GoPro

Be a *HERO.*

HERO4
session

USER MANUAL

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1. Camera Status Screen
2. Shutter/Select Button [◉]
3. Microphone
4. Camera Status Light (red) /
   Wireless Status Light (blue)

5. Micro-USB Port
6. microSD Card Slot
7. Info/Wireless Button

CHARGING THE BATTERY
The integrated battery comes partially charged. No damage occurs to the camera or battery if used before being fully charged.

To Charge the Battery:

1. Open the side door.
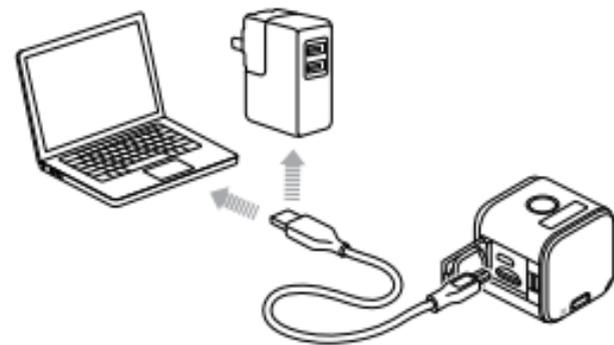
2. Charge the battery using the included USB cable.

Note: The battery cannot be removed from the camera.

The camera status lights (red) turn on during charging and turn off when charging is complete. When charging the camera with a computer, be sure that the computer is connected to a power source. If the camera status lights do not turn on to indicate charging, use a different USB port.

> ⚠ **WARNING: Using a wall charger other than a GoPro Wall Charger can damage the GoPro camera 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.**

For more battery information, see *Battery* (page 90).

> ⚠ **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.**

INSERTING + REMOVING MEMORY CARDS

Insert the SD card at a downward angle with the label facing down.

Use brand name memory cards (sold separately) that meet these requirements:

• microSD, microSDHC, or microSDXC

• Class 10 or UHS-I rating

• Capacity up to 64GB

For a list of the recommended microSD cards, visit **gopro.com/support**.

NOTICE: Use care when handling memory cards. Avoid liquids, dust, and debris. As a precaution, power off the camera before inserting or removing the card. Check manufacturer guidelines regarding use in acceptable temperature ranges.

CAMERA SOFTWARE UPDATES

To get the latest features and best performance from your HERO4 Session camera, make sure you are using the most current camera software. You can update your camera software with the GoPro App, GoPro Studio, or at **gopro.com/getstarted**.

POWERING ON + OFF

HERO4 Session automatically powers on when you press the **Shutter/Select** button [◉] to begin capturing video or Time Lapse photos. When you press the **Shutter/Select** button [◉] again to stop recording, the camera automatically powers off to conserve battery power.

PRO TIP: When carrying your camera in a bag or pocket, place the camera upside down in a frame (with the **Shutter/Select** button [◉] covered) to protect the camera from accidentally capturing video or Time Lapse photos. To prevent the frame from marking the surface of the camera, leave the latch on the frame open.

DISPLAYING STATUS INFO

Short press the **Info/Wireless** button to display status information about your camera. The screen cycles through the information below, then automatically turns off.

Note: To exit these screens sooner, press and hold the Info/Wireless button for three seconds.

- Video resolution/FPS/FOV
- Time Lapse photo resolution/ FOV/interval
- Remaining microSD card memory for each mode

- Protune status
- Spot Meter status
- Wireless status
- Battery status

HELPFUL TIPS
Follow these guidelines to get the best performance from
your camera:

- The camera is waterproof to 33' (10m)—no housing needed.
  Ensure that the side door is closed before using the camera in
  or around water, dirt, or sand.
- Before closing the side door, be sure the seal is free of debris.
- Before opening the side door, be sure the camera is free of water or
  debris. If needed, rinse the camera with water and dry it with a cloth.
- If sand or debris hardens around the side door, soak the camera
  in warm tap water for 15 minutes and then rinse thoroughly to
  remove the debris before opening the door.

- For best audio performance, shake the camera or blow on the mic
  to remove water and debris from the microphone holes.
- After every use in salt water, rinse the camera with fresh water,
  and dry with a soft cloth.
- If the camera lens becomes foggy, let it sit with the door open until
  it dries.

PRO TIP: During water activities, tether your camera for added
security and use a Floaty to keep your camera afloat (sold separately).
For more information, visit **gopro.com**.

When your camera is not connected to the remote (sold separately) or the GoPro App, two capture modes are available: Video and Time Lapse. To access more modes or change camera settings, see *Accessing Camera Settings* (page 20).

CAPTURING VIDEO
The default video resolution is 1080p30.

To Start Recording Video:
Short press the **Shutter/Select** button [◉]. Your camera automatically powers on, emits three beeps, and begins recording video. The camera status lights blink while the camera is recording.

If the memory card is full or the battery is out of power, your camera automatically stops recording and saves the video before powering off.

