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<td>90</td>
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</table>
1. Camera Status Light (red)
2. Shutter/Select Button
3. Wireless Status Light (blue)
4. Camera Status Screen
5. Power/Mode Button
6. Micro HDMI Port (cable not included)
7. microSD Card Slot (microSD card not included)
8. Mini-USB Port (supports composite A/V cable/3.5mm stereo mic adapter, not included)
9. Audio Alert
10. Microphone
11. HERO Port
12. Settings/Tag Button
13. Battery Door
Getting Started

CHARGING THE BATTERY

1. Remove the camera from The Frame.

2. Remove the camera side door and insert a microSD card (sold separately). The card must have a minimum rating of Class 10 or UHS-I, and a capacity up to 64GB. Visit gopro.com/support for the list of GoPro-tested microSD cards.

3. Open the bottom door, insert the battery and then close the bottom door.

4. Charge the battery by connecting the camera to a computer or other USB charging adapter using the included USB cable. The camera status light turns on during charging and turns off when charging is complete.

WARNING: Using a wall charger other than a GoPro Wall Charger can damage the GoPro battery and could result in fire or leakage. Only use chargers marked: output 5V 1A. If you do not know the voltage and current of your charger, use the included USB cable to charge the camera from your computer.

When charging with a computer, be sure that the computer is connected to a power source. If the camera status light does not turn on, use a different USB port.

The included lithium-ion battery comes partially charged. No damage occurs to the camera or battery if used prior to a full charge.

For more battery information, see Battery.

WARNING: Use caution when using your GoPro as part of your active lifestyle. Always be aware of your surroundings to avoid injury to yourself and others.

Abide by all local laws when using your GoPro and related mounts and accessories, including all privacy laws, which may restrict recording in certain areas.
/ Getting Started

CAMERA SOFTWARE UPDATES
To get the latest features and best performance from your HERO4 camera, make sure you are using the most current camera software. You can update your camera software via the GoPro App or GoPro software. For more information, visit gopro.com/getstarted.

CAMERA DEFAULT SETTINGS
The HERO4 Black camera powers up with the following default settings:

<table>
<thead>
<tr>
<th></th>
<th>Video</th>
<th>Photo</th>
<th>Multi-Shot</th>
<th>QuikCapture</th>
<th>Wireless</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1080p60</td>
<td>12MP, Wide Field of View (FOV)</td>
<td>Burst option (set to 30 photos in 1 second)</td>
<td>Off</td>
<td>Off</td>
</tr>
</tbody>
</table>

PRO TIP: To open the settings menu for the current mode, press the Settings/Tag button [ ].

POWERING ON + OFF
To Power On:
Press the Power/Mode button [ ] once. The camera status lights (red) flash three times and the sound indicator emits three beeps. When the camera status screen displays information, your camera is on.

To Power Off:
Press and hold the Power/Mode button [ ] for two seconds. The camera status lights (red) flash several times and the sound indicator emits seven beeps.

PRO TIP: When the camera is off and QuikCapture is enabled, you can turn the camera on and immediately begin capturing video or Time Lapse photos just by pressing the Shutter/Select button [ ]. Press once for video, press and hold for Time Lapse photos. Press again to stop recording and power off the camera. For details, see QuikCapture in Setup Mode.
Your HERO4 Black features a status screen that displays the following information about modes and settings:

1. Camera Modes/FOV (field of view)
2. Camera Settings
3. Resolution/fps (frames per second)
4. Protune™
5. Number of Files Captured
6. Time/Storage/Files
7. Wireless
8. Battery Life

Note: The icons that appear on the camera status screen vary by mode.
*Playback appears only if the camera is connected to a TV or LCD Touch BacPac (sold separately).
## Camera Modes

The HERO4 Black features several camera modes. To cycle through the modes, press the Power/Mode button repeatedly.

These modes appear:

<table>
<thead>
<tr>
<th>Icon</th>
<th>Mode</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>📹</td>
<td>Video</td>
<td>Record video</td>
</tr>
<tr>
<td>📸</td>
<td>Photo</td>
<td>Capture a single photo</td>
</tr>
<tr>
<td>🖼️</td>
<td>Multi-Shot</td>
<td>Capture a series of photos (Time Lapse, Burst, etc.)</td>
</tr>
<tr>
<td>🎥</td>
<td>Playback</td>
<td>Play back videos and photos</td>
</tr>
<tr>
<td>🛠️</td>
<td>Setup</td>
<td>Adjust general camera settings</td>
</tr>
</tbody>
</table>

## Navigating Settings Menus

Each camera mode has its own settings menu.

**TO NAVIGATE SETTINGS MENUS:**

1. Verify that the camera is in the desired camera mode. If an icon for that mode does not appear on the camera status screen, press the Power/Mode button repeatedly until it appears.
2. Press the Settings/Tag button to open the settings menu for that mode.
3. Use the Power/Mode button to cycle through the settings.
4. Press the Shutter/Select button to cycle through the options within a setting. To select an option, leave the option highlighted when you move to another screen.
5. To go back to the previous screen or exit the settings menu, press the Settings/Tag button.
**Video** mode contains four capture modes: Video, Time Lapse Video, Video + Photo and Video Looping.

<table>
<thead>
<tr>
<th>Capture Mode</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video (default)</td>
<td>Captures video.</td>
</tr>
<tr>
<td>Time Lapse Video</td>
<td>Creates video from frames captured at specific intervals. Time Lapse Video is available only in 4K and 2.7K 4:3 resolutions. Time Lapse Video is captured without audio. Protune™, Auto Low Light, and Spot Meter are not available in this capture mode.</td>
</tr>
<tr>
<td>Video + Photo</td>
<td>Simultaneously captures both video and photos. You can set the camera to capture a photo at selected intervals while you record video. For details, see Video + Photo Intervals in this section.</td>
</tr>
</tbody>
</table>
| Looping          | Lets you continuously record and save only the best moments, which helps to conserve space on your microSD card. You must select an interval. Protune is not available in this capture mode.  

*Note: Looping is not available in high-performance video modes.*

**CAPTURING VIDEO**

1. Press the **Power/Mode** button [ ] repeatedly until you get to **Video** mode.
2. If necessary, select a different video capture mode (Video, Time Lapse Video, Video + Photo, or Video Looping):
   a. Press the **Settings/Tag** button [ ] to open the settings menu.
   b. Press the **Shutter/Select** button [ ] repeatedly until you get to the desired capture mode.
   c. Press the **Settings/Tag** button [ ] to close the settings menu. The icon for the selected capture mode appears in the upper left on your camera status screen.
3. Press the **Shutter/Select** button [ ]. The camera beeps once and the camera status lights flash while the camera is recording.
4. To stop capturing, press the **Shutter/Select** button [ ]. The camera status lights flash three times and the camera beeps three times. If the memory card is full or the battery is out of power, your camera automatically stops recording. Your video is saved before the camera powers off.

