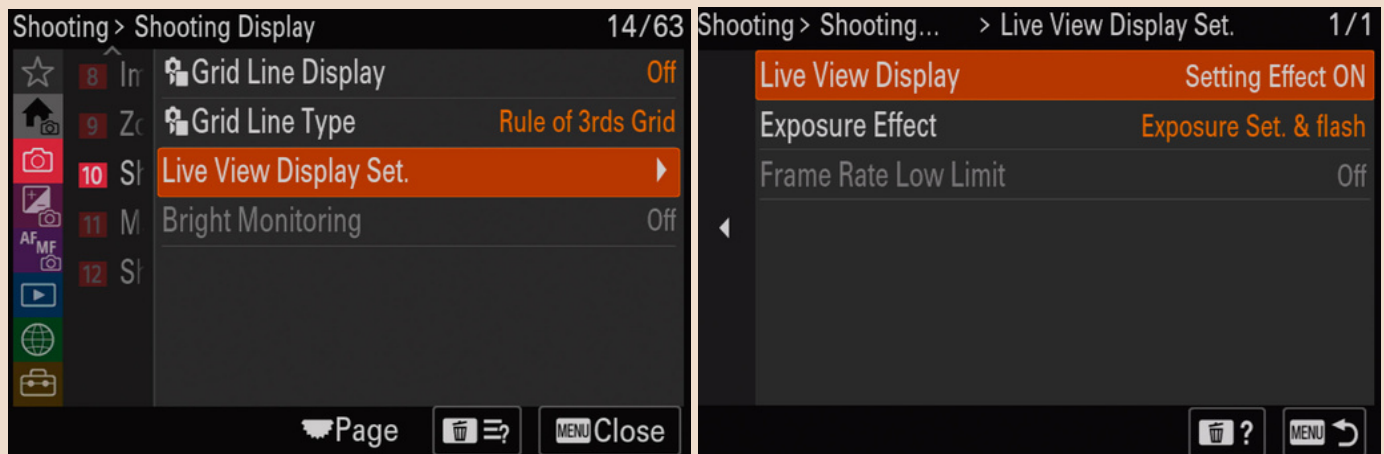


Zoom – Control digital or optical zoom function – Not available in RAW

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

Bright Monitoring - **Off** - Temporarily boosts screen brightness and lowers the EVF/LCD refresh rate

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

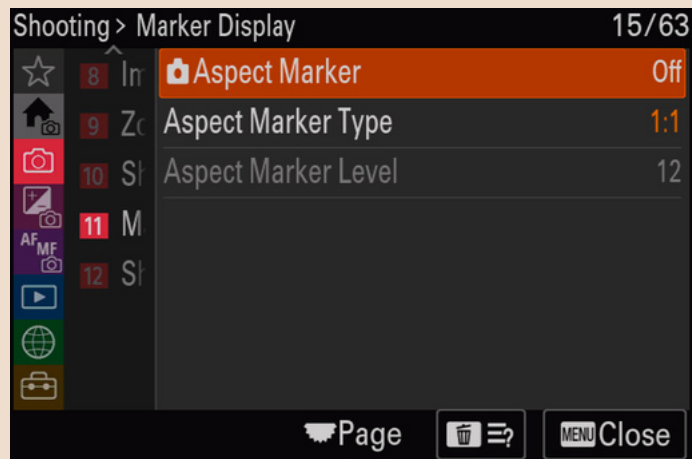
Exposure Effect – *Exposure Set. & flash* – Preview exposure changes in Live View

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



11. Shooting → Marker Display

All left as default



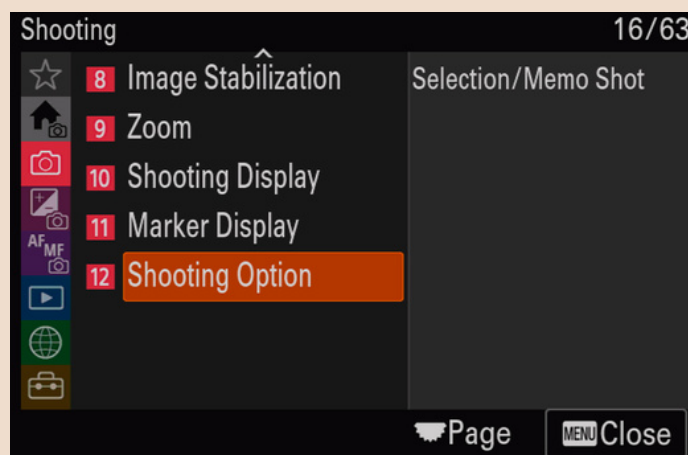
Aspect Marker – Turns aspect ratio markers on/off for framing shots in specific ratios (e.g., 16:9, 4:3).

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



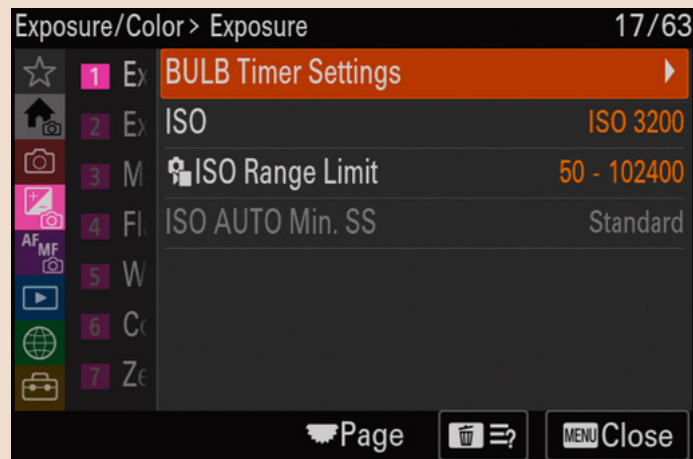
Selection/Memo Shot – Enables automatic rating or divider frame insertion for the first shot in continuous or interval shooting, or sets a rating for the first image in Pre-Capture mode

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



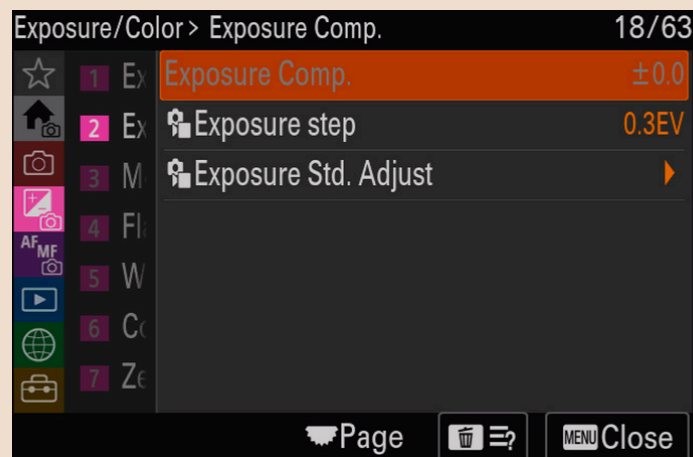
BULB Timer Settings – Sets exposure duration for BULB mode, ideal for long exposures in low-light or motion capture

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.

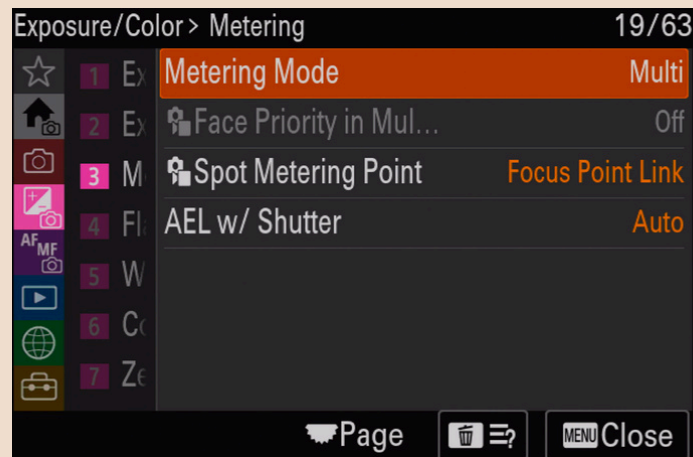


Exposure Comp. – Adjust image brightness by increasing or decreasing exposure

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*

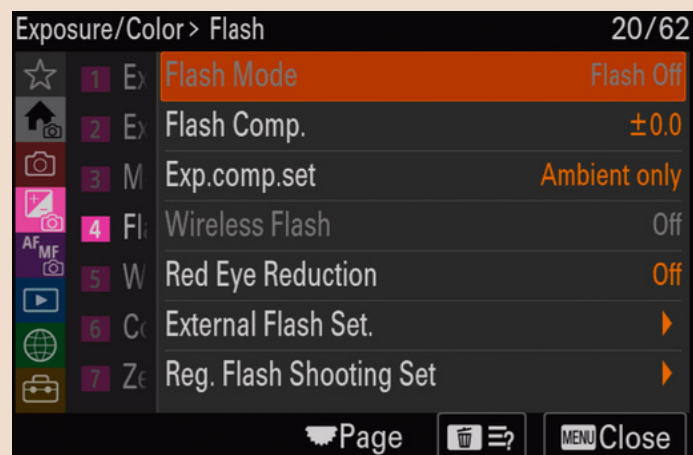
- *When shooting full manual mode, metering mode doesn't matter*

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

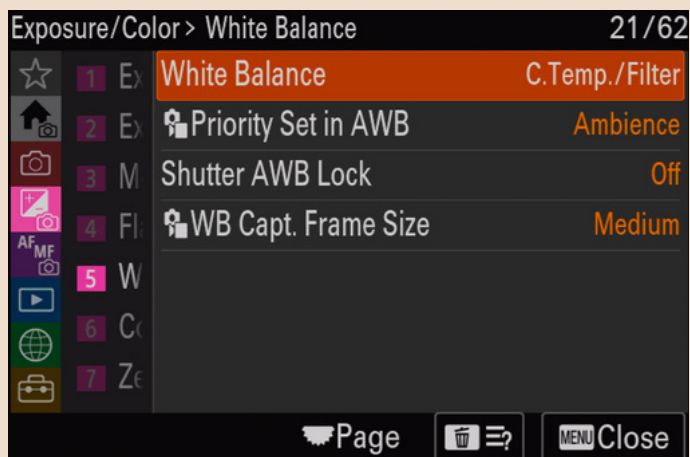
Spot Metering Point – Focus Point Link – Link spot metering to the focus point or keep it centered

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

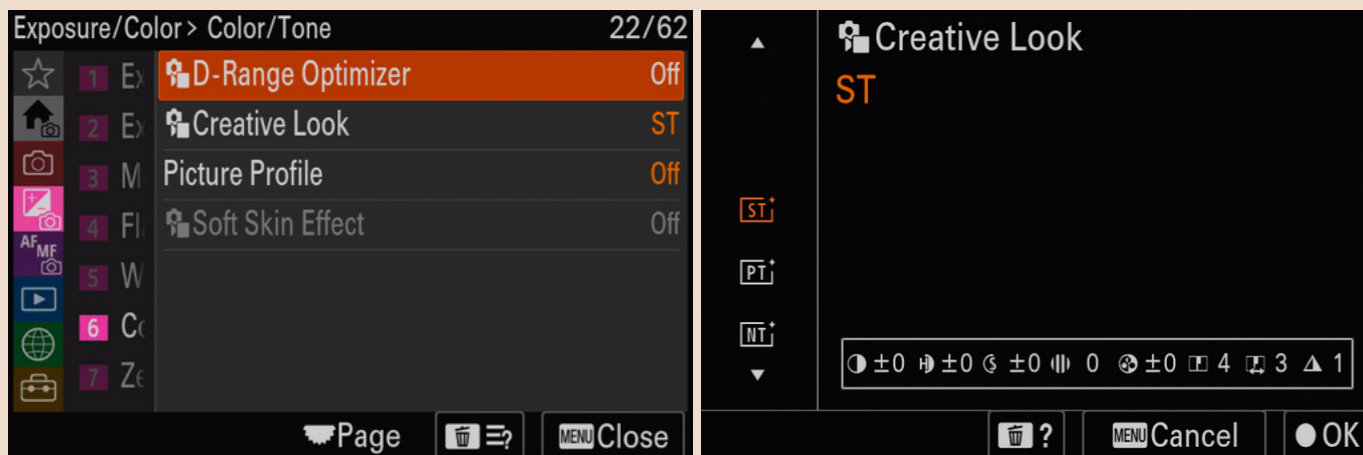
- I set WB manually to K 5400 and adjust from 5200 (cooler) to 5600 (warmer)
- This gives more balanced RAW files – AWB etc. can get too cold/warm
- When shooting RAW, WB can be adjusted during the editing process

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

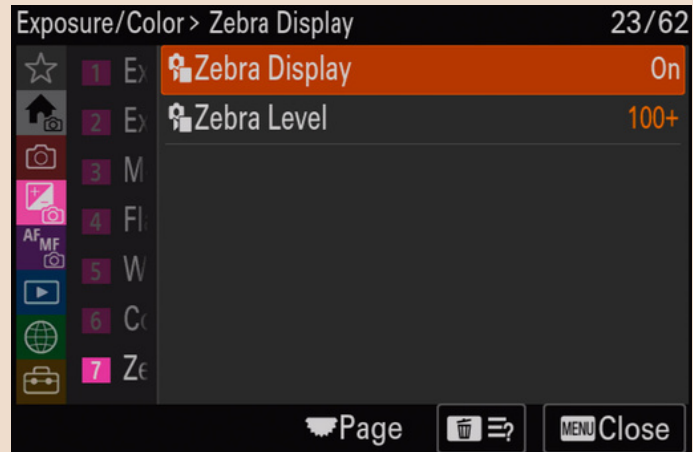
Picture Profile – Off – Configures detailed image parameters like gamma, colour mode, and contrast for professional video or stills customization