To Stop Recording:
Short press the **Shutter/Select** button [◉]. The camera automatically stops recording, beeps once, and powers off to maximize battery life.

PRO TIP: You can turn off the camera status lights and your camera's sound. For more information, see *Setup Mode* (page 53).

HILIGHT TAGGING
You can mark specific moments in your video as they happen with HiLight Tags. HiLight Tags make it easy to find the best moments to share.

Note: HiLight Tags are visible during playback on the GoPro App or in GoPro Studio.

To Add HiLight Tags During Recording:
Short press the **Info/Wireless** button.

PRO TIP: You can also add HiLight Tags during recording with the GoPro App or the Smart Remote.

CAPTURING TIME LAPSE PHOTOS
The default interval for Time Lapse photos is 0.5 second.

To Start Capturing Time Lapse Photos:
Press and hold the **Shutter/Select** button [⬤] for about two seconds until the Time Lapse photo icon [🕑📷] appears on the camera status screen. Your camera automatically powers on, emits two beeps, and begins capturing Time Lapse photos. The camera status lights blink while the camera is capturing photos.

To Stop Recording:
Short press the **Shutter/Select** button [⬤]. The camera automatically stops recording, beeps once, and powers off to maximize battery life.

To access more modes or adjust camera settings, connect your camera to the remote (sold separately) or the GoPro App.

VIDEO Record video		**TIME LAPSE PHOTOS** Shoot photos at time intervals	
LOOPING VIDEO Record continuously		**BURST PHOTO** Capture 10 photos in 1 second	
PHOTO Capture a single photo		**SETTINGS** Adjust all camera settings	

All modes and settings that you select are saved after you disconnect the camera. However, only Video and Time Lapse modes can be accessed when the camera is not connected to the remote or the app.

CONNECTING TO THE GOPRO APP

The GoPro App lets you adjust modes and camera settings using a smartphone or tablet. Features include full camera control, live preview, playback and sharing of content, and camera software updates. To learn more about the app, see **gopro.com/getstarted**.

To Connect to the GoPro App:

1. Download the GoPro App to your smartphone/tablet from the Apple® App Store, Google Play, or Windows® Phone store.

2. Open the app.

3. Follow the app's on-screen instructions to connect your camera.
   Note: If needed, the default password for your camera is gprohero.

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

PAIRING WITH THE REMOTE

The Smart Remote lets you change capture modes and settings, power your GoPro on/off, start/stop recording, and add HiLight Tags.
Note: HERO4 Session is compatible with the Smart Remote and the Wi-Fi Remote.

To Pair with the Remote:

1. On the camera, short press the **Info/Wireless** button to display the status screen.

2. Short press the **Info/Wireless** button repeatedly to cycle to RC, then short press the **Shutter/Select** button [◉] to select it. The camera automatically begins pairing.
   Note: If you already paired your HERO4 Session with the GoPro App or a GoPro remote, cycle to Add New instead of RC. For details, see the user manual for your remote.

3. Put the remote into pairing mode. For more information, see the user manual for your remote at **gopro.com/getstarted**.

CONNECTING AFTER PAIRING
After connecting your camera to the GoPro App or the remote for the first time, you can connect in the future through the wireless menu.

To Connect Your Camera after Pairing:

1. On the camera, short press the **Info/Wireless** button to display the status screen, then short press it repeatedly until you get to the setting that you want (App, RC, or App & RC).
2. Short press the **Shutter/Select** button [⦿] to select it.

Note: App & RC appears only if your smartphone/tablet uses Bluetooth® LE. This option lets you connect your camera to either the remote or the app.

The wireless status lights (blue) blink when wireless is on and the camera is not recording.

♪	Beeps	✎	Interval
🖵	Burst Photos	☀	LEDs
▦	Date/Time	⟳	Looping Video
DFLT	Default Mode	☀	Low Light
🗑	Delete	MP	Megapixels
FOV	Field of View	🖵	Multi-Shot Mode
FPS	Frames Per Second	↑↓	Orientation

📷	Photo Mode	NTSC/PAL	Video Format
PT	Protune™	📹	Video Mode
RATE	Burst Rate	⊞	Video Resolution
⚙	Setup Mode	📶	Wireless
●	Spot Meter		
🕐📷	Time Lapse		

VIDEO CAPTURE MODES

When you connect your camera to the GoPro App or the remote, you can access two capture modes in **Video** mode: Video and Looping Video.

Capture Mode	Description
Video (default)	Captures video.
Looping Video	Lets you continuously record and save only the moments that you want to save, which helps to conserve space on your microSD card. For more information, see *Interval* (page 30).

CAPTURING VIDEO

1. Select **Video** mode [🎥] on the GoPro App or the remote.
2. If necessary, select a different capture mode (Video or Looping Video).
3. Tap the record button on the app, or short press the **Shutter/Select** button [⏺] on the remote or the camera. The camera beeps once and the camera status lights flash while the camera is recording.
4. To stop capturing, tap the Record button on the app, or short press the **Shutter/Select** button [⏺] on the remote or the camera. The camera status lights flash three times and the camera beeps multiple times.