**PRO TIP:** When the camera is off and QuikCapture is enabled, you can turn the camera on and immediately begin capturing video just by pressing the **Shutter/Select** button [ ]. Press again to stop recording and power off the camera. For details, see **Setup Mode**.
HILIGHT TAGGING
You can mark specific moments in your video during recording with HiLight Tags. HiLight Tags make it easy to find the best highlights to share. You can also add HiLight Tags when playing back content using an LCD Touch BacPac.

You can add tags with your camera, the GoPro App, or the Smart Remote (sold separately).

To Add a HiLight Tag with Your Camera:
While recording or playing back video, press the Settings/Tag button [ ].

PRO TIP: In the app, tap the screen during playback to display the HiLight Tags on the progress bar.

VIDEO SETTINGS
Four capture modes are available for Video mode: Video, Time Lapse Video, Video + Photo and Video Looping. The capture mode that you select determines the Video settings that appear in the rest of the menu.

For instructions on how to change the following settings, see Navigating Settings Menus.

PRO TIP: To open the settings menu for the current mode, press the Settings/Tag button [ ].
**/ Video Mode**

---

### INTERVAL

The Interval setting applies to Time Lapse Video, Video + Photo and Looping. Interval determines the amount of time that passes between each captured frame.

**Time Lapse Video Intervals**

Available intervals for Time Lapse Video range from 0.5 seconds (default) to 60 seconds.

<table>
<thead>
<tr>
<th>Interval</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5-2 seconds</td>
<td>Surfing, biking or other sport</td>
</tr>
<tr>
<td>2 seconds</td>
<td>Busy street corner</td>
</tr>
<tr>
<td>5-10 seconds</td>
<td>Sunset</td>
</tr>
<tr>
<td>10-60 seconds</td>
<td>Lengthy activities, such as construction projects</td>
</tr>
</tbody>
</table>

**Video + Photo Intervals**

Available intervals for Video + Photo range from 5-60 seconds. The quality of the photo depends on the selected video resolution and FOV.

---

**Looping Intervals**

Available intervals for Looping are 5, 20, 60 and 120 minutes. For example, if you select a 5-minute interval, only the previous 5 minutes is saved when you stop recording. If you record for 5 minutes and do not press the Shutter/Select button to stop recording and save, the camera begins a new 5-minute interval by recording over your previous 5 minutes of footage.

You can also select max video as the interval. With this option, the camera records until the memory card is full, then overwrites the content.

*Note: To use Looping, be sure that your microSD card has sufficient space.*

**PRO TIP:** Multiple chapter files are written to your memory card so that small segments of content can be overwritten during loop recording. When viewing this content on a computer, you see separate files for each time segment. Use GoPro software to combine the files into a longer video.
### RESOLUTION, FPS AND FOV

The HERO4 Black includes the video resolutions listed below.

<table>
<thead>
<tr>
<th>Video Resolution</th>
<th>NTSC/ PAL</th>
<th>FOV</th>
<th>Screen Resolution</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4K</strong></td>
<td>30/25</td>
<td>Ultra Wide</td>
<td>3840x2160, 16:9</td>
</tr>
<tr>
<td></td>
<td>24/24</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4K SuperView™</strong></td>
<td>24/24</td>
<td>Ultra Wide</td>
<td>3840x2160, 16:9</td>
</tr>
<tr>
<td><strong>2.7K</strong></td>
<td>60/50</td>
<td>Ultra Wide, Medium</td>
<td>2704x1520, 16:9</td>
</tr>
<tr>
<td></td>
<td>48/48</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30/25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24/24</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2.7K SuperView</strong></td>
<td>30/25</td>
<td>Ultra Wide</td>
<td>2704x1520, 16:9</td>
</tr>
<tr>
<td><strong>2.7K 4:3</strong></td>
<td>30/25</td>
<td>Ultra Wide</td>
<td>2704x2028, 4:3</td>
</tr>
<tr>
<td><strong>1440p</strong></td>
<td>80/80</td>
<td>Ultra Wide</td>
<td>1920x1440, 4:3</td>
</tr>
<tr>
<td></td>
<td>60/50</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>48/48</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30/25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24/24</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1080p</strong></td>
<td>120/120</td>
<td>Ultra Wide</td>
<td>1920x1080, 16:9</td>
</tr>
<tr>
<td></td>
<td>60/50</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1080p SuperView</strong></td>
<td>48/48</td>
<td>Ultra Wide</td>
<td>1920x1080, 16:9</td>
</tr>
<tr>
<td><strong>960p</strong></td>
<td>120/120</td>
<td>Ultra Wide</td>
<td>1280x960, 4:3</td>
</tr>
<tr>
<td></td>
<td>60/50</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>720p</strong></td>
<td>240/240</td>
<td>Narrow</td>
<td>1280x720, 16:9</td>
</tr>
<tr>
<td><strong>720p SuperView</strong></td>
<td>120/120</td>
<td>Ultra Wide</td>
<td>1280x720, 16:9</td>
</tr>
<tr>
<td><strong>720p 4:3</strong></td>
<td>120/120</td>
<td>Ultra Wide, Medium, Narrow</td>
<td>1280x720, 16:9</td>
</tr>
<tr>
<td></td>
<td>60/50</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>720p SuperView</strong></td>
<td>120/120</td>
<td>Ultra Wide</td>
<td>1280x720, 16:9</td>
</tr>
<tr>
<td><strong>WVGA</strong></td>
<td>240/240</td>
<td>Ultra Wide</td>
<td>848x480, 16:9</td>
</tr>
</tbody>
</table>

**PRO TIP:** To open the settings menu for the current mode, press the **Settings/Tag** button [ ].
Video Mode

High-Performance Video Modes and Camera Temperatures

The HERO4 Black features unique high-performance video modes: 4K30/24, 4K24 SuperView, 2.7K60/48, 2.7K30 SuperView, 2.7K 4:3, 1440p80, 1080p120/90, 960p120, 720p240 and 720p120 SuperView. When using these video modes, it is normal for the camera to become warm and use more power.

Using these high-performance modes in higher temperatures decreases camera recording time. In addition, lack of airflow around the camera, using the camera with the GoPro App, or in combination with BacPac accessories further increases camera temperature and power consumption, and decreases camera recording time.

If the camera gets too hot, a message appears on the screen indicating that the camera is shutting down. The camera stops recording, saves your video, disconnects from the GoPro App, and powers off. If this happens, let your camera sit and cool before attempting to use it again.

For extended recording time in high-performance video modes, capture shorter video clips when in stationary use, and/or limit your use of features that increase power consumption, such as the GoPro App or BacPac accessories. To control your camera remotely at higher temperatures, use the GoPro remote instead of the GoPro App.