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



A7RVI | 100-400 | 1.4X TC | ISO 1600 | F6.3 | 1/800

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*



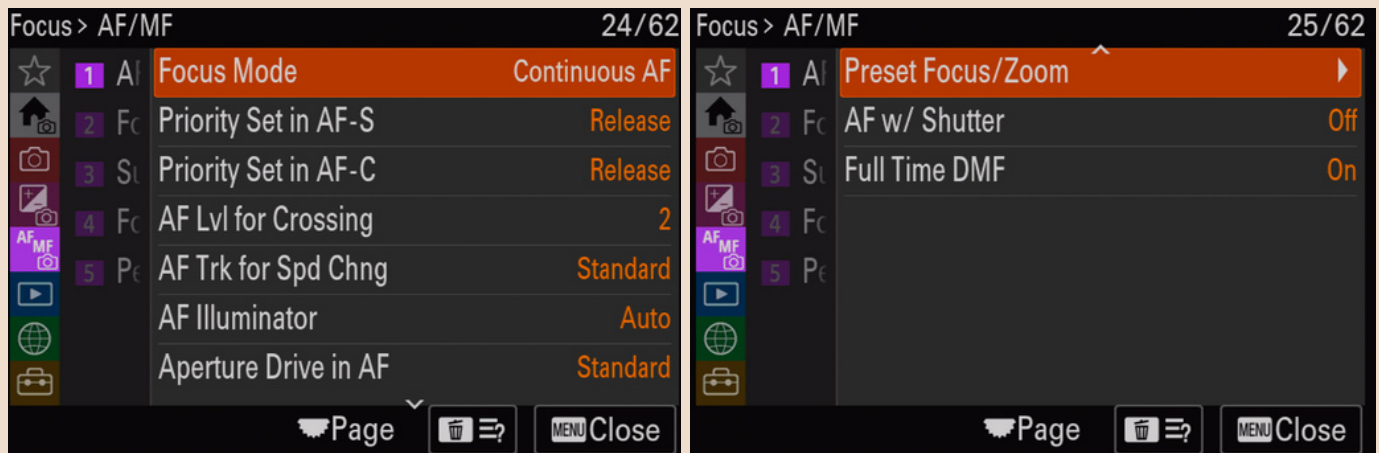
Zebra Display

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*

- *Set it towards locked on for more stable tracking, 2 or 3 works well*

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' works well*

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

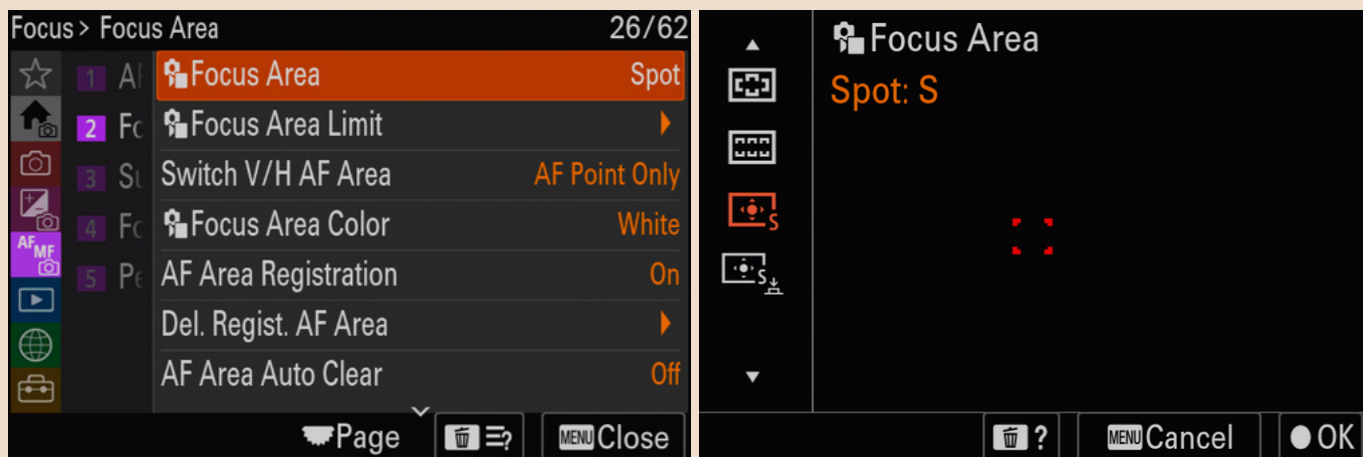
Aperture Drive in AF – Standard – Chooses between silent or fast aperture drive during AF

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 A7RVI, 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

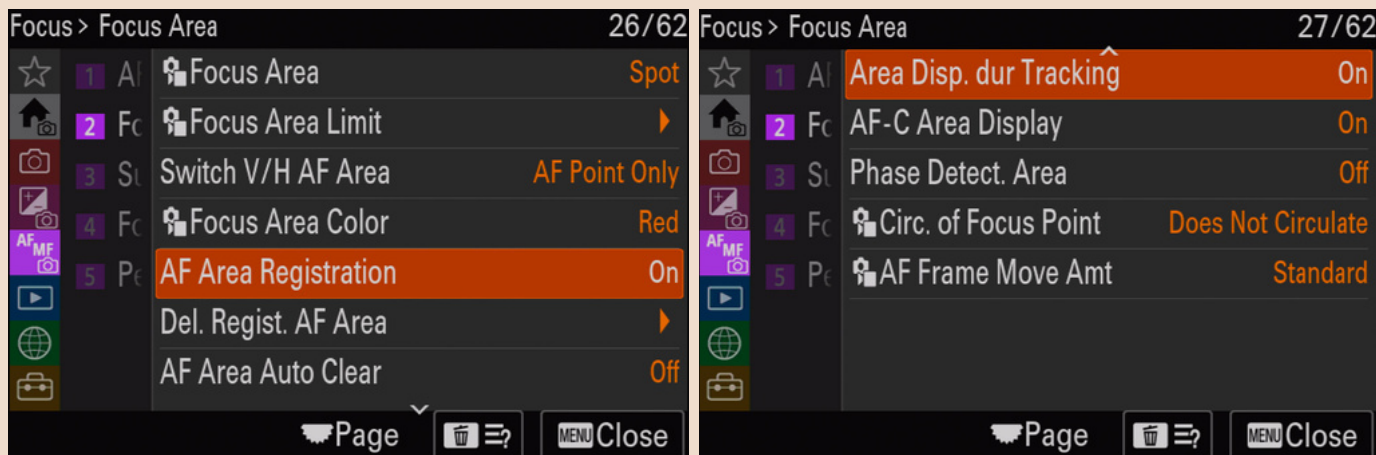
Focus Area Limit – Select which AF modes appear when cycling

- I like to limit them only to the AF areas I am using, so I can cycle between them faster (Spot XL with tracking, Spot without tracking, Wide, Zone) – Spot XL can work well if Wide cannot find the subject
- add/remove whichever modes you prefer
- 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

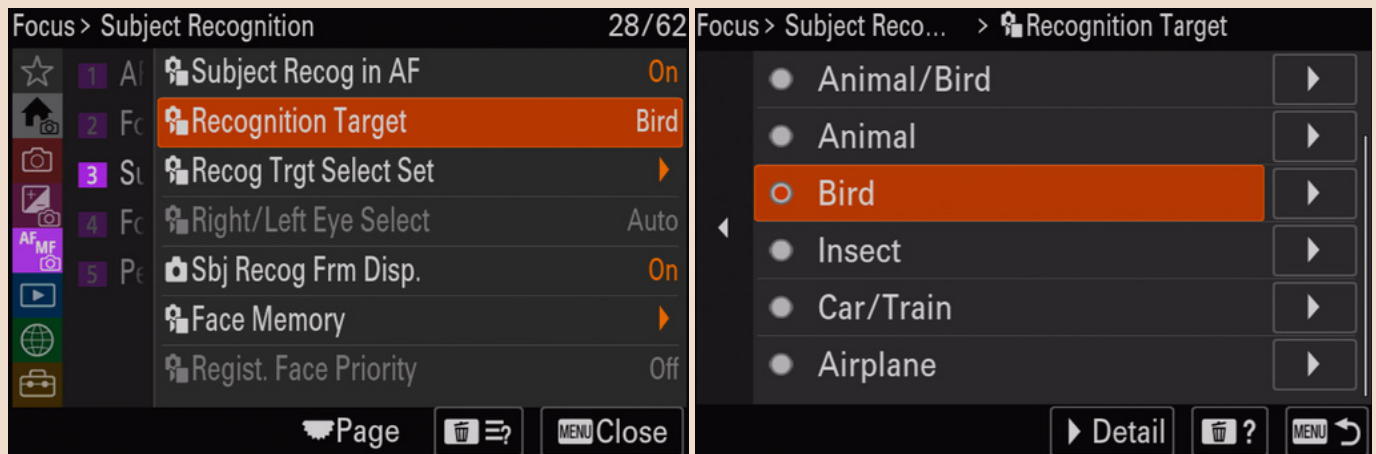
Phase Detect. Area – *Off* – Displays the region where phase-detection AF is available

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 or 3
- **Tracking Persistence Lvl** – 4 or 5
- **Recognition Sensitivity** – 4 or 3

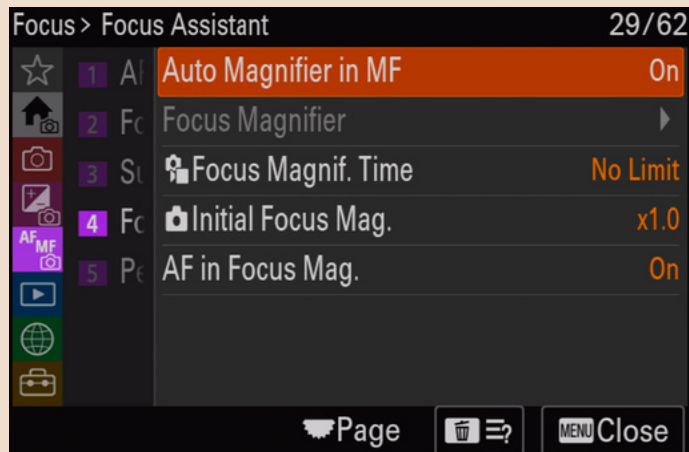
Recog Trgt Select Set – Limit selection targets if desired

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

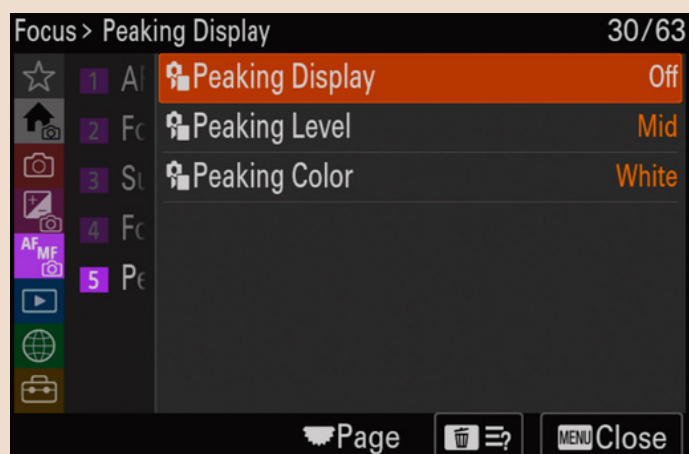
Focus Magnifier – Activates magnified view for precise manual focusing

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



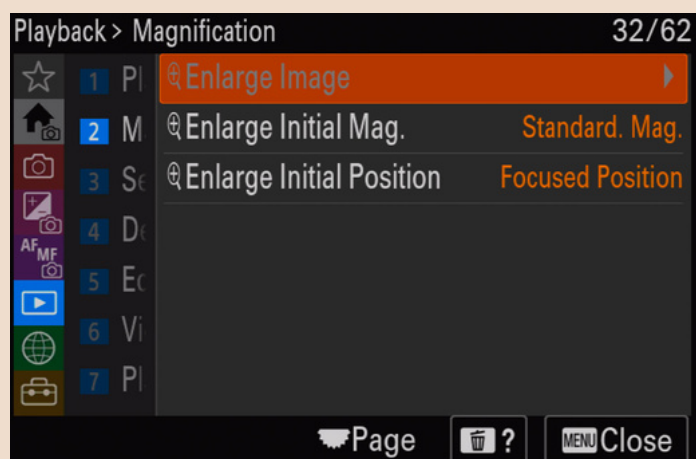
Play Set of Multi. Media – Choose how stills/videos are played back when multiple card slots are used