Note: When your camera is connected to the GoPro App or the remote, it remains in standby mode after capturing video or photos. If you want to power off the camera, tap the Power button on the app or press the Power/Mode button on the remote. Wireless remains on so your camera is still connected to the app or the remote.

PRO TIP: Videos captured at lower resolutions such as 720p30 fps are supported by more mobile devices and are easier to share and upload to the web.

VIDEO SETTINGS

You can change the video settings by connecting HERO4 Session to the GoPro App or the remote. When you connect to the remote, the capture mode that you select (Video or Looping Video) determines the settings that appear when you press the **Settings/Tag** button [✎].

↴ Interval

The Interval setting applies to Looping Video. Interval determines the length of a video loop segment.

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.

You can also select Max as the interval. With this option, the camera records until the memory card is full, then overwrites the content if you do not stop recording and save the footage.

Note: To use Looping, be sure that your microSD card has sufficient space to create the loop segment based on the interval that you select. If the microSD card becomes full, Looping does not overwrite the content.

Resolution, FPS, and FOV
HERO4 Session features the video resolutions listed below.
The default video resolution is 1080p30.

Video Resolution	FPS (NTSC/PAL)	FOV	Screen Resolution
1440p	30/25	Ultra Wide	1920x1440, 4:3
1080p SuperView™	48/48 30/25	Ultra Wide	1920x1080, 16:9
1080p	60/50 30/25	Ultra Wide, Medium	1920x1080, 16:9

Video Resolution	FPS (NTSC/PAL)	FOV	Screen Resolution
960p	60/50 30/25	Ultra Wide	1280x960, 4:3
720p SuperView	60/50 30/25	Ultra Wide	1280x720, 16:9
720p	100/100 60/50 30/25	Ultra Wide, Medium	1280x720, 16:9
WVGA	120/100	Ultra Wide	848x480, 16:9

Resolution	Best Use
1440p	Good for advanced users who want to capture a full image and then edit to the desired aspect ratio.
1080p SuperView	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.

Resolution	Best Use
1080p	Great for all shots. High resolution and frame rate yield stunning results.
960p	Good for users who want to capture a full image and then edit to the desired aspect ratio.

Resolution	Best Use
720p SuperView	SuperView delivers the world's most immersive field of view. Good 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.

Resolution	Best Use
720p	Good for handheld shots and when slow motion is desired. 720p is optimal for sharing on social media sites. 720p100 is great for slow motion.
WVGA	Good when super slow motion is desired and standard definition is acceptable.

FOV	Best Use
Ultra Wide (W)	Largest field of view. Recommended for body-and gear-mounted shots. Good for action shots where you want to capture as much as possible within the frame.
Medium (M)	Mid-range field of view. Good for shots where you want the subject to fill the frame.

PRO TIP: Easily create epic GoPro-style videos using free GoPro Studio software. Learn more 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 according to lighting conditions to achieve the optimal exposure and best results.

Auto Low Light is available at 48 fps and higher. Auto Low Light is not available for WVGA. The options for this setting are On (default) and Off.

● **Spot Meter**

Spot Meter is good for filming into a setting where the lighting is different from where you are. Examples include filming the outdoors from within a car or filming a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image. The options for this setting are Off (default) and On.

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

PT **Protune**

For details about Protune settings, see *Protune* (page 66).

PHOTO CAPTURE MODE

When you connect your camera to the GoPro App or the remote, you can access one capture mode in **Photo** mode: Single photo.

CAPTURING A SINGLE PHOTO

1. Select Single photo mode [📷] on the GoPro App or the remote.
2. Tap the Record button on the app, or short press the **Shutter/ Select** button [⏺] on the remote or the camera. The camera beeps once, the camera status lights flash, and the counter on the camera status screen increases by one.

Note: When your camera is connected to the GoPro App or the remote, it remains on in standby mode after capturing video or photos.

PHOTO SETTINGS

You can change the photo settings by connecting HERO4 Session to the GoPro App or the remote.

MP **Megapixels**

HERO4 Session captures photos at 8MP and 5MP.

8MP Ultra Wide (default)	Largest field of view. Good for action shots.
5MP Medium	Mid-range field of view. Good for shots where you want the subject to fill the frame.

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

● Spot Meter

Spot Meter is good for capturing photos in a setting where the lighting is different from where you are. Examples include capturing photos of the outdoors from within a car or in a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image. The options for this setting are Off (default) and On.

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

MULTI-SHOT CAPTURE MODES

When you connect your camera to the GoPro App or the remote, you can access two capture modes in **Multi-Shot** mode: Time Lapse and Burst.

Capture Mode	Description
Time Lapse (default)	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.