Video Resolution | Best Use
--- | ---
4K | Stunning high-resolution video with professional low-light performance. 8MP stills available from video. Recommended for tripod or fixed position shots.
4K SuperView | SuperView delivers the world’s most immersive field of view. Recommended for tripod or fixed position shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer or TV.
2.7K | 16:9 resolution video downscales to provide stunning, cinema-quality results for professional productions.
2.7K SuperView | SuperView delivers the world’s most immersive field of view. Recommended for body-mounted shots. More vertical 4:3 content is stretched to full-screen 16:9 for stunning widescreen playback on your computer or TV.
### Video Mode

<table>
<thead>
<tr>
<th>Video Resolution</th>
<th>Best Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.7K 4:3</td>
<td>Recommended for body-mounted, ski-mounted or surfboard-mounted shots. Provides large viewing area.</td>
</tr>
<tr>
<td>1440p</td>
<td>Recommended for body-mounted shots. Larger viewing area and high frame rate yield the smoothest, most immersive results for high-action capture.*</td>
</tr>
<tr>
<td>1080p</td>
<td>Great for all shots. High resolution and frame rate yield stunning results.*</td>
</tr>
<tr>
<td>1080p SuperView</td>
<td>SuperView delivers the world’s most immersive field of view. Recommended for body- or gear-mounted shots. More vertical 4:3 content is automatically stretched to full-screen 16:9 for stunning widescreen playback on your computer or TV.</td>
</tr>
<tr>
<td>WVGA</td>
<td>Good when super slow motion is desired and standard definition is acceptable.</td>
</tr>
</tbody>
</table>

*For slow motion at high frame rates, turn off Auto Low Light. If shooting indoors, be sure you have sufficient light.*
### FOV

<table>
<thead>
<tr>
<th>Mode</th>
<th>Best Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultra Wide</td>
<td>Largest field of view, increased image stability. Good for action shots where you want to capture as much as possible within the frame.</td>
</tr>
<tr>
<td>Medium</td>
<td>Mid-range field of view, moderate image stability.</td>
</tr>
<tr>
<td>Narrow</td>
<td>Smallest field of view, reduced image stability. Reduced distortion. Good for capturing content at a distance.</td>
</tr>
</tbody>
</table>

**PRO TIP:** Easily create epic GoPro-style videos using free GoPro software. Learn more and download this software at gopro.com/getstarted.

---

### LOW LIGHT

Auto Low Light allows you to shoot in low-light environments or when quickly transitioning in and out of low-light conditions. The camera automatically adjusts fps to achieve the optimal exposure and best results.

Auto Low Light is not available for 240 fps or 30 fps and below. The options for this setting are on (default) and off.

### SPOT METER

Spot Meter lets you film from a dark space while pointing the camera into a brighter setting, such as when recording the outdoors from within a car. When Spot Meter is turned on, ![ ] appears on the camera status screen. The options for this setting are off (default) and on.

**Note:** Changes that you make to the Spot Meter setting in Video mode apply only to video capture. To adjust this setting for photo capture, adjust the setting in Photo mode. To adjust this setting for multi-shot capture, adjust the setting in Multi-Shot mode.

### PROTUNE

For details about Protune settings, see Protune.

**Note:** Changes that you make to the Protune settings in Video mode apply only to video capture. To adjust this setting for photo capture, adjust the setting in Photo mode. To adjust this setting for multi-shot capture, adjust the setting in Multi-Shot mode.
### Photo Mode

Photo mode contains three capture modes: Single, Continuous and Night.

<table>
<thead>
<tr>
<th>Capture Mode</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single (default)</td>
<td>Captures a single photo.</td>
</tr>
<tr>
<td>Continuous</td>
<td>Captures a series of photos continuously while holding down the Shutter/Select button [◉].</td>
</tr>
<tr>
<td>Night</td>
<td>Captures a single photo with a customizable exposure time up to 30 seconds. For available exposure times and examples of when to use them, see Shutter in Photo Settings.</td>
</tr>
</tbody>
</table>

**PRO TIP:** While capturing video, you can manually take a photo at any time by pressing the Power/Mode button [◉]. Press and hold the Power/Mode button [◉] to capture a photo every 5 seconds.

## Capturing a Single or Night Photo

1. Select the desired photo capture mode (Single or Night):
   
   a. Press the Power/Mode button [◉] repeatedly until you get to Photo mode.
   
   b. Press the Settings/Tag button [◉] to open the settings menu.
   
   c. Press the Shutter/Select button [◉] repeatedly until you get to the desired capture mode (Single or Night).
   
   d. Press the Settings/Tag button [◉] to close the settings menu. The icon for the selected capture mode appears in the upper left on your camera status screen.

2. Press the Shutter/Select button [◉]. The camera beeps two times, the camera status lights flash and the counter on the camera status screen increases by one.

**PRO TIP:** For Night photo, be sure to use the right Shutter setting for the situation. For details, see Shutter in Photo Settings.
CAPTURING CONTINUOUS PHOTOS

1. Select Continuous mode:
   a. Press the Power/Mode button [ ] repeatedly until you get to Photo mode.
   b. Press the Settings/Tag button [ ] to open the settings menu.
   c. Press the Shutter/Select button [ ] repeatedly until you get to Continuous.
   d. Press the Settings/Tag button [ ] to close the settings menu. The Continuous icon [ ] appears in the upper left on your camera status screen.

2. Press and hold the Shutter/Select button [ ]. The camera beeps and the camera status lights flash repeatedly.

3. To stop capturing, release the Shutter/Select button [ ]. The counter on the camera status screen increases by one for every photo captured.

PHOTO SETTINGS

Three capture modes are available for Photo mode: Single, Continuous and Night. The capture mode that you select determines the Photo settings that appear in the rest of the menu.

For instructions on how to change the following settings, see Navigating Settings Menus.

PRO TIP: To open the settings menu for the current mode, press the Settings/Tag button [ ].
**SHUTTER**

Shutter applies only to Night Photo and Night Lapse and determines the amount of time that the shutter is open. The options for this setting are auto (up to 2 seconds), 2, 5, 10, 15, 20 or 30 seconds. The default setting is auto.

<table>
<thead>
<tr>
<th>Settings</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auto (up to 2 sec)</td>
<td>Sunrise, sunset, dawn, dusk, twilight, night</td>
</tr>
<tr>
<td>2 sec, 5 sec, 10 sec</td>
<td>Dawn, dusk, twilight, traffic at night, Ferris wheel, fireworks, light painting</td>
</tr>
<tr>
<td>20 sec</td>
<td>Night sky (with light)</td>
</tr>
<tr>
<td>30 sec</td>
<td>Night stars, Milky Way (complete darkness)</td>
</tr>
</tbody>
</table>

**PRO TIP:** For best results when using the Shutter setting, mount your camera on a tripod or other stable surface to reduce the amount of blur in your video or photos.

**INTERVAL**

Interval applies only to Continuous photo. Available intervals are 3 (default), 5 or 10 photos every second.

**MEGAPIXELS**

The HERO4 Black captures photos at 12MP, 7MP or 5MP.