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

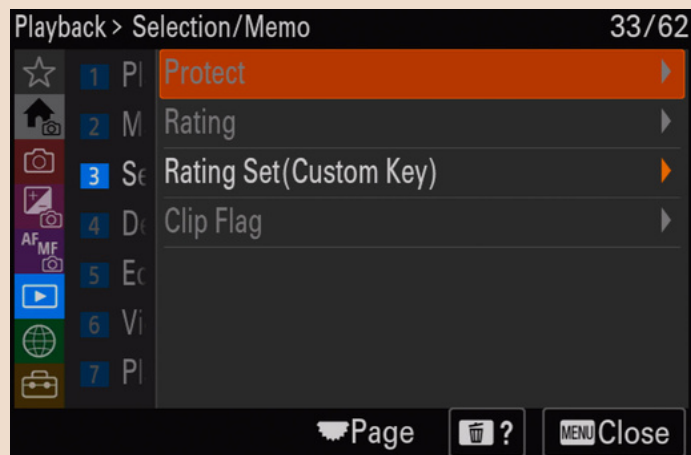


Enlarge Image – Magnify the image during playback for closer inspection

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



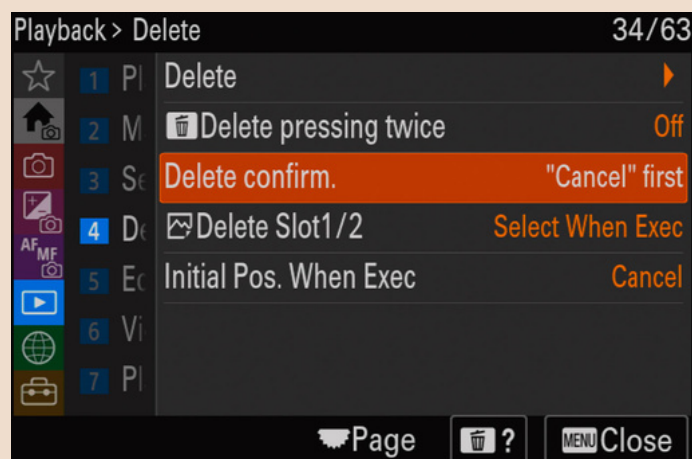
Protect – Lock an image to prevent accidental deletion

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 – **Off** – Enable/disable double-press shortcut to delete images quickly

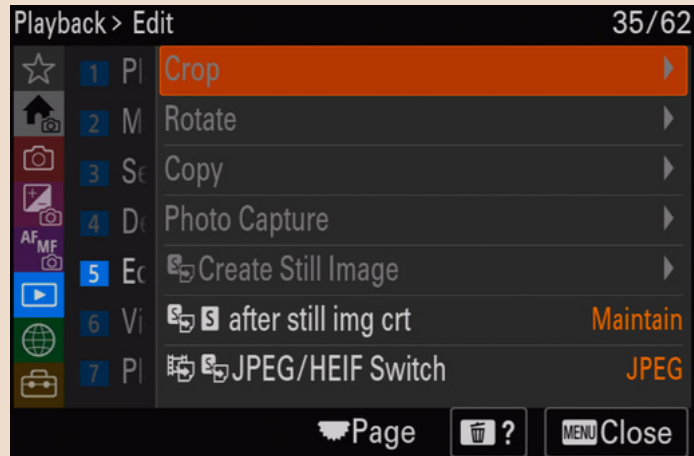
Delete Slot 1/2 – Choose whether deleting an image also removes it from both memory cards when recording the same files to Slot 1 and Slot 2.

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

Delete Initial Pos. – Sets the default cursor position in the delete confirmation screen. Choose Cancel for safer deletion protection or Delete for faster image removal.

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

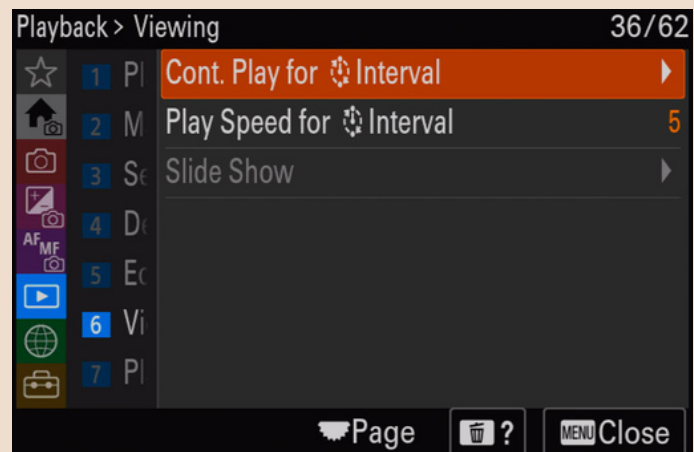
Create Still Image – Captures all frames with Shot Marks as stills

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

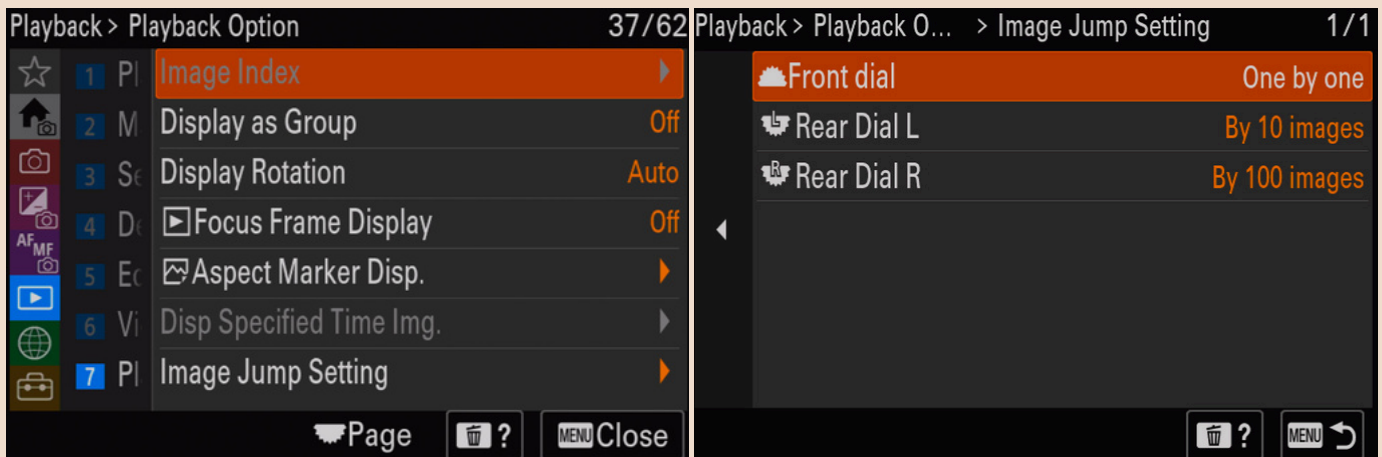


Image Index – Shows multiple thumbnail images on one screen for quick selection

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*

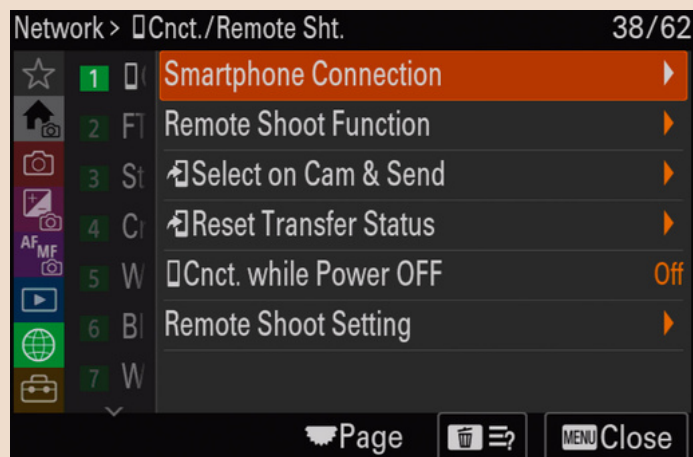
GREEN NETWORK MENU

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

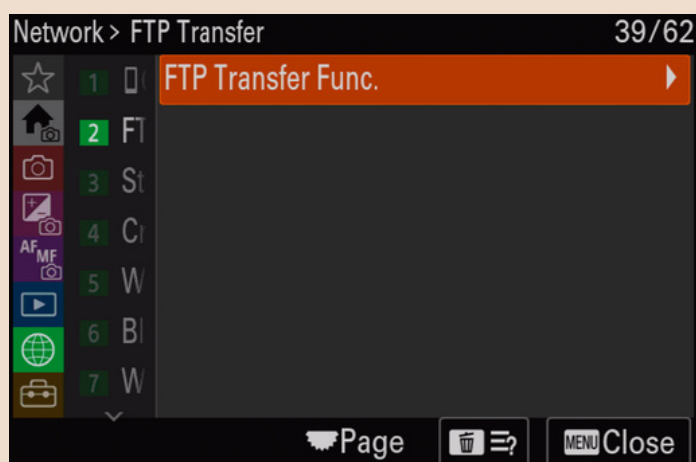
Reset Transfer Status – Clear previous transfer records or errors

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

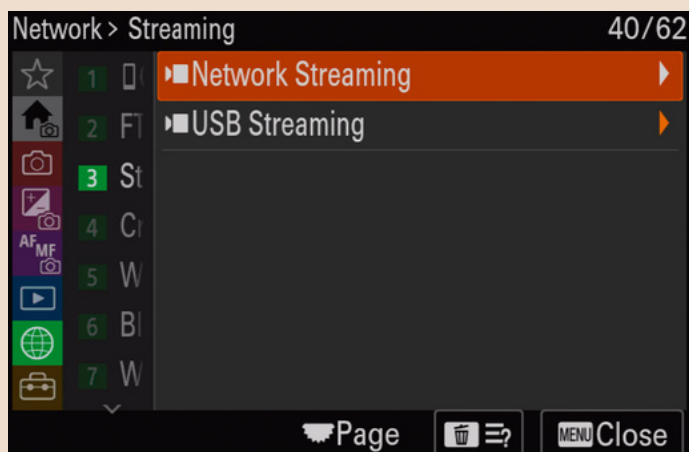
All left as default



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

3. Network → Streaming

All left as default

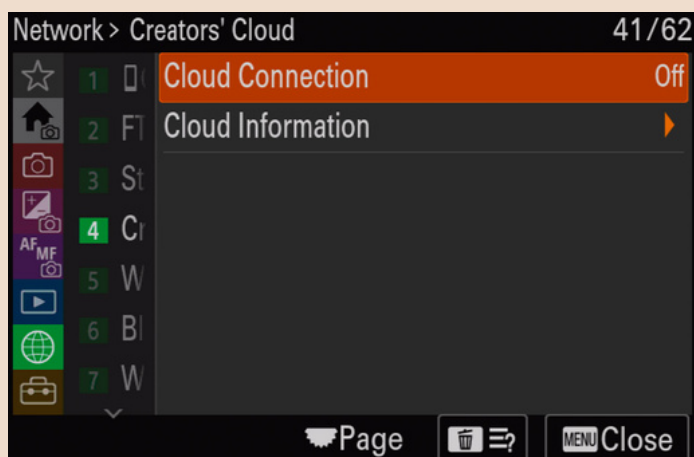


Network Streaming – Stream live video from the camera over a network connection

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

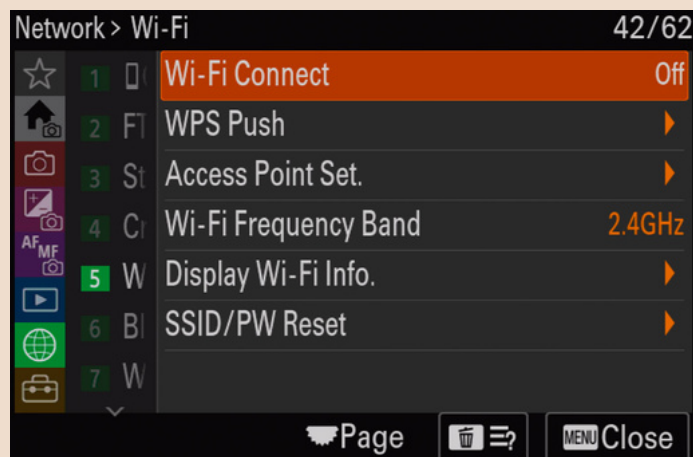
Cloud Information – View status and details of the cloud connection



A7RVI | 400-800 | 1.4X TC | ISO 6400 | F11 | 1/400

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

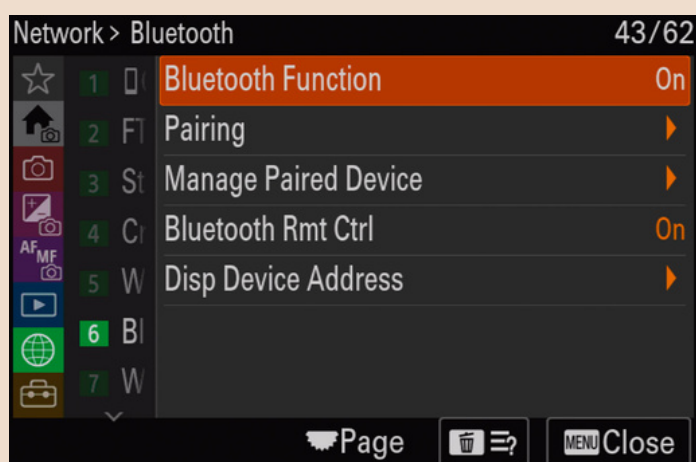
Wi-Fi Frequency Band – Choose 2.4 GHz or 5 GHz band for connection