Capture Mode	Description
Burst	Captures up to 10 photos in 1 second. Burst is perfect for capturing the definitive moment in fast-action sports.

CAPTURING TIME LAPSE PHOTOS

1. Select Time Lapse mode [🕐📷] on the GoPro App or the remote.
2. Tap the Record button on the app, or short press the **Shutter/Select** button [◉] on the remote or the camera. The camera beeps once and the camera status lights flash each time a photo is captured.

3. To stop capturing, tap the Record button on the app, or short press the **Shutter/Select** button [◉] on the remote or the camera. The camera status lights flash three times and the camera beeps multiple times.

Note: When your camera is connected to the GoPro App or the remote, it remains in standby mode after capturing video or photos.

CAPTURING BURST PHOTOS

1. Select Burst mode [🔲] on the GoPro App or the remote.
2. Tap the Record button on the app, or short press the **Shutter/Select** button [◉] on the remote or the camera. The camera status lights flash and the camera beeps multiple times.

MULTI-SHOT SETTINGS

You can change the Multi-Shot settings by connecting HERO4 Session to the GoPro App or the remote. When you connect to the remote, the capture mode that you select (Burst or Time Lapse) determines the settings that appear when you press the **Settings/Tag** button [🔧].
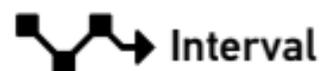
⌲ Interval

The Interval setting applies to Time Lapse photos. Interval determines the amount of time that passes between each captured frame.

Time Lapse Intervals

Available intervals range from 0.5 second (default) to 60 seconds.

INTERVAL	EXAMPLES
0.5-2 seconds	Surfing, biking, or other sports
2 seconds	Busy street corner
5-10 seconds	Sunset
10-60 seconds	Lengthy activities, such as construction projects or family gatherings

PRO TIP: Create a video from your Time Lapse photos with free GoPro Studio software. Learn more at **gopro.com/getstarted**.

RATE

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

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

MP Megapixels

HERO4 Session captures photos at 8MP and 5MP. Smaller megapixel values take up less space on the microSD card.

Setting	Description
8MP Ultra Wide (default)	Largest field of view. Good for action shots.
5MP Medium	Mid-range field of view. Good for shots where you want the subject to fill the frame.

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

● **Spot Meter**

Spot Meter is good for capturing photos in a setting where the lighting is different from where you are. Examples include capturing photos of the outdoors from within a car or in a shaded environment while standing in the sun. Spot Meter automatically sets the exposure based on a single spot in the middle of the image. The options for this setting are Off (default) and On.

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

SETUP MODE SETTINGS

In **Setup** mode, you can change settings that apply to all camera modes. To change a setting, your camera must be connected to the GoPro App or the remote. For more information, see *Accessing Camera Settings* (page 20).

When you disconnect your camera from the app or the remote, your camera saves the settings and returns to two capture modes: Video and Time Lapse.

📶 Wireless

This setting lets you connect your camera to the GoPro App or the remote. When wireless is on, a wireless status icon appears on the camera status screen and the blue wireless lights blink intermittently. The blue wireless lights do not blink during recording.

Opening the Wireless Control Menu:
1. Short press the **Info/Wireless** button to display the status info.
2. When Wireless Control appears, short press the **Info/Wireless** button to open the menu.

3. Short press the **Info/Wireless** button to move through the wireless settings, then use the **Shutter/Select** button [⬤] to select a setting.

PRO TIP: To quickly exit the wireless menu or the status info screens, press and hold the **Info/Wireless** button for three seconds.

Setting	Description
App	Connects the camera to the GoPro App. For instructions on connecting to this app, see *Connecting to the GoPro App* (page 21).

Setting	Description
RC	Connects the camera to the remote control. For instructions on pairing, see *Pairing with the Remote* (page 22).
Turn Camera Off	Turns off the camera. This option appears only if wireless is on and the camera moves out of range of the GoPro App or the GoPro remote, or you close the app. If you select this option, the camera turns off, but wireless remains on.

Setting	Description
Turn WiFi Off	Turns off wireless. This option appears only if wireless is on. When wireless is off, the available capture modes on the camera are Video and Time Lapse.
Add New	Pairs your camera with an additional remote or with the GoPro App on an additional smartphone/tablet. This option appears only if you already paired your camera with a GoPro remote or a smartphone/tablet.

Note: If your smartphone/tablet uses Bluetooth® LE, the App and RC options are combined into one (App & RC) after you connect for the first time. App & RC lets you connect your camera to either the remote or the app.

Resetting Your Camera's Wireless Name and Password

1. Press and hold the **Info/Wireless** button until the reset options appear (about 8 seconds).
2. Short press the **Info/Wireless** button again to highlight Yes.
3. Short press the **Shutter/Select** button [◉] to select Yes and reset your camera name and password. The default password is *goprohero*.

PRO TIP: When you turn off your camera with the app or the remote, wireless remains on so that you can quickly reconnect. To save battery power, turn off wireless when you are finished using it.