*Note: Changes that you make to the Megapixels setting in Photo mode apply only to photo capture. To adjust this setting for multi-shot capture, adjust the setting in Multi-Shot mode.*

<table>
<thead>
<tr>
<th>Photo Resolution</th>
<th>Field of View (FOV)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12MP Wide (default)</td>
<td>Largest field of view. Good for action shots where you want to capture as much as possible within the frame.</td>
</tr>
<tr>
<td>7MP Wide</td>
<td>Mid-range field of view.</td>
</tr>
</tbody>
</table>
/ Photo Mode

**SPOT METER**

Spot Meter lets you capture photos from a dark space while pointing the camera into a brighter setting, such as when recording the outdoors from within a car. When Spot Meter is turned on, [ ] appears on the camera status screen. The options for this setting are off (default) and on.

*Note: Changes that you make to the Spot Meter setting in Photo mode apply only to photo capture. To adjust this setting for video capture, adjust the setting in Video mode. To adjust this setting for multi-shot capture, adjust the setting in Multi-Shot mode.*

**Protune**

For details about Protune settings, see Protune.

*Note: Changes that you make to the Protune settings in Photo mode apply only to photo capture. To adjust this setting for video capture, adjust the setting in Video mode. To adjust this setting for multi-shot capture, adjust the setting in Multi-Shot mode.*

/ Multi-Shot Mode

Multi-Shot mode contains three capture modes: Burst, Time Lapse and Night Lapse.

<table>
<thead>
<tr>
<th>Capture Mode</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burst (default)</td>
<td>Captures up to 30 photos in 1 second. Perfect for capturing the definitive moment in fast-action sports.</td>
</tr>
<tr>
<td>Time Lapse</td>
<td>Captures a series of photos at specified intervals. You can use Time Lapse to capture photos of any activity, so you can choose the best ones later.</td>
</tr>
<tr>
<td>Night Lapse</td>
<td>Captures a series of photos at specific intervals and exposure times. Use Night Lapse in low light environments, such as when capturing the night sky over a period of time. For available exposure times and examples of when to use them, see Shutter in Multi-Shot Settings.</td>
</tr>
</tbody>
</table>

**PRO TIP:** For longer exposure times during the day, use Night Lapse.
CAPTURING BURST PHOTOS

1. Select Burst mode:
   a. Press the Power/Mode button [ ] repeatedly until you get to Multi-Shot mode.
   b. Press the Settings/Tag button [ ] to open the settings menu.
   c. Press the Shutter/Select button [ ] repeatedly until you get to Burst.
   d. Press the Settings/Tag button [ ] to close the settings menu. The Burst icon [ ] appears in the upper left on your camera status screen.

2. Press the Shutter/Select button [ ]. The camera status lights flash and the camera beeps multiple times.

See Rate in this section for options available for Burst photos.

CAPTURING TIME LAPSE OR NIGHT LAPSE PHOTOS

1. Select the desired multi-shot capture mode (Time Lapse or Night Lapse):
   a. Press the Power/Mode button [ ] repeatedly until you get to Multi-Shot mode.
   b. Press the Settings/Tag button [ ] to open the settings menu.
   c. Press the Shutter/Select button [ ] repeatedly until you get to the desired capture mode (Time Lapse or Night Lapse).
   d. Press the Settings/Tag button [ ] to close the settings menu. The icon for the selected capture mode appears in the upper left on your camera status screen.

2. Press the Shutter/Select button [ ]. The camera initiates countdown and the camera status lights flash each time a photo is captured.

3. To stop capturing, press the Shutter/Select button [ ]. The camera status lights flash three times and the camera beeps three times.

PRO TIP: When the camera is off and QuikCapture is enabled, you can turn the camera on and immediately begin capturing Time Lapse photos just by pressing and holding the Shutter/Select button [ ]. Press again to stop recording and power off the camera. For details, see Setup Mode.
MULTI-SHOT SETTINGS
Three capture modes are available for Multi-Shot mode: Burst, Time Lapse and Night Lapse. The capture mode that you select determines the Multi-Shot settings that appear in the rest of the menu.

For instruction on how to change the following settings, see Navigating Settings Menus.

PRO TIP: To open the settings menu for the current mode, press the Settings/Tag button [ ].

RATE
Rate applies only to Burst. Photos can be captured at the following rates:

- 3 photos in 1 second
- 5 photos in 1 second
- 10 photos in 1 second
- 10 photos in 2 seconds
- 10 photos in 3 seconds
- 30 photos in 1 second (default)
- 30 photos in 2 seconds
- 30 photos in 3 seconds
- 30 photos in 6 seconds

PRO TIP: Sometimes 30 photos in 1 second is too fast. Try a slower Burst interval to better match the action.
SHUTTER

Shutter applies only to Night Photo and Night Lapse and determines the amount of time that the shutter is open. The options for this setting are auto (up to 2 seconds), 2, 5, 10, 15, 20 or 30 seconds. The default setting is auto.

**Settings** | **Examples**
--- | ---
Auto (up to 2 sec) | Sunrise, sunset, dawn, dusk, twilight, night
2 sec, 5 sec, 10 sec | Dawn, dusk, twilight, traffic at night, Ferris wheel, fireworks, light painting
20 sec | Night sky (with light)
30 sec | Night stars, Milky Way (complete darkness)

**PRO TIP:** For best results when using the Shutter setting, mount your camera on a tripod or other stable surface to reduce the amount of blur in your video or photos.

INTERVAL

Interval applies only to Time Lapse and Night Lapse. Interval determines the amount of time that passes between each captured frame.

**Time Lapse Intervals**

Available intervals for Time Lapse range from 0.5 seconds (default) to 60 seconds.

<table>
<thead>
<tr>
<th>Interval</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5–2 seconds</td>
<td>Surfing, biking or other sport</td>
</tr>
<tr>
<td>2 seconds</td>
<td>Busy street corner</td>
</tr>
<tr>
<td>5–10 seconds</td>
<td>Sunset</td>
</tr>
<tr>
<td>10–60 seconds</td>
<td>Lengthy activities, such as construction projects</td>
</tr>
</tbody>
</table>

**Night Lapse Intervals**

Available intervals for Night Lapse range from 4 seconds to 60 minutes. Continuous (default) causes the Interval to match the Shutter setting. For example, if Shutter is set to 10 seconds and Interval is set to continuous, your camera captures a photo every 10 seconds.
### Megapixels

The HERO4 Black captures photos at 12MP, 7MP or 5MP.

*Note: Changes that you make to the Megapixels setting in Multi-Shot mode apply only to multi-shot capture. To adjust this setting for photo capture, adjust the setting in Photo mode.*

<table>
<thead>
<tr>
<th>Settings</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12MP Wide (default)</td>
<td>Largest field of view. Good for action shots where you want to capture as much as possible within the frame.</td>
</tr>
<tr>
<td>7MP Wide</td>
<td></td>
</tr>
<tr>
<td>7MP Medium</td>
<td>Mid-range field of view.</td>
</tr>
<tr>
<td>5MP Medium</td>
<td></td>
</tr>
</tbody>
</table>

### Spot Meter

Spot Meter lets you capture photos from a dark space while pointing the camera into a brighter setting, such as when recording the outdoors from within a car. When Spot Meter is turned on, [ ] appears on the camera status screen. The options for this setting are off (default) and on.