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

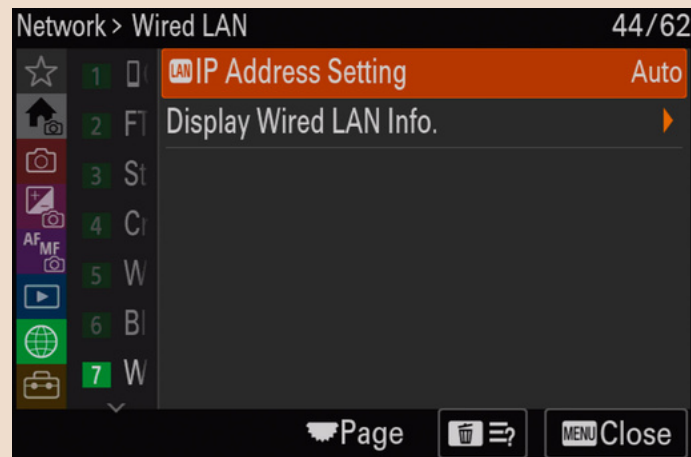
Manage Paired Device – View or remove previously paired devices

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

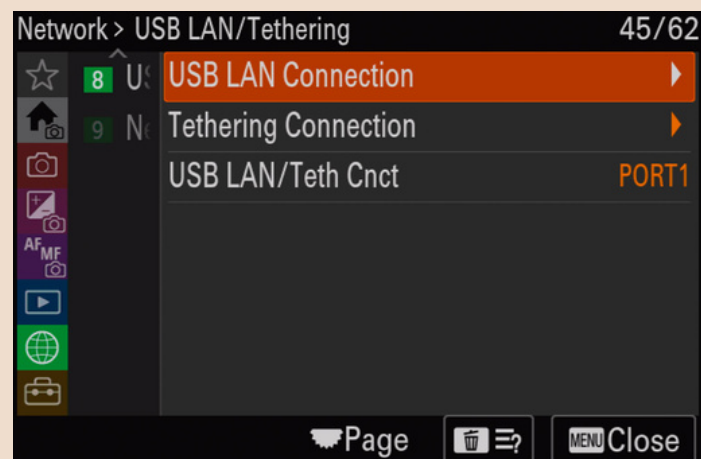


LAN IP Address Setting – Set a static or automatic IP address for the LAN connection

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

8. Network → Tethering Connection

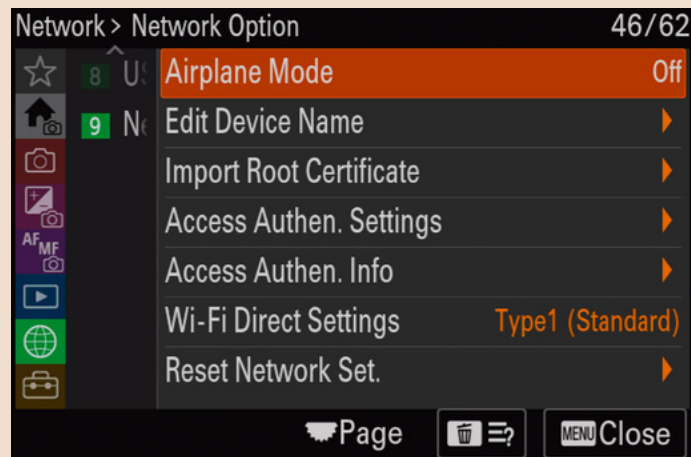
All left as default



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

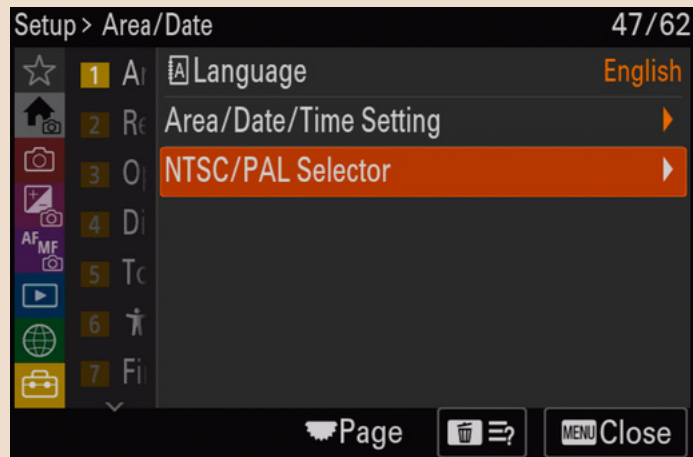


A7RVI | 100-400 | ISO 1600 | F4.5 | 1/4000

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



A7RVI | 100-400 | ISO 1600 | F4.5 | 1/4000



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

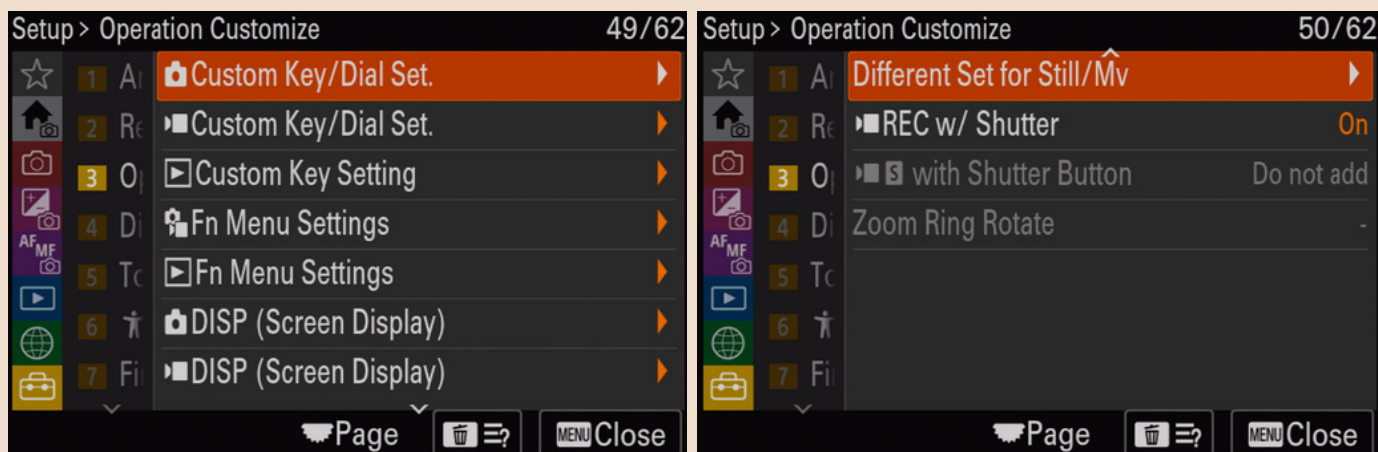
Save/Load Settings – Save current settings to a card or load saved settings

- 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. It's best to save your settings onto a card and then replace the .dat file in the folder structure on your memory card with mine. Alternatively copy the .DAT file with all the folders I am providing onto your memory card directly.
- The folders are: SONY → SETTING → 7RM6 → CAMSET → .DAT file.
 - Make sure your memory card is empty and formatted
 - There shouldn't be any other cards inside the camera
- Then navigate to '**Save/Load Settings**' and select '**Load**'
- This will install all most settings onto your A7RVI. 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
- Untick options you don't want to see and add items to show

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

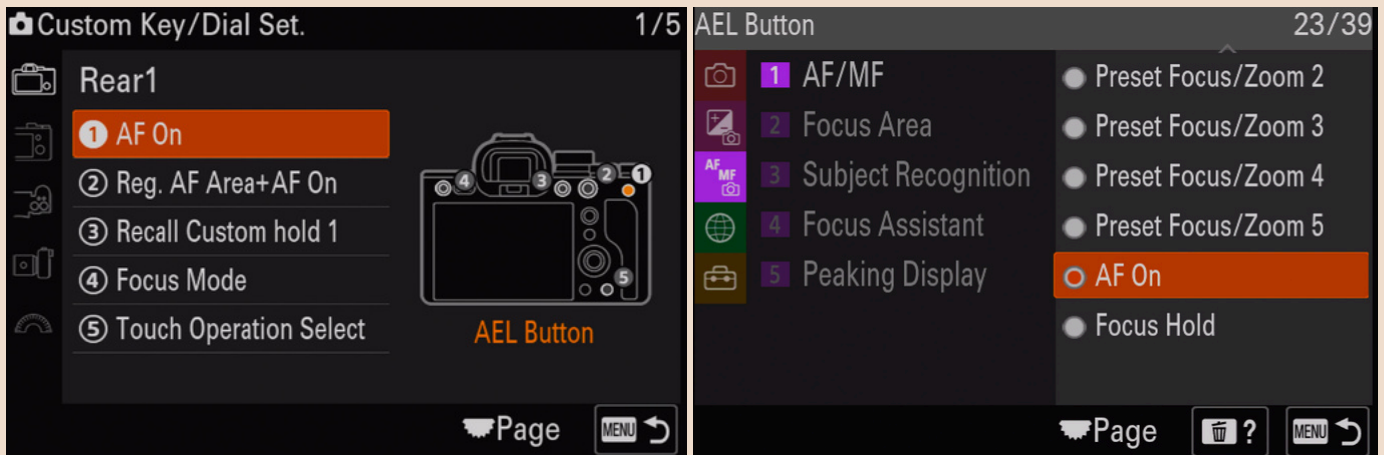
REC w/ Shutter – On – Start/stop video recording using the shutter button

- 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.

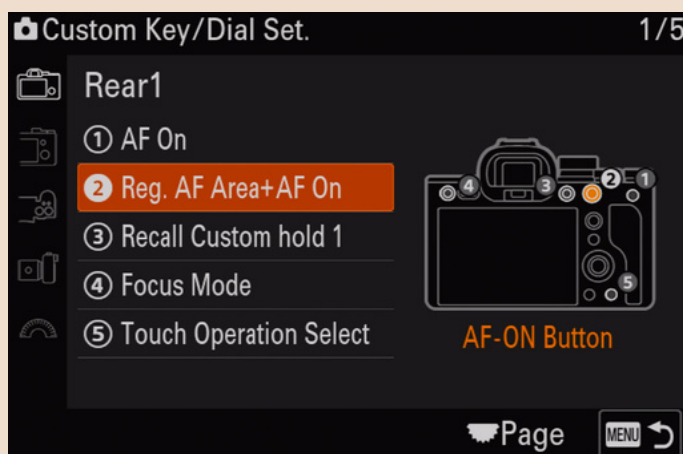
We will also need to go to the **purple focus** to register a few settings there. Our goal is to set up '**Double back button AF**' and an '**Emergency/high image quality button**'

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**.



A7RVI | 400-800 | ISO 3200 | F8 | 1/4000



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. First, we need to exit this menu, then go **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.