↑↓ Orientation

This setting lets you determine if you want your captured video to be upside down or right-side up.

Note: This setting applies only when capturing video.

Setting	Description
Auto (default)	(Auto Image Rotation) Camera automatically selects Up or Down, based on the orientation of the camera when recording begins. This option eliminates the need to flip your video during editing when the camera is mounted upside down.

Setting	Description
Up ▣▣▣	Camera is used right-side up.
Down ▣▣▣	Camera is used upside down. This option eliminates the need to flip your video during editing when the camera is mounted upside down.

DFLT Default Mode

This setting applies only when HERO4 Session is connected to the GoPro App or the remote. You can select the capture mode that appears when the camera is powered on with the app or the remote. The options are Video (default), Photo, Looping Video, Burst, and Time Lapse.

☀ **LED**
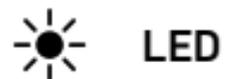
This setting determines whether the camera status lights (red) are on (default) or off.

Note: This setting does not affect the wireless status lights (blue). If wireless is on, you cannot turn off the wireless status lights. These lights do not blink during recording.

♩ **Beeps**

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

NTSC/PAL **Video Format**

The NTSC/PAL settings govern frame rates for recording and playback when viewing video on a TV/HDTV.

Setting	Description
NTSC (default)	Viewing video on an NTSC TV/HDTV (most televisions in North America)
PAL	Viewing video on a PAL TV/HDTV (most televisions outside of North America)

Date/Time

Your camera's date and time are automatically set when you connect your camera to the GoPro App or GoPro Studio. This setting lets you manually set the date and time, if needed.

🗑 Delete

This setting lets you delete the last file, or delete all files and format the memory card. The camera status lights blink until the operation is complete.

NOTICE: If you select All/Format, the memory card is reformatted, which deletes every video and photo file on your card.

Camera Reset

With this setting, you can reset your camera's settings to their default values. This option does not reset the Date/Time setting, the camera's name and wireless password, or remote control pairing. This option is available only if your camera is connected to a GoPro remote.

Note: If your camera is not responding but you do not want to lose your settings, press and hold the **Shutter/Select** *button until your camera powers off.*

PROTUNE BENEFITS

Protune unlocks the camera's full potential, yielding stunning image quality and cinema-caliber video 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 editing software.

Protune enables manual control of ISO Limit and Sharpness for advanced control and customization of your video footage.

PT **PROTUNE**

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 these video resolutions (Ultra Wide FOV only): 1440p, 1080p, and 960p60/50. Protune is not available for Looping Video or photos.

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.

Setting	Resulting Quality
1600 (default)	Moderately bright video in low light, moderate image noise
400	Darker video in low light, reduced image noise

SHARPNESS

Sharpness controls the level of detail and contrast in your video.

Setting	Resulting Quality
On (default)	Moderately sharp video
Off	Softer video that allows for more flexibility during post-production

PRO TIP: If you plan to increase sharpness during editing, turn this setting off.

To play back your video and photos on a computer, you must first transfer these files to a computer. Transferring also frees up space on your microSD card for new content.

To Transfer Files to a Computer

1. Download and install GoPro Studio from **gopro.com/getstarted**. The HERO4 Session camera was designed to communicate with GoPro Studio to help you easily locate and transfer your files.
2. Connect the camera to your computer using the included USB cable.

3. Short press the **Shutter/Select** button [◉] to power on the camera and open GoPro Studio Importer.
4. Follow the on-screen instructions.

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 your files to your computer or delete selected files on your card.

PLAYING BACK CONTENT ON A COMPUTER

1. Download and install GoPro Studio from **gopro.com/getstarted**. The HERO4 Session camera was designed to communicate with GoPro Studio to help you easily locate and transfer your files.
2. Transfer your files to your computer. For more information, see *Transferring Files to a Computer* (page 70).
3. Use GoPro Studio to play back the files.

PLAYING BACK CONTENT ON A SMARTPHONE/TABLET

1. Connect your camera to the GoPro App. For more information, see *Connecting to the GoPro App* (page 21).
2. Use the controls on the app to play back your footage on your smartphone/tablet.

MICROSD CARD MESSAGES

NO SD CARD	No card present. The camera requires a microSD, microSDHC or microSDXC card to capture videos and photos.
SD FULL	Card is full. Delete files or swap card.
SD ERROR	Camera is unable to read card formatting. Reformat the card in the camera. **NOTICE**: If you select Yes to reformat the card, all of the content on the card is deleted.

PRO TIP: Reformat your microSD card on a regular basis to ensure that the card can continue to receive information from the camera.

IMPORTANT CAMERA MESSAGES

REPAIRING FILE	If your last video file was corrupted during recording, the camera displays *REPAIRING FILE* while it tries to repair the file. When this process is finished, the camera powers off if it is not connected to the GoPro App or the remote.