*Note: Changes that you make to the Spot Meter setting in Multi-Shot mode apply only to multi-shot capture. To adjust this setting for video capture, adjust the setting in Video mode. To adjust this setting for photo capture, adjust the setting in Photo mode.*

### Protune

For details about Protune settings, see Protune.

*Note: Changes that you make to the Protune settings in Multi-Shot mode apply only to multi-shot capture. To adjust this setting for video capture, adjust the setting in Video mode. To adjust this setting for photo capture, adjust the setting in Photo mode.*
**/Playback Mode**

You can play back your content on a computer, TV, smartphone/tablet (using the GoPro App) or on your camera using an LCD Touch BacPac (sold separately). **Playback** mode appears only if the camera is connected to a TV or LCD Touch BacPac.

You can also play back content by inserting the microSD card directly into a device, such as a computer or compatible TV. With this method, playback resolution depends on the resolution of the device and its ability to play back that resolution.

**PLAYING BACK VIDEOS AND PHOTOS ON A COMPUTER**

For best results playing back your content on a computer, visit [gopro.com/getstarted](http://gopro.com/getstarted) to download the latest GoPro software. Be sure your Mac® or Windows® computer meets these minimum system requirements:

<table>
<thead>
<tr>
<th></th>
<th>Windows</th>
<th>Mac</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Screen Resolution</strong></td>
<td>1280 x 800</td>
<td>1280 x 768</td>
</tr>
<tr>
<td><strong>RAM</strong></td>
<td>4GB</td>
<td>4GB</td>
</tr>
<tr>
<td><strong>Hard Drive</strong></td>
<td>5400 RPM internal drive (7200 RPM drive or SSD recommended)</td>
<td>If external, use USB 3.0 or eSATA</td>
</tr>
<tr>
<td><strong>Operating System</strong></td>
<td>Windows 7, 8.x</td>
<td>OS X® 10.8 or later</td>
</tr>
<tr>
<td><strong>CPU</strong></td>
<td>Intel® Core 2 Duo™ (Intel Quad Core™ i7 or better recommended)</td>
<td>Intel® Dual Core™ (Intel Quad Core i7 or better recommended)</td>
</tr>
<tr>
<td><strong>Graphics Card</strong></td>
<td>Card that supports OpenGL 1.2 or later</td>
<td>Card included with Intel Dual Core Macs or better</td>
</tr>
</tbody>
</table>

For minimum system requirements for 4K playback and editing, visit [gopro.com/support](http://gopro.com/support).

To Play Back Content on Your Computer:

1. Download the latest GoPro software from [gopro.com/getstarted](http://gopro.com/getstarted).
2. Connect the camera to your computer using the included USB cable.
3. Copy the files to your computer or external hard drive.
4. Play back your content with GoPro software.
PLAYING BACK VIDEOS AND PHOTOS ON YOUR TV

Playing back videos and photos on your TV/HDTV requires a micro HDMI, composite or combo cable (all sold separately).

To Play Back Content on a TV:
1. Plug the camera into a TV/HDTV with a micro HDMI cable, composite cable or combo cable.
2. Select the input on your TV that corresponds to the port into which you plugged the cable.
3. Power on the camera.
4. Press the Power/Mode button \[ \] to cycle to Playback \[ \] mode, and then press the Shutter/Select button \[ \] to select it.
5. Use the Power/Mode button \[ \] to navigate files.
6. Use the Shutter/Select button \[ \] to open a file in full-screen view.
7. When a file is selected, use \[ \] and \[ \] to navigate backward and forward to see more media files on your memory card.

Note: HDMI playback depends on the resolution of the device, and is certified up to 1080p.

PLAYING BACK CONTENT ON A SMARTPHONE/TABLET

1. Connect your camera to the GoPro App. For details, see Connecting to the GoPro App.
2. Use the controls on the app to play back your footage on your smartphone/tablet.

PLAYING BACK CONTENT USING AN LCD TOUCH BACPAC
For instructions, see the LCD Touch BacPac User Guide.

PRO TIP: While playing back your video, you can add HiLight Tags to mark the best moments. In the GoPro App, tap the HiLight Tag icon. If you are using an LCD Touch BacPac, press the Settings/Tag button \[ \] on the camera to add a tag.
CREATING SHORT CLIPS FROM A VIDEO

Video trimming lets you create short clips of your favorite shots from your video files. Clips are saved as new files that can be shared through the GoPro App and used during editing in GoPro Studio.

Note: This feature is available only if your camera is connected to an LCD Touch BacPac (sold separately).

To Create a Short Clip from a Video:

1. In Playback mode, tap the video that contains the clip that you want to save.
2. Tap [▶] to begin playing the video.
3. When you reach the point where you want to start clipping, tap [□].
4. Tap [▶]. By default, the duration of the clip is 5 seconds.
5. If needed, select one of these options:
   - To save a longer clip, tap the 5 sec icon repeatedly to cycle through the options. You can save a clip with a duration of 5, 15, or 30 seconds.
   - To save a photo of the frame in view, tap Still.
6. Tap [▶] to review the clip before saving it.
7. If needed, adjust the starting point of the clip by tapping [◀]. To adjust the ending point, tap [▶].

Note: If you adjust the starting or ending points, the duration of the clip remains the same.
8. Tap Save. The clip is saved as a separate video file. Still photos are saved as photo files. Your original video file is unchanged.

PRO TIP: After you create clips from a video, you can delete the original file to save space on your microSD card.
**Setup Mode**

In **Setup** mode, you can change settings that apply to all camera modes. For instructions on how to change the following settings, see *Navigating Settings Menus*.

### WIRELESS

When Wireless is on, a Wireless status icon appears on the camera status screen and the blue wireless light blinks intermittently. The default setting for Wireless is off.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PAIR</strong></td>
<td>Lets you pair your camera to a smartphone/tablet (through the GoPro App) or a GoPro remote (sold separately). For instructions on pairing to a smartphone/tablet, see &quot;Connecting to the GoPro App.&quot; For instructions on pairing to a GoPro remote, see the user manual for the remote.</td>
</tr>
<tr>
<td><strong>MODE</strong></td>
<td>After pairing, Mode lets you connect the camera to the GoPro App or a GoPro remote (sold separately).</td>
</tr>
</tbody>
</table>

**Note:** RC and APP are combined into one Mode option if you paired your camera with a smartphone/tablet that uses Bluetooth LE.

**PRO TIP:** If you forgot your camera’s name or password, use the Camera Reset setting (Reset Wi-Fi option) in **Setup** mode to reset them to the defaults. The default password is *goprohero*.