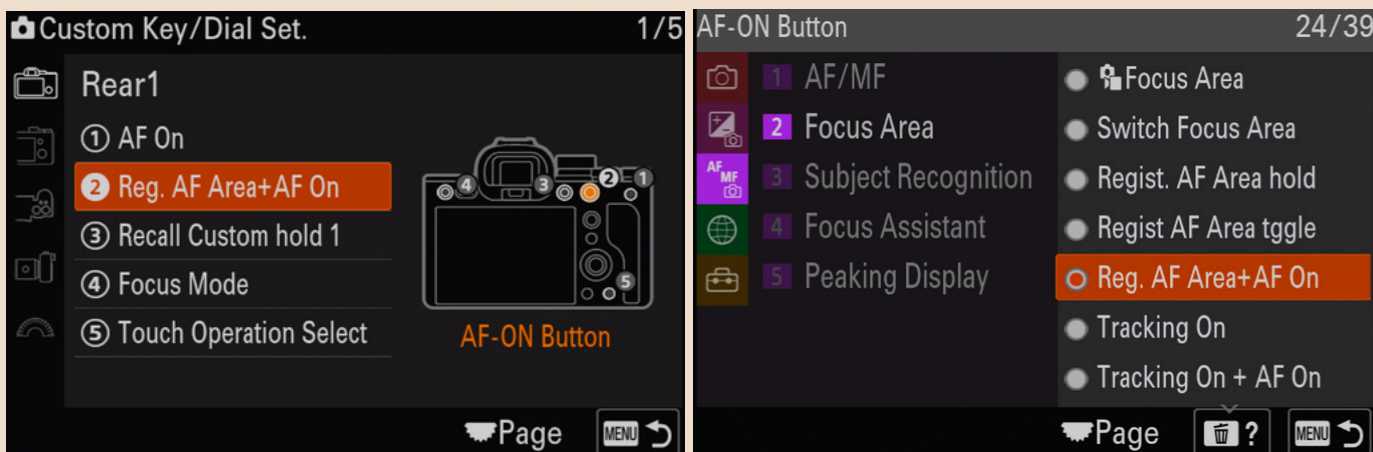
See below for details

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

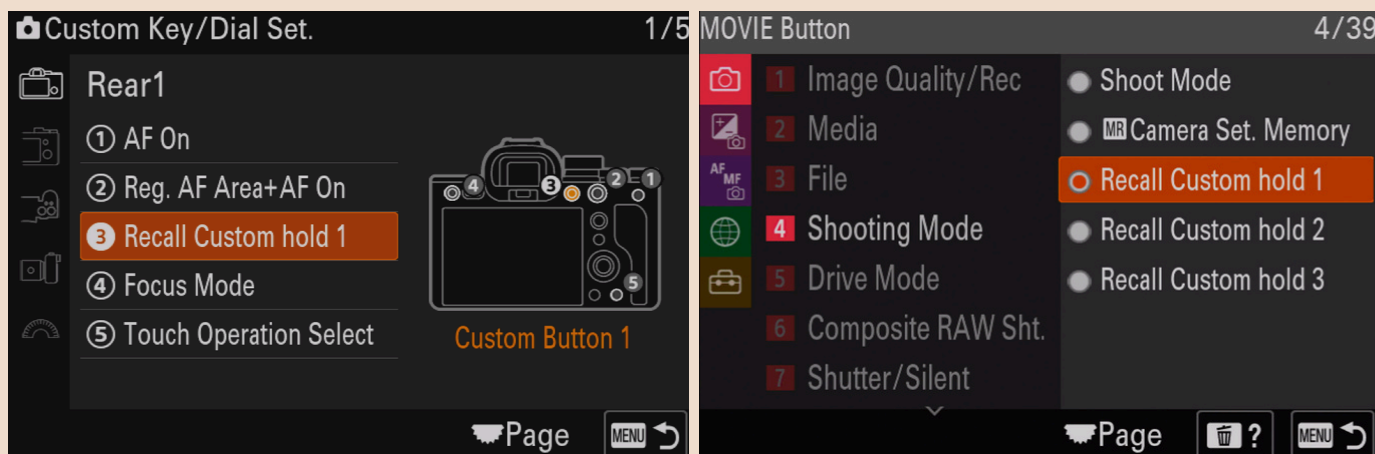


AF-ON button – Reg. AF Area + AF ON

- 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!*
 - *If you don't like 'Wide', you can register your desired AF area*



A7RVI | 100-400 | ISO 2500 | F4.5 | 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 A7RVI, 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)

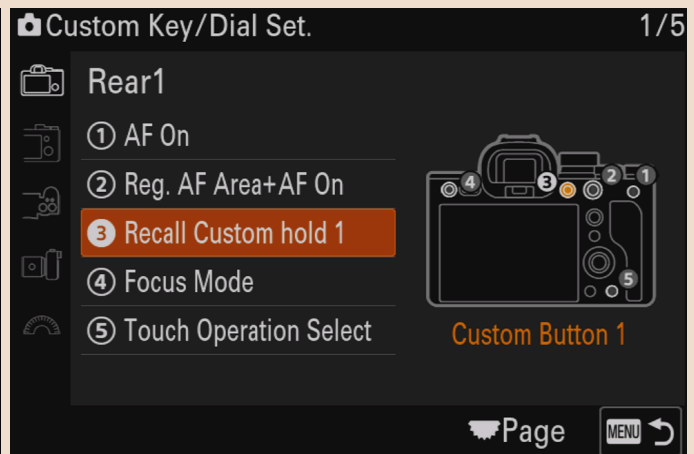
- Navigate to '**Recall Custom hold 1**' in the submenu and **confirm**
*This will open the '**Recall Custom hold 1**' submenu and let's us set the aparemeters we want for this button.*

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 IQ, Electronic for more speed**
- ✓ **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

✓ 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

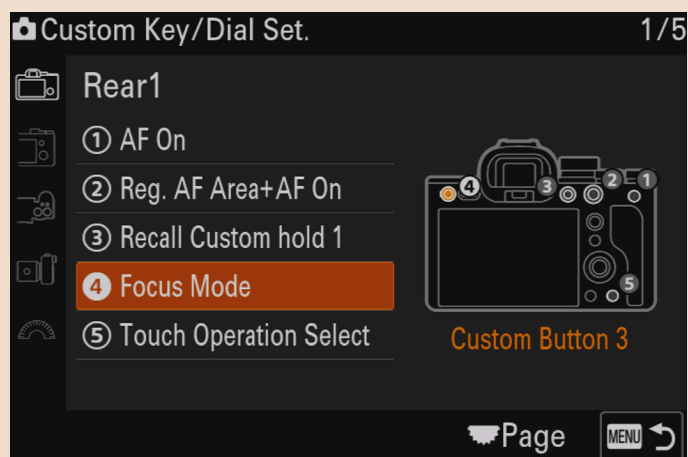
Select Register to confirm

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 Custom button 1 (C1), the AEL button to control our base AF** and the **AF-ON button for wide eye tracking**.

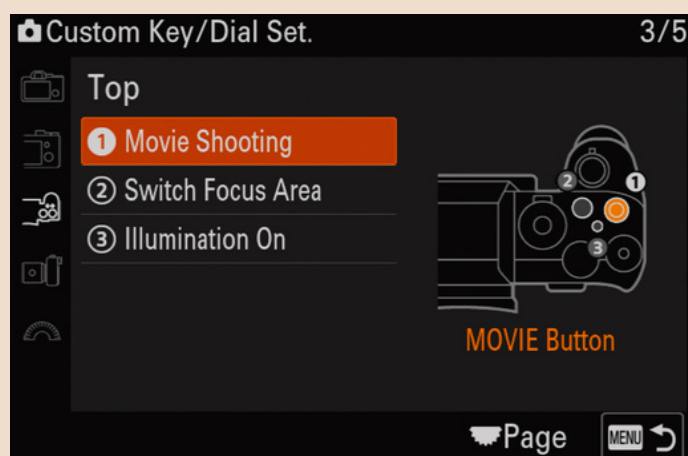
submenu: Rear1 – Cont'd



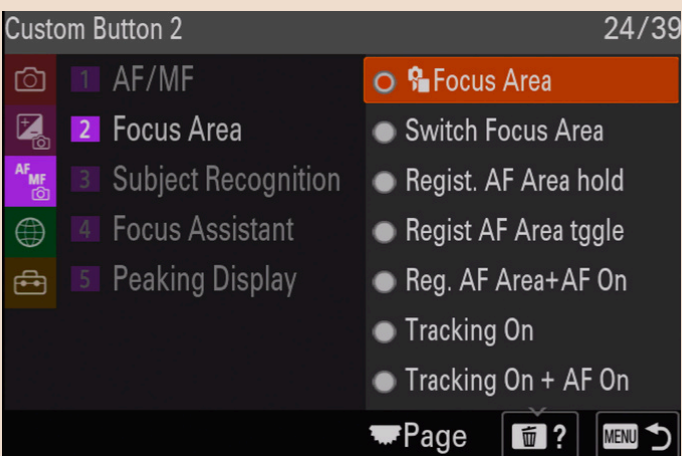
submenu: Rear2



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** you can assign these buttons to your liking with different settings for quick access. *Some ideas I have used on other bodies:*

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

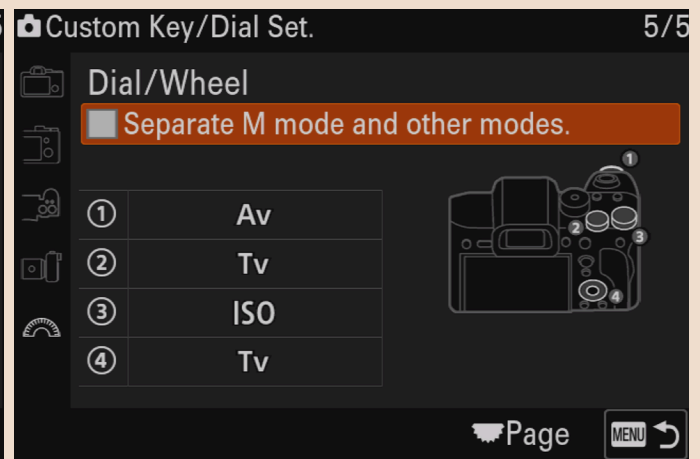
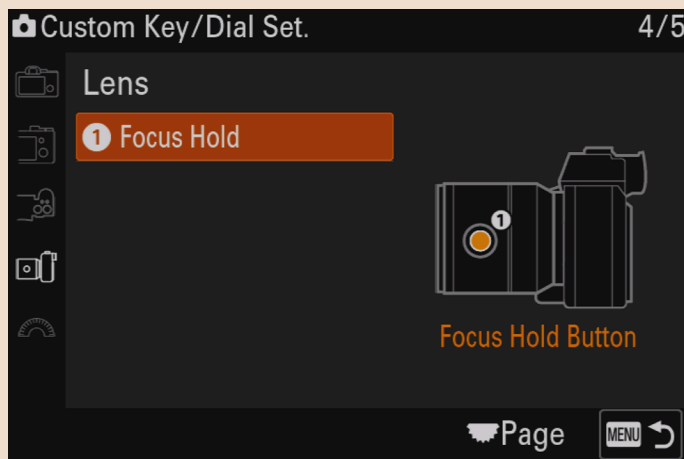
Right option on rear dial (4) – ISO – sometimes easier to reach, not needed

Top menu

Movie Record Button – Movie Shooting - Not needed from stills menu, so can be assigned to a different option

Custom Button 2 – 'Switch Focus Area – Toggle through focus areas

Light button - default



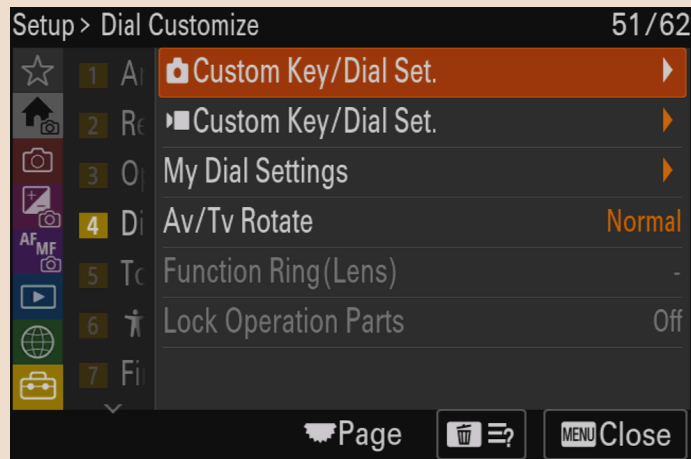
In the **Lens** menu I left all buttons as default.

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

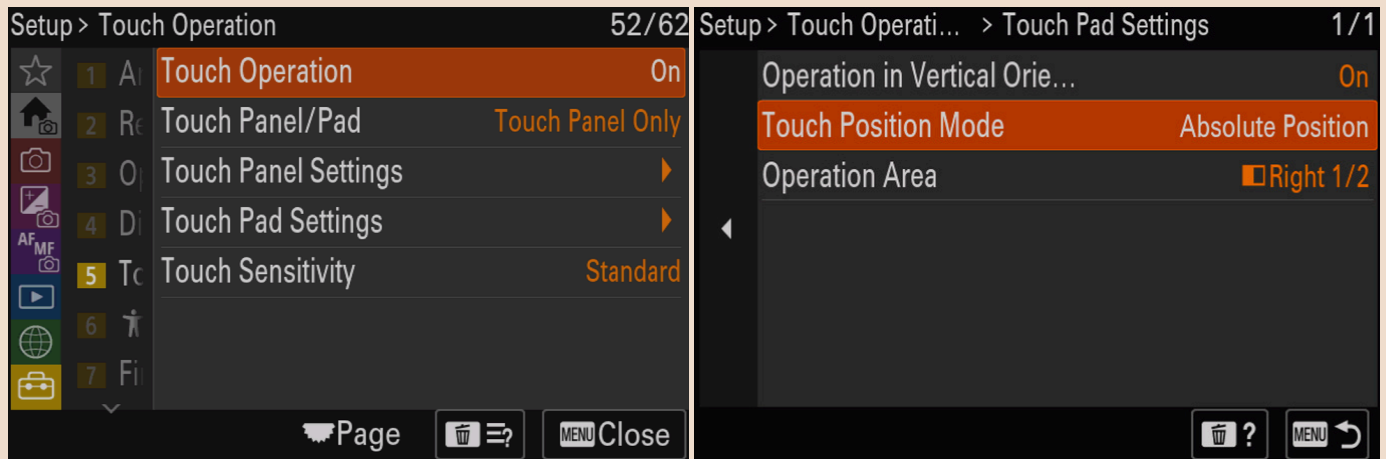
Function Ring (Lens) – Assign a function (like ISO, WB, etc.) to the lens control ring - *if supported*

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

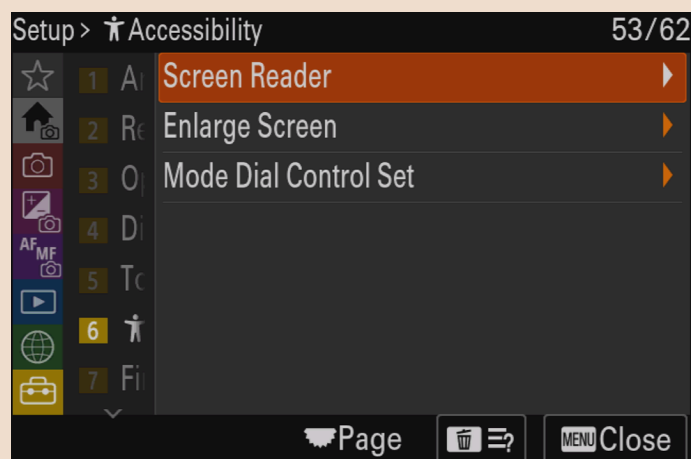
Touch Panel Settings – Adjust touch behaviour

