

#### Setting the camera

Press the POWER/MODE button repeatedly until you see the SET icon

Press the SHUTTER button to enter settings mode. In SET mode, you can change the HOLD FUNCTION, PAL/NTSC, FREQUENCY, and AUTO POWER OFF settings.

Press the POWER/MODE button to cycle through these options once in SET mode.

#### HOLD FUNCTION SETTING

**HLO** – This setting means “hold function on” and it will turn on the camera in the last mode you used it in when the camera was turned off.

**HLF** - This setting means “hold function off” and it will turn the camera on into the default “photo mode” each time camera is turned on.

Press the shutter button to cycle between choices, then press the POWER/MODE button to save it and proceed to the next setting.

#### POWER FREQUENCY SETTING

This setting can affect the quality of indoor photos if not set to your region's power frequency. In the North America, Central and South America, please set your frequency to **60Hz**. If you are in Europe, Japan, Oceania, and Asia, please set your frequency to **50Hz**.

Press the shutter button to cycle between choices, then press the POWER/MODE button to save it and proceed to the next setting.

#### NTSC/PAL SETTING

This controls the video output of the camera when viewing on a TV.

Select **NTSC** if viewing on a TV in North America. Choose **PAL** if viewing on a TV outside of North America or if viewing on a **PAL** TV in any region.

Press the shutter button to cycle between choices, then press the POWER/MODE button to save it and proceed to the next setting.

#### HI/LO SOUND RECORDING (VIDEO)

The camera has two settings for video sound recording levels, HI and LO.

**HI** setting is good for recording during normal wrist camera use and during any non-high vibration activity.

**LO** setting is good for recording good sound and video during high vibration activities where the camera might be strapped to bike handlebars, mounted on a car, motorcycle, shifter kart, or similar high vibration device. If you hear sound breakup during your filming, choose the LO setting for better sound.

Press the shutter button to cycle between HI/LO choices, then press the POWER/MODE button to save it and proceed to the next setting.

#### UPSIDE DOWN IMAGE CAPTURE

If for some reason you need to mount your camera upside down to get the perfect photo or video angle, you can program the camera to save the photo or video upside down so that it appears right side up when you review it on your computer or TV. This eliminates the need to “flip” the photo or video later on your computer.

**UP** setting saves photos and videos in a normal “right side up” orientation.

**UPd** setting saves photos and videos upside down so that they appear right side up when you review on your computer or TV.

Press the shutter button to cycle between UP/UPd choices, then press the POWER/MODE button to save it and proceed to the next setting.

#### AUTO POWER OFF SETTING

You can program the camera to automatically turn off at **60, 120, 300** seconds, or you can set the camera to **OFF** to keep the camera on until you manually turn it off. Press the shutter button to cycle through the **60, 120, 300** and **OFF** (auto power off OFF) options and then press POWER/MODE button to save it and proceed to the next setting.

**ESC** – press the shutter button when you see the ESC icon to exit the SETTINGS MODE and return to PHOTO MODE.

#### Trouble shooting

**LOW BATTERY WARNING:** When the battery power is low, the LCD will blink and the camera will turn off automatically.

**BATTERY TIPS:** Use rechargeable NiMH batteries for maximum battery life. Use lithium AAA batteries for maximum battery life in very cold temperatures.

**COLD WEATHER TIPS:** It is very important to use lithium AAA batteries or NiMH batteries in cold weather as they are not affected by cold temperature. Other types of batteries will quickly lose their power and will not work properly in cold weather.

**SHORT VIDEOS:** If your camera is shooting shorter videos than expected, it is likely because your batteries are low and the camera is auto-saving the video before the batteries die.

For other problems or questions please email [support@goprocamera.com](mailto:support@goprocamera.com) and we will be happy to assist you.