### TOUCH DISPLAY

Touch Display appears only if your camera is attached to an LCD Touch BacPac (sold separately). These settings let you manage the BacPac screen to conserve battery power.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep</strong></td>
<td>Automatically dims the touch display after a period of inactivity. The options for this setting are 1 minute (default), 2 minutes, 3 minutes and Never. To manually dim the screen or to wake it, press the Touch Display Sleep/Wake button [ ].</td>
</tr>
<tr>
<td><strong>Lock</strong></td>
<td>Lets you use gestures to lock and unlock the touch display. The options for this setting are off and on (default). Turn this setting on to prevent accidental input on the touch display. When this setting is on, press the touch display for two seconds to lock it. To unlock the touch display, slide down and hold.</td>
</tr>
</tbody>
</table>
### Setup Mode

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brightness</td>
<td>Determines the level of light on the touch display. The options for this setting are high (default), medium and low.</td>
</tr>
<tr>
<td>Touch Display On/Off</td>
<td>Turns the touch display on or off when the camera is powered on. The options for this setting are on (default) and off.</td>
</tr>
</tbody>
</table>

---

#### ORIENTATION

If you mount your camera upside down, you might have to rotate the files during editing. This setting eliminates the need to flip your video or photos after recording.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up (default)</td>
<td>Camera is always assumed to be right-side up.</td>
</tr>
<tr>
<td>Down</td>
<td>Camera is always assumed to be upside down.</td>
</tr>
<tr>
<td>Auto</td>
<td>(Auto Image Rotation) Camera automatically selects Up or Down, based on the orientation of the camera when recording begins.</td>
</tr>
</tbody>
</table>

---

#### DEFAULT MODE

You can select the capture mode that appears when the camera powers on. The options are Video, Time Lapse Video, Video + Photo, Video Looping, Single, Continuous, Night, Burst, Time Lapse, and Night Lapse.
QUIKCAPTURE

With QuikCapture, you can quickly turn your camera on and begin capturing video or Time Lapse photos. The options for this setting are on and off (default).

Note: QuikCapture is disabled when the camera is connected to the remote or the GoPro App.

To Capture Video with QuikCapture:
With the camera powered off, press and release the Shutter/Select button [ ]. Your camera automatically powers on and begins capturing video.

To Capture Time Lapse Photos with QuikCapture:
With the camera powered off, press and hold the Shutter/Select button [ ] until you see the Time Lapse icon [ ]. Your camera automatically powers on and begins capturing Time Lapse photos.

To Stop Recording:
Press and release the Shutter/Select button [ ] to stop recording and power off the camera.

LEDS

This setting determines which camera status lights (red) to activate. The options for this setting are 4 (top, bottom, front, back), 2 (front and back), or off (none). The default setting is 4.

Note: The Wireless status light (blue) is always activated unless you select off for this setting.

BEEPS

You can set the volume for the sound indicators to be 100% (default), 70% or off.

VIDEO FORMAT

The Video Format setting governs frame rates for recording and playback when viewing video on a TV/HDTV.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NTSC (default)</td>
<td>Viewing video in North America</td>
</tr>
<tr>
<td>PAL</td>
<td>Viewing video on a PAL TV/HDTV (most televisions outside of North America)</td>
</tr>
</tbody>
</table>
OSD  ON-SCREEN DISPLAY

The OSD (on-screen display) setting determines whether the recording icons and file information on video and on the viewing screen appear during playback. The options for this setting are on (default) and off.

Note: When this setting is on and you are playing back content on your camera using an LCD Touch BacPac (sold separately), you can tap the touch display to quickly show or hide the recording and file information.

AUTO OFF

Your camera can be configured to automatically power off after a specific period (1 minute - 5 minutes) in which no videos or photos are captured and no buttons are pressed. You can also configure the camera to never automatically power off (default).

Note: Your camera does not automatically power off when connected to the GoPro App or the remote.

DATE/TIME

Your camera’s date and time are automatically set when you connect your camera to the GoPro App or GoPro software. This setting lets you manually set the date and time. If the battery is removed from the camera for an extended period of time, you must reset the date and time (automatically or manually).

DELETE

This setting lets you delete the last file, or delete all files and format the memory card. Deleting all files is useful after you transfer your files to your computer and want to make room on your memory card for more content. LED lights blink until the operation is complete.

NOTICE: If you select All/Format, the memory card is reformatted, which deletes every file on the card.
CAMERA RESET
With this setting, you can reset your camera’s settings or username and password.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
</table>
| Reset Defaults| Returns all settings to their default values. This option retains the Date/Time setting, the camera’s name and wireless password, and remote control pairing.  
Note: If your camera is not responding but you do not want to lose your settings, press and hold the Power/Mode button for 8 seconds. |
| Reset Wi-Fi   | Resets the camera's name and password to the defaults. The default password is goprohero.                                                    |

LANGUAGE
This setting changes the language that appears on the camera displays. The options are English (default) and simplified Chinese.

/ Connecting to the GoPro App

The GoPro App lets you control your camera remotely using a smartphone or tablet. Features include full camera control, live preview, playback and sharing of content, and camera software updates.

TO CONNECT YOUR HERO4 BLACK TO THE GOPRO APP:
1. Download the GoPro App to your smartphone/tablet from the Apple App Store, Google Play, or the Windows Phone Store.
2. Follow the app’s on-screen instructions to connect your camera.  
Note: If needed, the default password for your camera is goprohero.

For complete pairing instructions, visit gopro.com/support.

PRO TIP: If the camera is powered on and ready to capture videos or photos, you can press and hold the Settings/Tag button [ après ] for two seconds to turn Wireless on/off. You can also do this when the camera is powered off.
To play back your video and photos on a computer, you must first transfer these files to a computer.

**TO TRANSFER FILES TO A COMPUTER:**
1. Download and install the latest GoPro software from gopro.com/getstarted.
2. Connect the camera to your computer using the included USB cable.

**PRO TIP:** You can also transfer files to a computer using a card reader (sold separately). Connect the card reader to your computer and insert the microSD card into the reader. You can then transfer files to your computer or delete selected files on your card.

**PROTUNE BENEFITS**
Protune unlocks the camera’s full potential, yielding stunning image quality and cinema-caliber video and photos optimized for professional productions. Protune gives content creators more flexibility and workflow efficiency than ever before.

Protune is compatible with professional color correction tools, GoPro software and other video and photo editing software.

Protune enables manual control of White Balance, Color, ISO Limit, Sharpness and Exposure Value Compensation for advanced control and customization of your video footage and photos.

*Note: Changes that you make to the Protune settings apply only to the mode in which they are changed. To adjust this setting for video capture, adjust the settings in Video mode. To adjust this setting for photo capture, adjust the settings in Photo mode. To adjust this setting for multi-shot capture, adjust the settings in Multi-Shot mode.*

**PRO TUNE**
The options for this setting are off (default) and on. When Protune is on, PT appears on the camera status screen. Protune is available for all video and photo resolutions.
### WHITE BALANCE

White balance adjusts the overall color tone of videos and photos.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auto (default)</td>
<td>Automatically adjusts the color tone based on the environmental conditions</td>
</tr>
<tr>
<td>3000K</td>
<td>Warm light (incandescent or sunrise/sunset lighting)</td>
</tr>
<tr>
<td>5500K</td>
<td>Slightly cool light (cool fluorescent or average daylight)</td>
</tr>
<tr>
<td>6500K</td>
<td>Cool light (overcast conditions)</td>
</tr>
<tr>
<td>Native</td>
<td>Minimally color-corrected file from the image sensor that allows for more precise adjustments in post-production</td>
</tr>
</tbody>
</table>

### COLOR

Color allows you to adjust the color profile of your video footage or photos.