REPAIRING FILE (continued)	If the camera is connected to the GoPro App or the remote, tap the Shutter button on the app or short press the **Shutter/Select** button [◉] on the remote or the camera when the repair is finished to continue using the camera.
▯!	The Temperature icon and *CAMERA TOO HOT* appear 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 HERO4 Session comes with two frames: the Standard Frame and the Low-Profile Frame. Both frames work great in all scenarios. For the most compact mounting, use the Low-Profile Frame.

Note: To prevent the frame from marking the surface of your camera, leave the latch on the frame open when storing your camera in a frame for a long period of time.

The HERO4 Session camera is waterproof to 33' (10m) with the side door closed—no additional housing is needed when using the camera in or around water.

NOTICE: The Standard Frame and the Low-Profile Frame do not provide additional waterproof protection for your camera.

TO SECURE THE CAMERA IN THE FRAME:

1. Open the latch.
2. Rotate the camera to the desired orientation, and then slide it into the frame. The back of the frame has a raised edge. Be sure the back of the camera sits flush against it.
3. Close the latch.
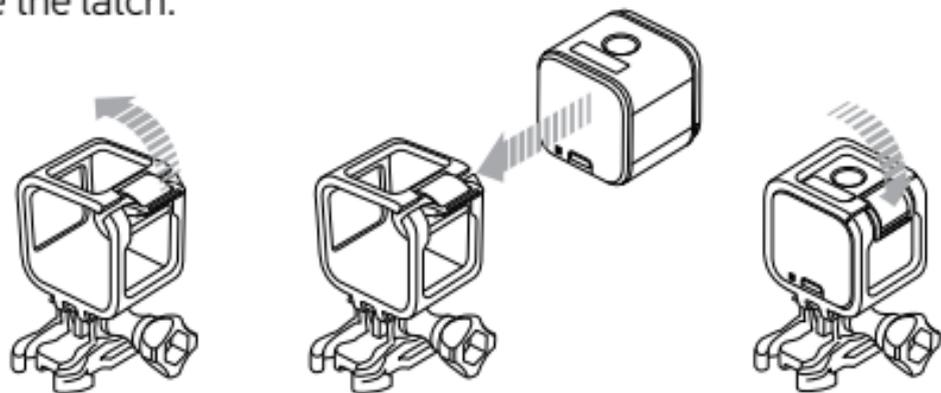
PRO TIP: For added security during water activities, tether the frame to the mount. On the Standard Frame, loop the tether over the small bar behind the mounting fingers. On the Low-Profile Frame, loop the tether through the points on the back corner of the frame. Camera Tethers are sold separately.
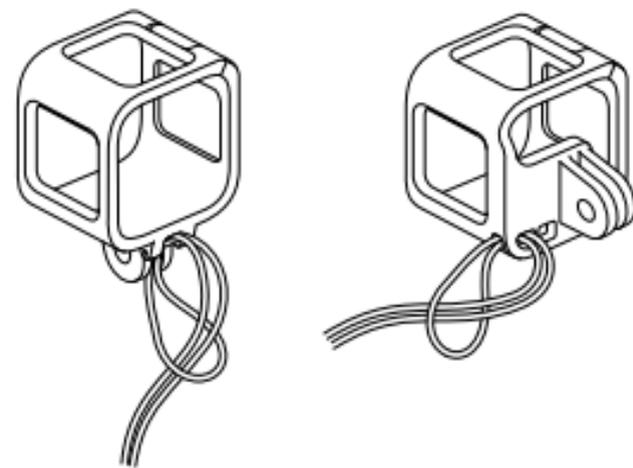
ATTACHING YOUR CAMERA TO MOUNTS
To attach your HERO4 Session camera to a mount, you need a
Mounting Buckle, thumb screw, or hardware depending on the mount
you are using.

| Mounting Buckle | Thumb Screw | Frame | Complete Unit |
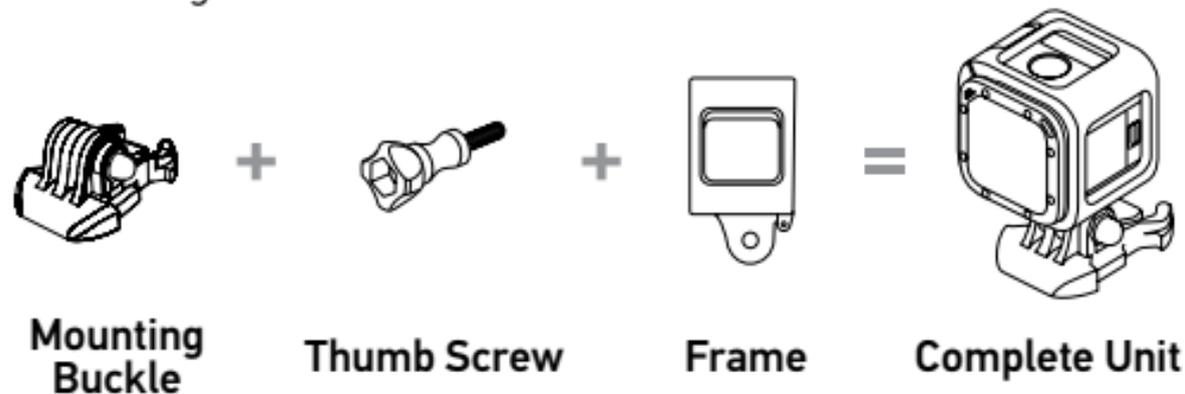
WAYS TO MOUNT