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

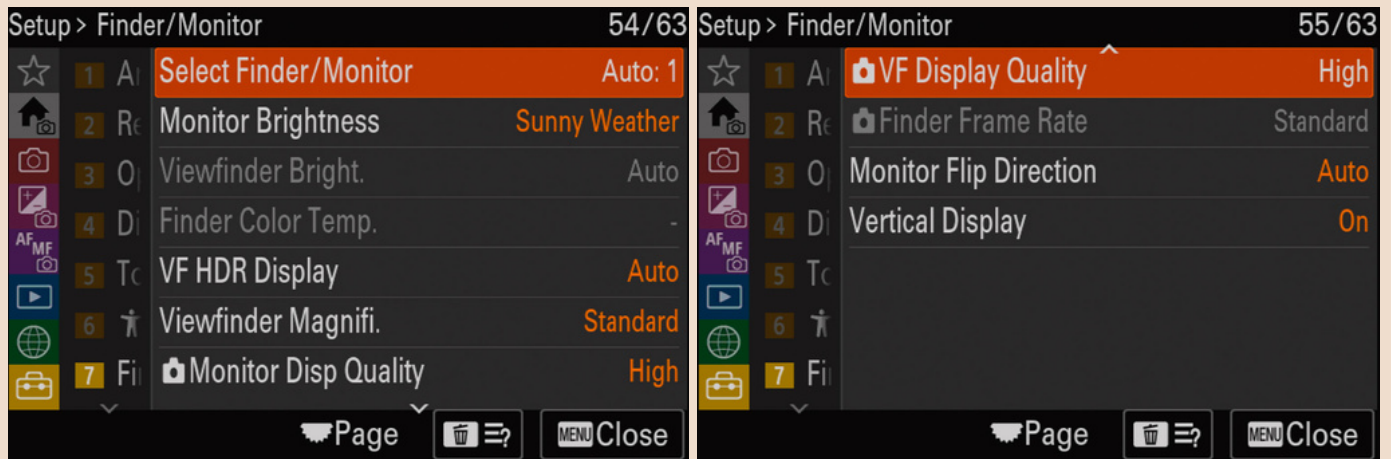
All left as default



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 – *Sunny Weather* – brightest option

- *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

VF HDR Display - Auto - automatically adjusts the EVF brightness and color gamut to simulate an HDR (High Dynamic Range) preview when used

Viewfinder Magnifi. - Standard - Sets the viewfinder magnification level

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

Monitor Disp Quality - High - Higher detail and display quality

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

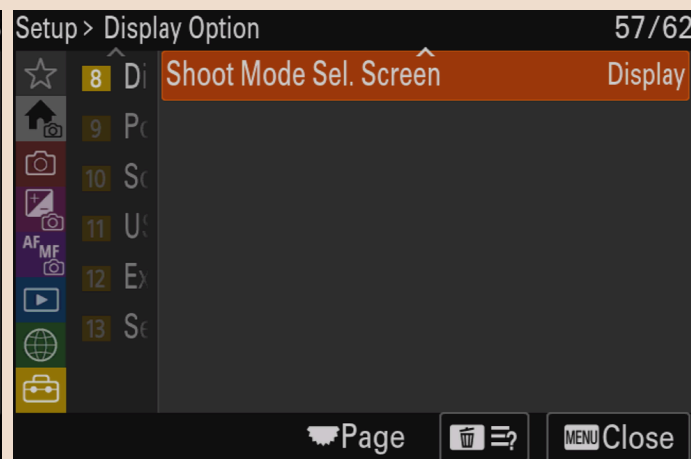
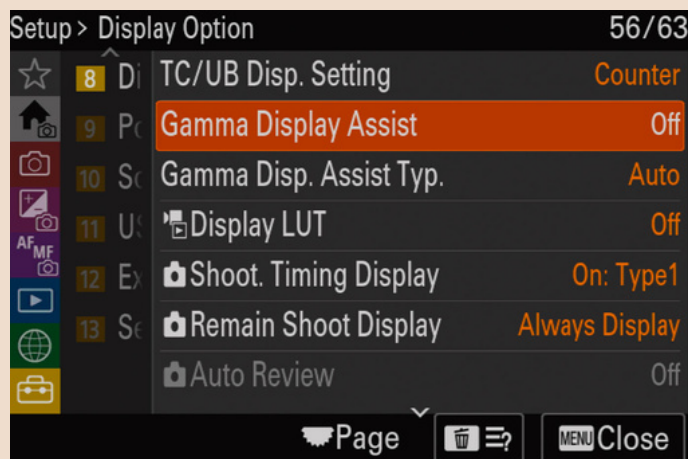
Monitor Flip Direction – Auto – Set how the display image rotates when the LCD is flipped

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* – LUT preview for easier viewing

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

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

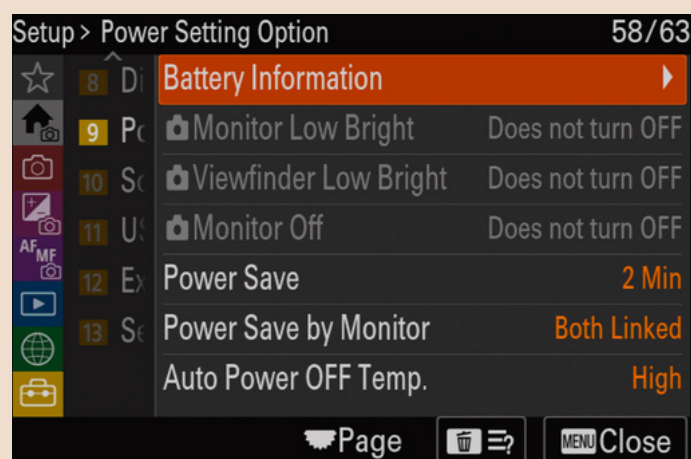
Shoot. Timing Display – *On: Type 1* – Show shooting timing indicators

Remain Shoot Display – *Always Display* – Displays remaining buffer bar in EVF - *very helpful to visually see remaining images*

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



Battery Information - Check battery status

Monitor Low Bright – Automatically reduces brightness

Viewfinder Low Bright - Automatically reduces brightness

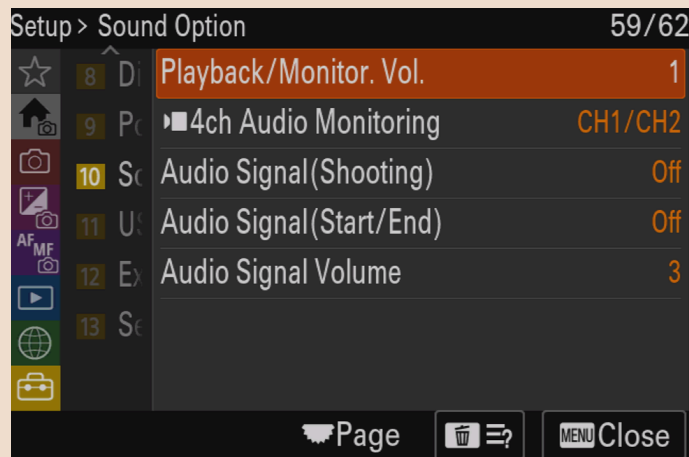
Monitor OFF – Automatically turns the monitor off to save power

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

Power Save by Monitor – Both Linked – linked to settings above

Auto Power OFF Temp. – *High* – Delays overheating 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

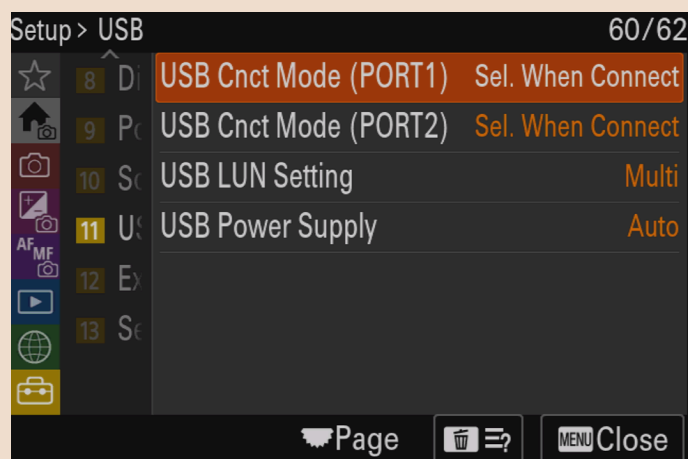
Audio Signal (Shooting) – Turn on or off audio beeps & **shutter sounds** while shooting

- *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

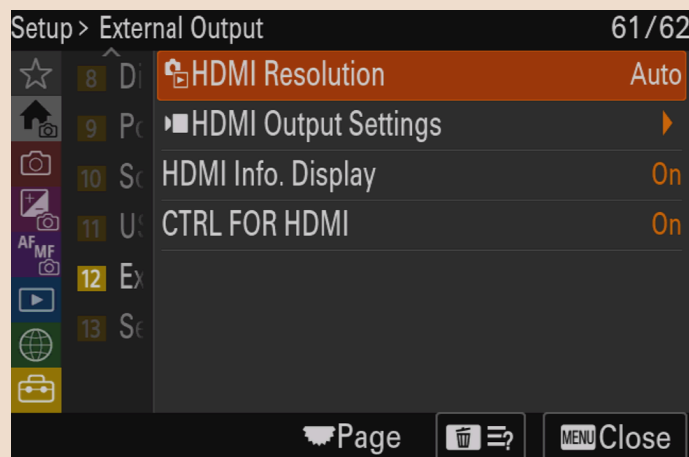


USB Connection Mode – Choose how the camera communicates with a computer (e.g., PC Remote, Mass Storage)

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

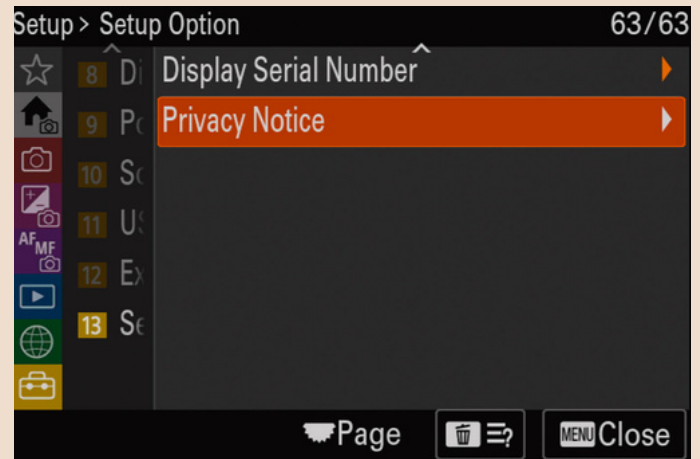
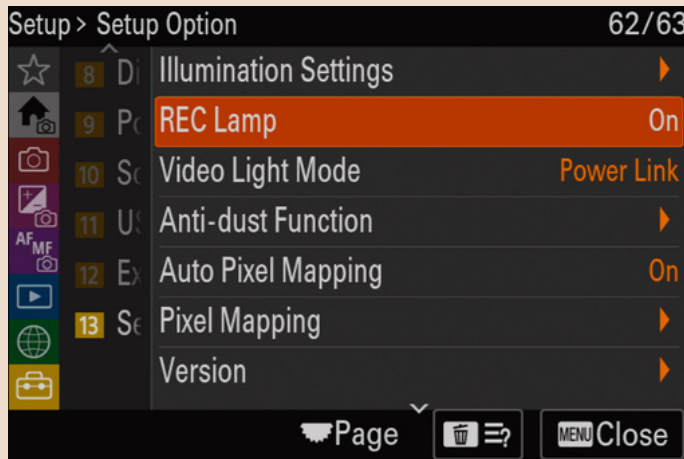
- *Turn off for clean HDMI video output*

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



A7RVI | 100-400 | 1.4X TC | ISO 1600 | F6.3 | 1/4000

13. Setup → Setup Option



Illumination Settings - Set duration & brightness

REC Lamp - *On* - Show when camera is recording (red light in front)

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
A7RVI 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'

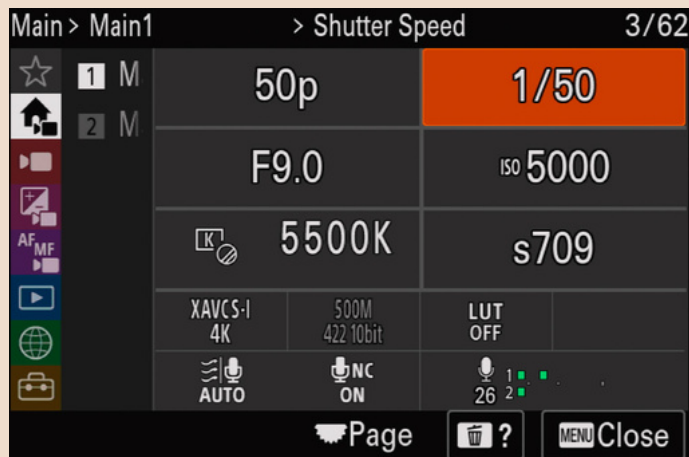
This menu lets you create a *personalized menu page with your most-used settings and functions*. It's designed to give you quick access to the features you use most, all in one place.