<table>
<thead>
<tr>
<th>Color Setting</th>
<th>Resulting Color Profile</th>
</tr>
</thead>
<tbody>
<tr>
<td>GoPro Color (default)</td>
<td>Provides GoPro color-corrected profile (same great color as when Protune is turned off).</td>
</tr>
<tr>
<td>Flat</td>
<td>Provides neutral color profile that can be color-corrected to better match footage captured with other equipment, offering more flexibility in post-production. Due to its long curve, Flat captures more details in shadows and highlights.</td>
</tr>
</tbody>
</table>
ISO LIMIT

ISO Limit adjusts the camera’s sensitivity in low-light environments, and creates a balance between brightness and resulting image noise. Image noise refers to the degree of graininess in the image.

Protune for Video ISO Limit

<table>
<thead>
<tr>
<th>Setting</th>
<th>Resulting Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>6400</td>
<td>Brighter video in low light, highest image noise</td>
</tr>
<tr>
<td>3200</td>
<td>Brighter video in low light, increased image noise</td>
</tr>
<tr>
<td>1600 (default)</td>
<td>Moderately bright video in low light, moderate image noise</td>
</tr>
<tr>
<td>800</td>
<td>Darker video in low light, marginal image noise</td>
</tr>
<tr>
<td>400</td>
<td>Darker video in low light, minimum image noise</td>
</tr>
</tbody>
</table>

Protune for Photo ISO Limit

<table>
<thead>
<tr>
<th>Setting</th>
<th>Resulting Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 (default)</td>
<td>Brighter photo in very low light, increased image noise</td>
</tr>
<tr>
<td>400</td>
<td>Brighter photo in very low light, moderate image noise</td>
</tr>
<tr>
<td>200</td>
<td>Darker photo in indoor lighting, marginal image noise</td>
</tr>
<tr>
<td>100</td>
<td>Darker photo in indoor lighting, minimal image noise</td>
</tr>
</tbody>
</table>

SHARPNESS

Sharpness controls the sharpness of your video footage or photos.

<table>
<thead>
<tr>
<th>Sharpness Setting</th>
<th>Resulting Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>High (default)</td>
<td>Ultra-sharp video or photo</td>
</tr>
<tr>
<td>Medium</td>
<td>Moderately sharp video or photo</td>
</tr>
<tr>
<td>Low</td>
<td>Softer video or photo</td>
</tr>
</tbody>
</table>
**Protune**

**EXPOSURE VALUE COMPENSATION (EV COMP)**

Exposure Value Compensation affects the brightness of your video or photo. Adjusting this setting can improve image quality when shooting in environments with contrasting lighting conditions.

**Settings**

-2.0  -1.5  -1.0  -0.5  0 (default)  +0.5  +1.0  +1.5  +2.0

**PRO TIP:** Exposure Value Compensation adjusts brightness within the existing ISO Limit. If brightness has already reached the ISO Limit in a low-light environment, increasing the Exposure Value Compensation does not have any effect.

**RESET**

This option resets all Protune settings to their default values.

---

**Battery**

**MAXIMIZING BATTERY LIFE**

The battery icon on the camera screen blinks when the battery drops below 10%. If the battery reaches 0% while recording, the camera saves the file and powers off.

To maximize battery life, close the GoPro App. To maximize battery life when shooting longer-duration activities while the camera is connected to an LCD Touch BacPac (sold separately), turn off or remove the BacPac. Extreme cold temperatures can decrease battery life. To maximize battery life in cold conditions, keep the camera in a warm place prior to use. Shooting at higher frame rates and resolutions increases power consumption.

**PRO TIP:** QuikCapture helps maximize battery life. For details, see *QuikCapture in Setup Mode*. 
The battery charges to 100% in approximately two hours when using GoPro’s USB-compatible Wall or Auto Charger.

You can also charge the battery outside the camera using the Dual Battery Charger (sold separately).

No damage occurs to the camera or battery if used prior to full charge. Spare batteries and additional charging accessories are available at gopro.com.

REMOVING THE BATTERY FROM THE CAMERA

The HERO4 Black battery is designed to have a tight fit to maximize reliability in high-vibration activities.

To Remove the Battery:

1. Open the battery door by placing your thumb in the indentation in the battery door (on the bottom of the camera) and sliding it to the left. Allow the door to open.
2. Grasp the battery pull-tab and remove the battery from the camera.
BATTERY STORAGE AND HANDLING
The camera contains sensitive components, including the battery. Avoid exposing your camera and battery to very cold or very hot temperatures. Low or high temperature conditions may temporarily shorten the battery life or cause the camera to temporarily stop working properly. Avoid dramatic changes in temperature or humidity when using the camera, as condensation may form on or within the camera.

The camera housing protects the camera and battery from water damage. For more information, see Camera Housing. Do not turn on your camera if it is wet. If your camera is already on, turn it off and remove the battery immediately. Allow the camera to dry thoroughly before using it again. Do not dry the camera or battery with an external heat source such as a microwave oven or hair dryer. Damage to the camera or battery caused by contact with liquid is not covered under the warranty.

Do not store your battery with metal objects, such as coins, keys or necklaces. If the battery terminals come in contact with metal objects, this may cause a fire.

BATTERY DISPOSAL
Most rechargeable lithium-ion batteries are classified as non-hazardous waste and are safe for disposal in the normal municipal waste stream. Many localities have laws in place requiring battery recycling. Check your local laws to make sure that you can dispose of rechargeable batteries in your regular trash. To safely dispose of lithium-ion batteries, protect terminals from exposure to other metal with packing, masking or electrical tape so they do not cause a fire while being transported.

Lithium-ion batteries, however, do contain recyclable materials and are accepted for recycling by the Rechargeable Battery Recycling Corporation’s (RBRC) Battery Recycling Program. We encourage you to visit Call2Recycle at call2recycle.org or call 1-800-BATTERY in North America to find a convenient recycling location.

Never dispose of a battery in a fire because it may explode.