❶ Horizontal Mounting
Low-Profile Frame +
Vertical Mounting Buckle

❷ Side Mounting
Low-Profile Frame +
Ball Joint Buckle

❸ Vertical Mounting
Standard Frame +
Vertical Mounting Buckle

WAYS TO MOUNT

Chesty (Chest Harness)
Sold Separately
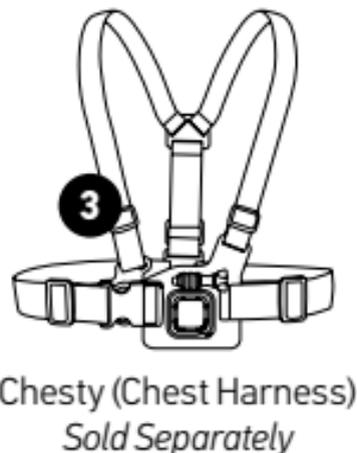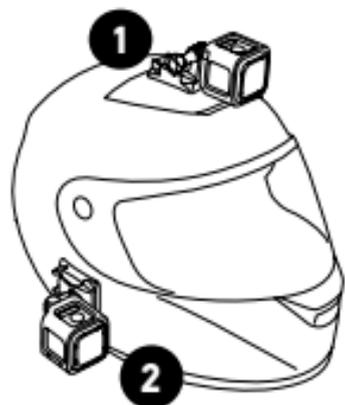
PRO TIP: If you mount your HERO4 Session upside down, the camera automatically changes the orientation of your image to be right-side up. For more information, see *Orientation* (page 59).

USING CURVED + FLAT ADHESIVE MOUNTS
The Curved + Flat Adhesive Mounts make it easy to attach the camera to curved and flat surfaces of helmets, vehicles, and gear. Using the Mounting Buckle, the frame can be clicked on and off the secured Curved or Flat Adhesive Mounts.
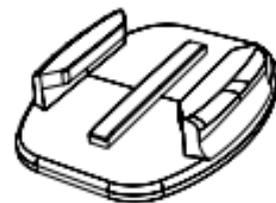
Flat Adhesive Mount
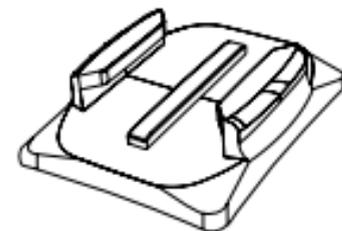
Curved Adhesive Mount

MOUNTING GUIDELINES

Follow these guidelines when attaching mounts:

- Attach the adhesive mounts at least 24 hours before use. Allow 72 hours for complete adhesion.
- 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. Adhesives do not bond properly if applied in cold or damp environments to cold or damp surfaces.
- Check state and local regulations and laws to ensure that attaching a camera to equipment (such as hunting equipment) is permitted. Always comply with regulations that restrict the use of consumer electronics or cameras.

⚠️ **WARNING: To avoid injury, do not use a tether when mounting the camera on a helmet.**

For more information on mounts, see **gopro.com**.

> **WARNING: If using your camera with a GoPro helmet mount or strap, 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.**

SECURING LOCKING PLUGS

If you are using HERO4 Session in sports such as surfing or skiing, the integrated locking plug securely locks the fingers on the Ball Joint Buckle and the Vertical Mounting Buckle into place.

The white locking plug is used with the Mounting Buckle. The circular ring acts as a leash to prevent dropping or losing the plug.

To Secure the Integrated Locking Plug:

1. Flip up the plug.
2. Slide the buckle into the mount until it clicks into place.
3. Press down on the plug so that it sits flush with the buckle.