The menu is the same for photo and video.

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.

1. Main → Main 1



2. Main 2



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*

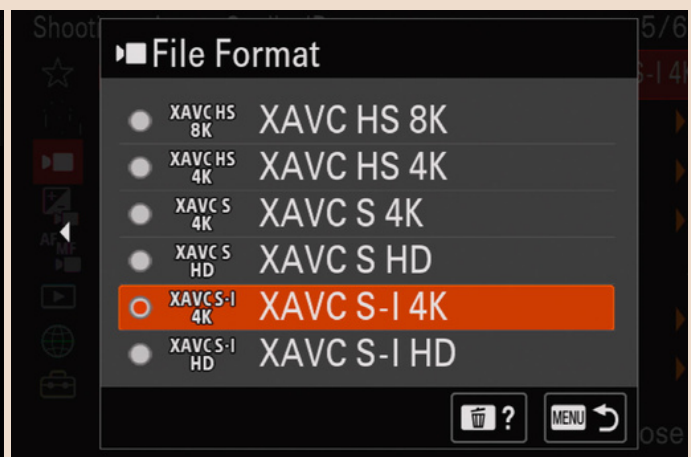
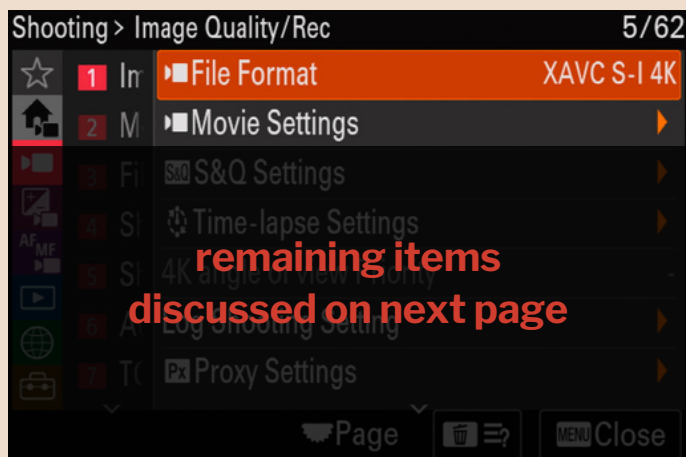


RED VIDEO MENU

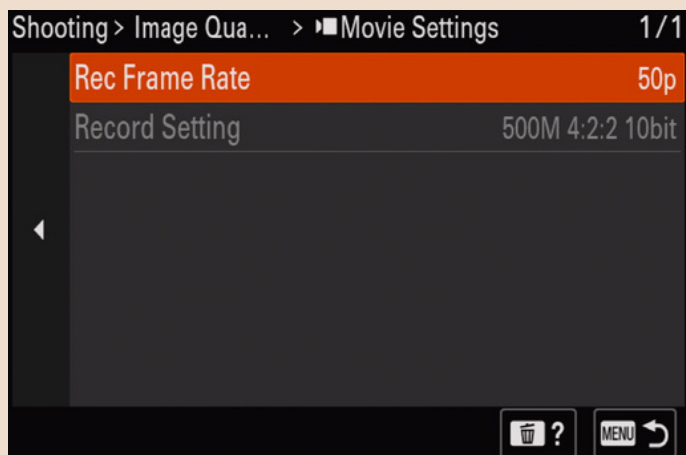
This menu controls your *video recording settings* –
such as resolution, frame rate & compression format.
It's where you set up how your camera captures video.

1. Shooting → Image quality/Rec

submenu: File Format



submenu: Movie Settings



submenu: Rec Frame Rate



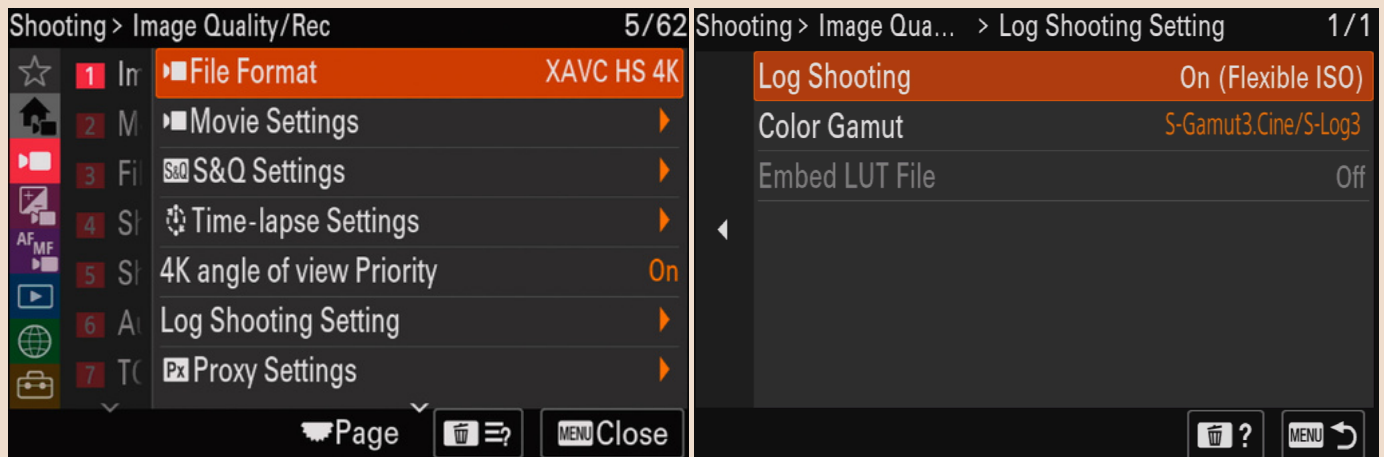
The first menu lets us select a large variety of recording options. We have to select **'File Format'**, **'Rec Frame Rate'** & **'Recording Setting'** (bit depth & quality). Those three combined determine our video output.

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 50/60/100/120p, 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 100/120p with no crop applied - *greyed out if other modes are selected*

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 and dynamic range to work with

To enable Log shooting

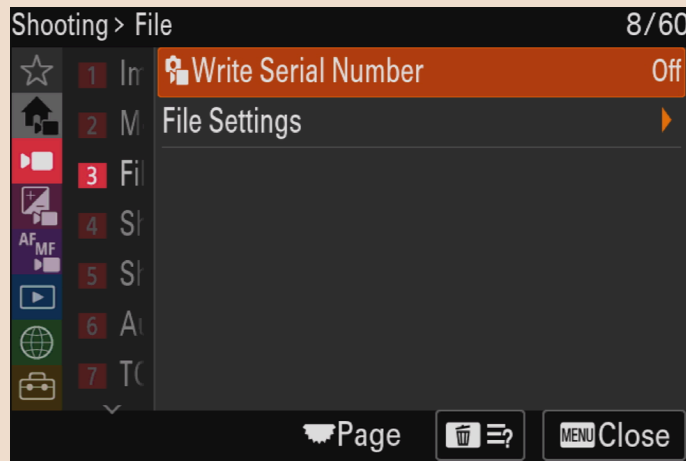
- Go to log Shooting Setting and in the submenu:
 - Set Log Shooting to On
 - Select Colour Gamut - *I like S-Log 3*

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

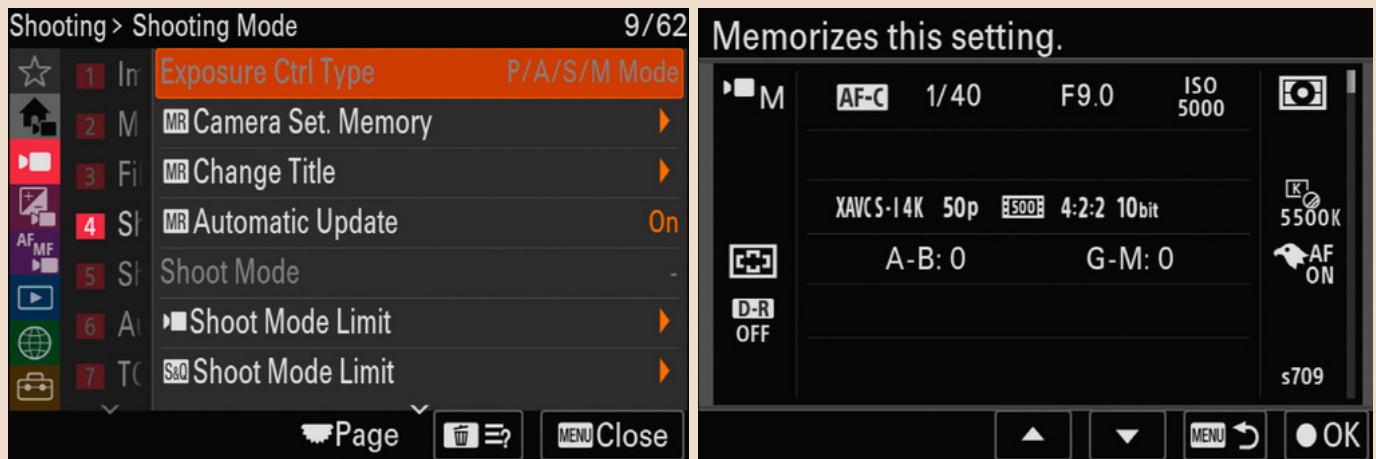


Write Serial Number – Choose whether the camera writes the body's serial number into recorded files

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) for easy access to different settings.

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

MR Camera Set. Memory – This function lets you store your current camera setup, including menu settings, shutter speed, and more into one of the custom video shooting modes (1, 2, or * 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 A7RVI, 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 or 2 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.e. MR1 50p, MR2 100p
- I like 50/60p for animals, 100/120p for slowmotion & 25/30 for people

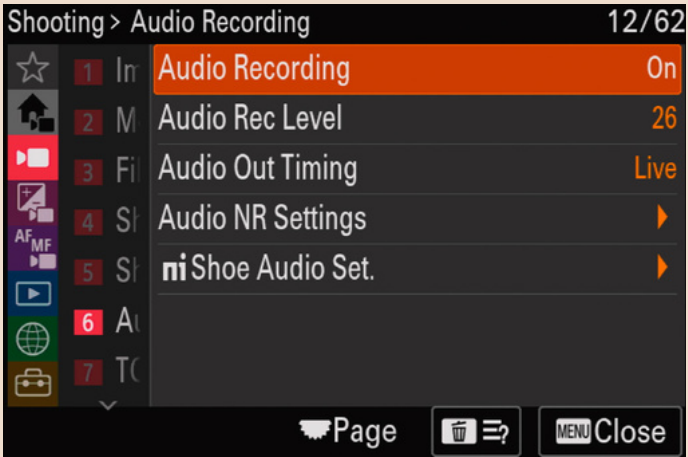
MR Change Title - rename saved MR recalls

MR Automatic Update – ON - Enable to save menu changes to the active MR mode on the fly. Disable to always return to the original saved settings.

Shoot Mode – Select exposure behavior

Shoot Mode: Video, S&Q, Timelapse – Limit shooting mode options

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

8. Shooting → Image Stabilization

submenu: SteadyShot



SteadyShot – Turns image stabilisation on or off

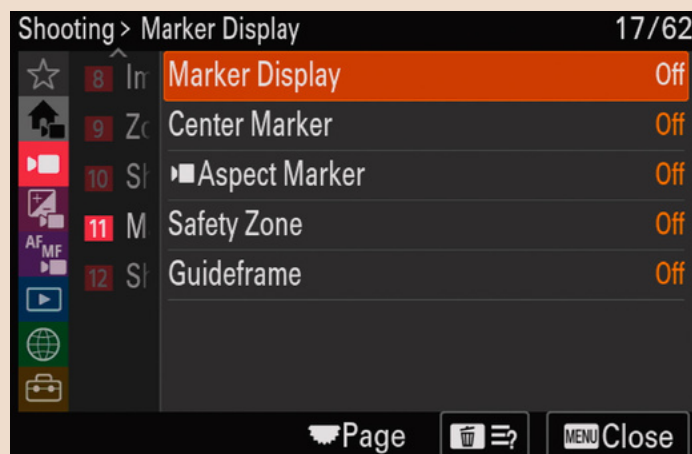
- *Select stabilisation mode*
- *I like to use Standard, but it's more shaky*
- *Active & Dynamic Active are more stable, but crop into your footage a fair amount and can also display robotic movement at times*

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



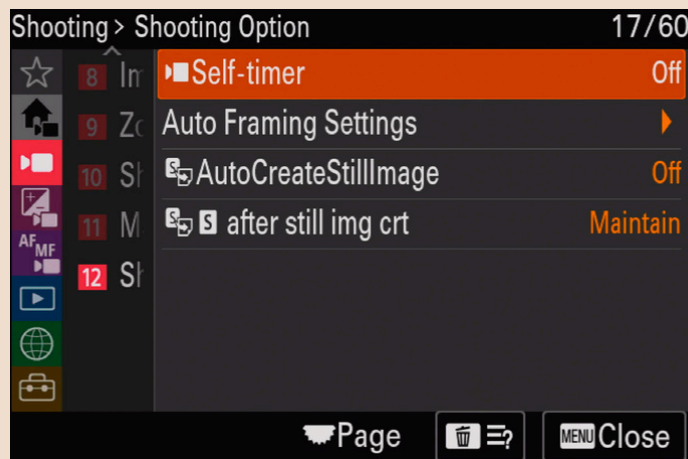
Marker Display – Turns visual markers on or off in the display