WARNING: Do not drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate or paint the camera. Do not insert foreign objects into the battery opening on the camera. Do not use the camera or the battery if it has been damaged—for example, if cracked, punctured or harmed by water. Disassembling or puncturing the battery can cause an explosion or fire.
## Important Messages

### MICROSD CARD MESSAGES

<table>
<thead>
<tr>
<th>Message</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO SD</td>
<td>No card present. The camera requires a microSD, microSDHC or microSDXC card (sold separately) to capture videos and photos.</td>
</tr>
<tr>
<td>FULL</td>
<td>Card is full. Delete files or swap card.</td>
</tr>
<tr>
<td>SD ERR</td>
<td>Camera is unable to read card formatting. Reformat the card in the camera.</td>
</tr>
</tbody>
</table>

**PRO TIP:** Reformat your microSD card on a regular basis to ensure that the card remains in good condition.

### FILE REPAIR ICON

If your last video file was corrupted during recording, the camera displays the File Repair icon while it tries to repair the file. When this process is finished, press any button to continue using the camera.

### TEMPERATURE ICON

The Temperature icon appears on the camera status screen when the camera becomes too hot and needs to cool down. Simply let it sit and cool before attempting to use it again. Your camera was designed to identify conditions of overheating and is designed to respond accordingly.
USING THE FRAME

The Frame is the smallest, lightest way to mount your GoPro. It provides full-time access to the microSD card with camera ports for live feed video, charging and transferring content to your computer. Included with The Frame is a glass Protective Lens and a lens cover to help guard the camera lens from scratches, dirt and debris.

To Remove the Camera From The Frame:
1. Unhook the latch on the top right side of The Frame.
2. Holding the latch open, slide the camera out of The Frame.

To Secure the Camera in The Frame:
1. Unhook the latch on the top right side of The Frame.
2. Holding the latch open, slide the camera into The Frame.
3. When the camera is flush with The Frame, close the latch to secure the camera.

NOTICE: The Frame does not provide waterproof protection for your camera, and is not intended for use in wet, dirty or extreme conditions.
To Use The Frame with an LCD Touch BacPac or Battery BacPac (sold separately):

1. Unhook the latch on the top right side of The Frame.
2. Unhook the metal support arm and extend it to 90°. The arm must be used properly to secure the BacPac.
3. Slide the camera into The Frame until the BacPac rests against the support arm, and then close the latch.

PRO TIP: To quickly check your shot before recording, leave the metal support arm unextended inside The Frame. Then attach and detach the LCD Touch BacPac without removing the camera. Note that the BacPac is more secure in The Frame when the support arm is extended.
ATTACHING YOUR CAMERA TO MOUNTS
To attach your HERO4 Black camera to a mount, you need a Quick Release Buckle and/or thumb screw, depending on the mount you are using. For more information on mounts, visit gopro.com/support.

Quick Release Buckle + Thumb Screw + Housing = Complete Unit

USING REMOVABLE INSTRUMENT MOUNTS
With the Removable Instrument Mounts, you can attach the camera to your guitar, drums, turntables, keyboards or other instruments. These temporary mounts feature non-damaging adhesive that is safe for most instrument surfaces.

NOTICE: Removable Instrument Mounts are not for use on highly fragile or irreplaceable items.

MIC STAND MOUNT
The Mic Stand Mount lets you capture footage of your performance or the audience. The Mic Stand Mount is compatible with standard U.S. 5/8”-27 mic stands and includes an adapter for European 3/8”-16 mic stands.
/ Using the Mounts

MOUNTING GUIDELINES
Follow these guidelines when attaching adhesive mounts:
• Attach the adhesive mounts at least 24 hours prior to use.
• Adhesive mounts must be mounted only on smooth surfaces. Porous or textured surfaces do not enable a proper bond. When applying the mount, firmly press it into place and ensure full contact over the entire surface.
• Apply adhesive mounts to clean surfaces only. Wax, oil, dirt or other debris reduce adhesion, which can result in a weak bond and risk of losing the camera should the connection fail.
• Attach adhesive mounts in room temperature conditions. Mount adhesives do not bond properly if applied in cold or damp environments to cold or damp surfaces, or if the surface is not room temperature.

For more information on mounts, visit gopro.com/support.

WARNING: If using your camera with a GoPro mount or strap intended for use with a helmet, always select a helmet that meets the applicable safety standard.

Choose the right helmet for your particular sport or activity and make sure that it is the right fit and size for you. Inspect your helmet to ensure that it is in good condition and follow the helmet manufacturer’s instructions on safe helmet use.

Any helmet that has sustained a major impact should be replaced. No helmet can protect against injury in every accident.

LOCKING PLUG
If you are using HERO4 Black in sports such as surfing or skiing, use the standalone white locking plug to securely lock the Quick Release Buckle fingers into place.

To Attach the Locking Plug:
1. Loop the circular ring over the thumbscrew. The circular ring acts as a leash to prevent dropping or losing the locking plug.
2. Slide the Quick Release Buckle into the mount until it clicks into place.
3. Press the U-shaped part of the plug into the U-shaped space in the Quick Release Buckle.

WARNING: To avoid injury in the event of an accident, do not use the locking plug or tether when using a mounting device on a helmet or other personal protective gear.
MY GOPRO WON’T POWER ON
Make sure your GoPro is charged. To charge your camera, use the included USB cable and a computer. You can also use the GoPro Wall or Auto Charger.

MY GOPRO WON’T RESPOND WHEN I PRESS A BUTTON
Press and hold the Power/Mode button [ ] for 8 seconds to reset your camera. This reset saves all of your content and settings, and powers off your camera.

MY PLAYBACK IS CHOPPY
Choppy playback is typically not a problem with the file. If your footage skips, one of these situations is likely the cause:
- Using an incompatible video player. Not all video players support the H.264 codec. For best results, use the latest GoPro software, available for free at gopro.com/getstarted.
- The computer does not meet the minimum requirements for HD playback. The higher the resolution and frame rate of your video, the harder the computer has to work to play it back. Make sure that your computer meets the minimum requirements listed in Playback Mode.
- Playing a high bitrate HD video file over a low bandwidth USB connection. Transfer the file to the computer to play back.

If your computer does not meet the minimum requirements, record at 720p30 with Protune off, and make sure that all other programs on your computer are closed.

I FORGOT MY CAMERA’S USERNAME OR PASSWORD
To reset the username and password to the defaults, go to Setup mode. Press the Power/Mode button [ ] repeatedly to cycle to Camera Reset. Press the Power/Mode button [ ] to cycle to Reset Wi-Fi, and then press the Shutter/Select button [ ] to select it. The camera name is reset, and the password is reset to goprohero.

I WANT TO RESET MY GOPRO SETTINGS TO THE DEFAULTS
In Setup mode, select Camera Reset, and then select Reset Defaults. This option does not reset the Date/Time or your camera’s username and wireless password.

I POWERED OFF MY GOPRO, BUT THE BLUE LIGHT IS STILL BLINKING
The blue light indicates that Wireless is on. To turn off Wireless, press and hold the Settings/Tag button [ ] for four seconds.

For more answers to commonly asked questions, see gopro.com/support.
GoPro is dedicated to providing the best possible service. To reach GoPro Customer Support, visit gopro.com/support.

Trademarks

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Regulatory Information

To see the complete list of country certifications, refer to the Important Product + Safety Information included with your camera.