To Attach the White Locking Plug:

1. Loop the circular ring over the thumb screw. The circular ring acts as a leash to prevent dropping or losing the locking plug.
2. Slide the Mounting 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 Mounting Buckle.
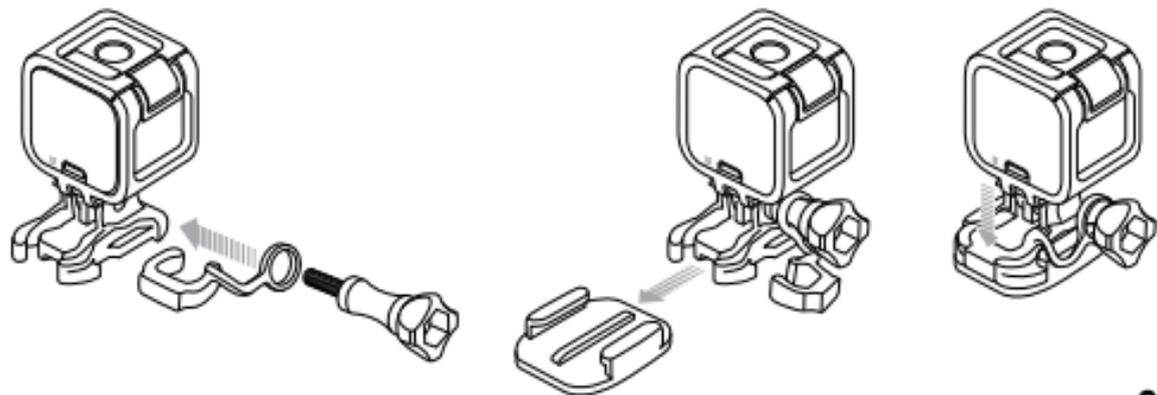
Your HERO4 Session camera and battery are integrated. You cannot remove the battery from the camera.

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

MAXIMIZING BATTERY LIFE
Extreme cold temperatures can decrease battery life. To maximize battery life in cold conditions, keep camera in a warm place prior to use.

When you are not using HERO4 Session, rotate it in the frame so the **Shutter/Select** button [◉] is covered to prevent the camera from accidentally turning on.

Note: To prevent the frame from marking the surface of your camera, leave the latch on the frame open when storing your camera in a frame for a long period of time.

CHARGING TIME
The battery charges to 80% in approximately one hour and 100% in approximately two hours when using GoPro's USB-compatible Wall Charger, Auto Charger, or other USB charging adapter. Other chargers might charge at a slower rate.

WARNING: Using a wall charger other than a GoPro Wall Charger can damage the GoPro camera 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.

USING THE CAMERA WHILE CHARGING

You can capture video and photos while the camera is plugged in to a USB charging adapter, or the GoPro Wall Charger or Auto Charger with the included USB cable. (You cannot record while charging the camera through a computer.) When you stop recording, the camera battery begins to charge.

Note: Because the side door is open, the camera is not waterproof during charging.

BATTERY STORAGE AND HANDLING

The camera contains sensitive components, including the battery. Avoid exposing your camera 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.

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 inside the camera is not covered under the warranty.

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

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 a charging device manufactured by GoPro.

MY GOPRO WON'T RESPOND WHEN I PRESS A BUTTON
Press and hold the **Shutter/Select** button [⦿] for about eight seconds until your camera powers off. This reset saves all of your content and settings.

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

Note: Camera Reset is available only when your camera is connected to the GoPro remote.

I FORGOT MY CAMERA'S USERNAME OR PASSWORD
See *Resetting Your Camera's Wireless Name and Password* (page 58).

HOW DO I TURN OFF MY CAMERA?
If HERO4 Session is not connected to the GoPro App or the Smart Remote, it powers off automatically after you stop recording.

When your camera is connected to the GoPro App or the Smart Remote, tap the Power icon in the app or press the **Power/Mode** button on the Smart Remote to turn off the camera. Wireless remains on.

If your camera goes out of range of the GoPro App or the Smart Remote, or you close the app, short press the **Info/Wireless** button to display Turn Camera Off, then press the **Shutter/Select** [●] button to select it. Wireless remains on.

To turn off wireless and power off the camera, short press the **Info/Wireless** button to display Turn WiFi Off, then press the **Shutter/Select** [●] button to select it.

I POWERED OFF MY GOPRO, BUT THE BLUE LIGHT IS STILL BLINKING

The blue light indicates that wireless is on. To turn off wireless, short press the **Info/Wireless** button to display Turn WiFi Off, then press the **Shutter/Select** [⊙] button to select it.

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 Studio software.

• 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. If you are using GoPro Studio to play back your files, be sure that your computer meets the minimum system requirements, available on **gopro.com/getstarted**.

• Playing content directly from your camera over a USB connection. Transfer the file to the computer to play back. If your computer does not meet the minimum requirements, record with Protune off and make sure that all other programs on your computer are closed.

/ Troubleshooting

WHAT SOFTWARE VERSION AM I RUNNING?

Short press the **Info/Wireless** button to display the status screen, then short press it repeatedly until you get to Exit. The software version number appears in the upper left of the status screen. To exit the menu, short press the **Shutter/Select** button [◉].

WHAT IS MY CAMERA'S SERIAL NUMBER?

The camera's serial number is listed in several places:

• On the inside of the camera's side door
• In the version.txt file on your camera's microSD card
• On your camera's original packaging

/ Customer Support

GoPro is dedicated to providing the best possible service. To reach GoPro Support, visit **gopro.com/support**.

/ Regulatory Information

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

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/ Trademarks

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