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

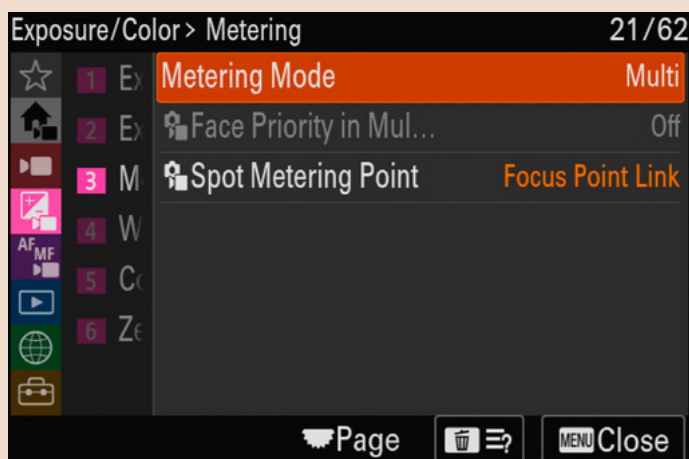
ISO – Set ISO value or AUTO ISO

ISO Range Limit – Sets the minimum and maximum ISO values

Dual Gain Shooting - Activate for higher IQ and less noise

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

3. Exposure/Color → Metering



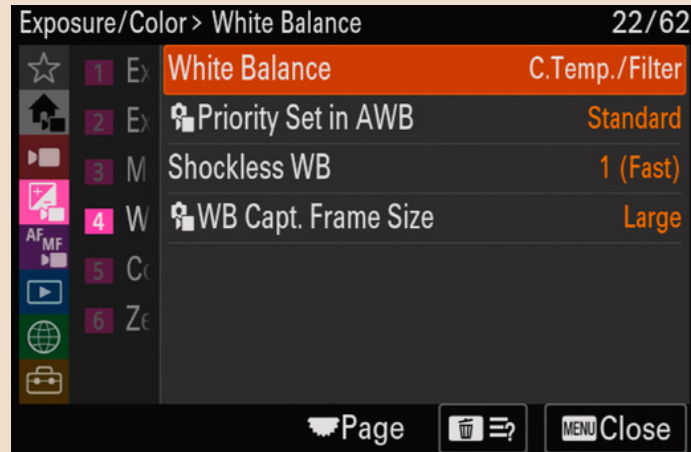
Metering Mode – Chooses how the camera measures light in a scene

- 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

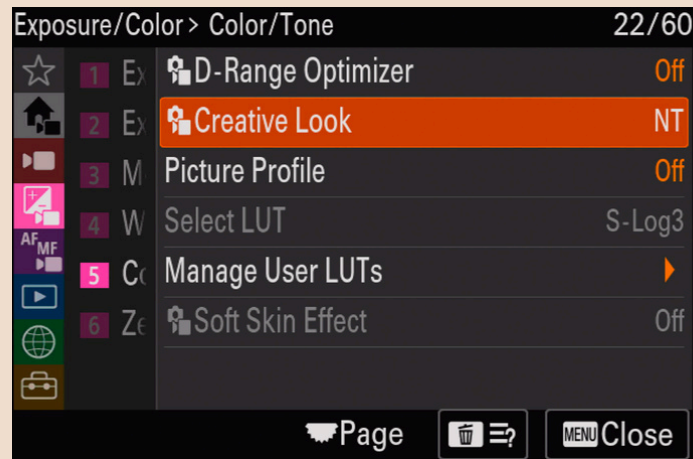
Shockless WB – Smooths out white balance shifts when lighting changes suddenly - choose a slower setting for better transitions

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



A7RVI | 100-400 | ISO 200 | F4.5 | 1/500

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

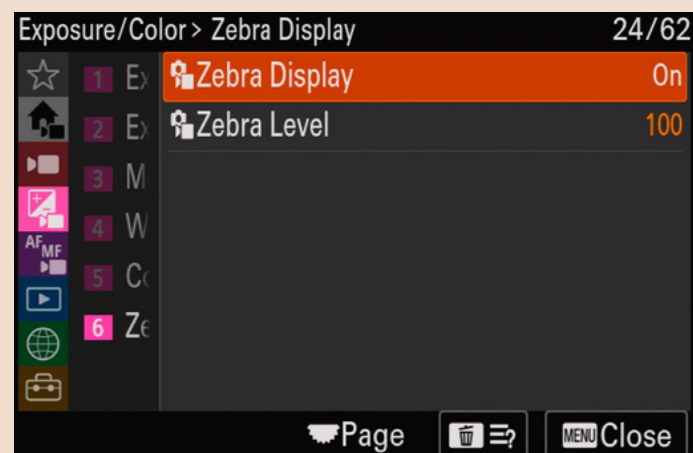
Picture Profile – Off – Configure advanced colour and gamma settings for recording

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

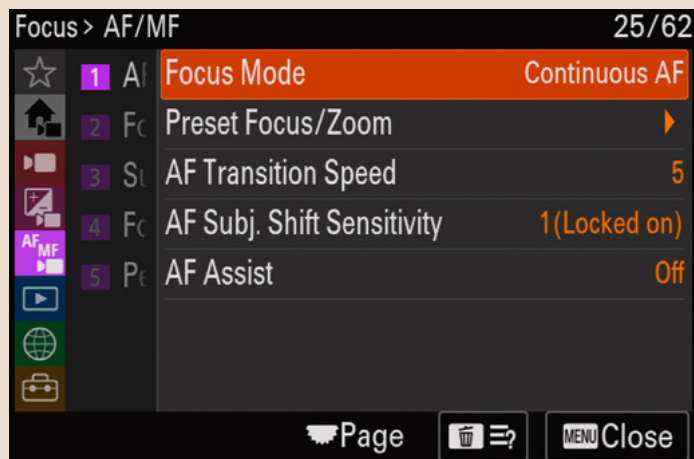
Zebra Level – 100 – Highlights areas at peak brightness (100% exposure)

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**

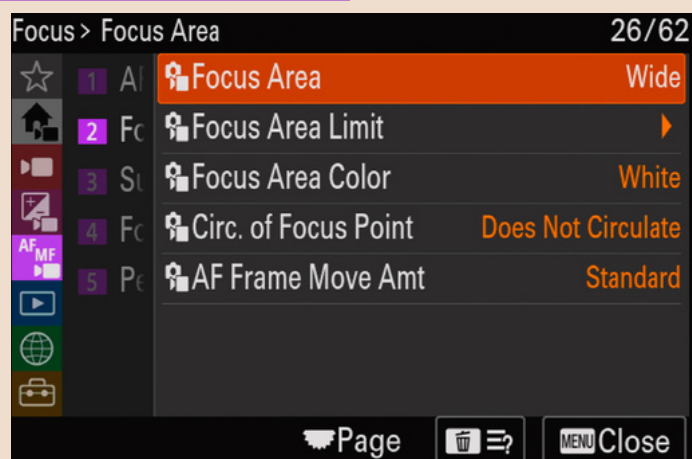
Preset Focus/Zoom – Stores and recalls a preset focus position and/or zoom setting

AF Transition Speed – 5 – Controls how quickly the autofocus moves between subjects - *Slower for smoother transitions*

AF Subject Shift Sensitivity – 1 – 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



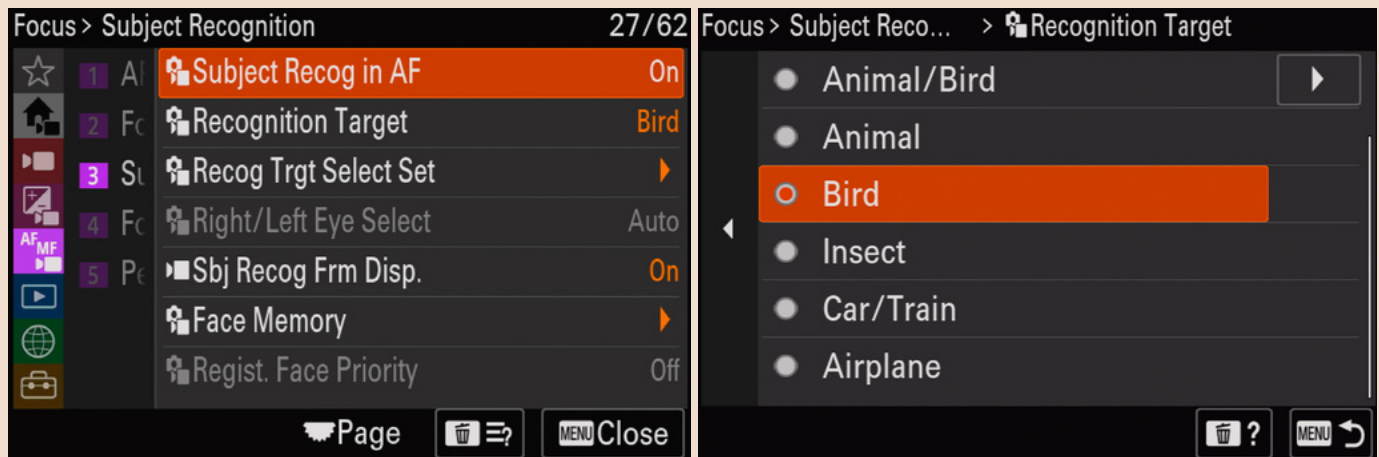
Focus Area – Wide – tracks subject all over EVF – great for movies – alternatively choose smaller zone

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

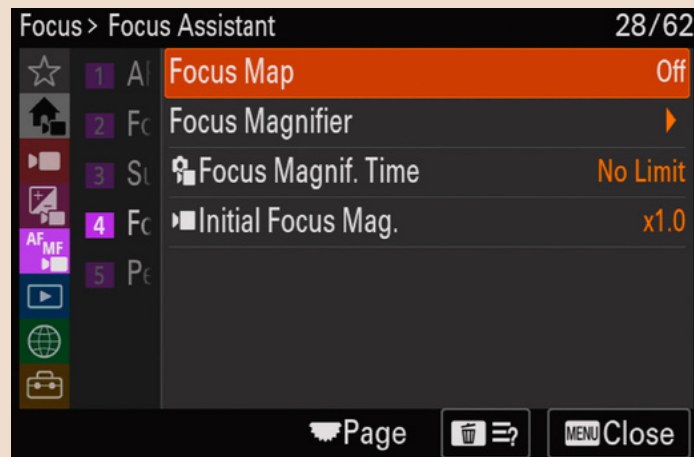
Sbj Recog Frm Disp. – On – Displays a recognition frame around detected subjects in the viewfinder/screen – see if you like that or not

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



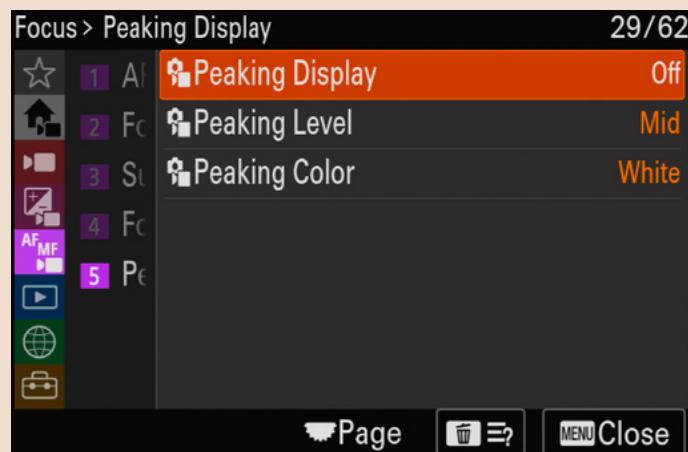
Focus Map – Displays a color overlay showing depth of field and focus range

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.

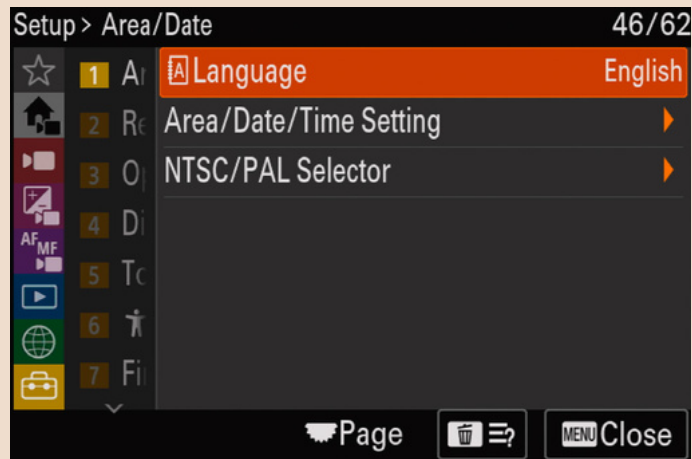
GREEN VIDEO MENU

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.

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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 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:



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Jan Wegener



janwegener.com

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



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