

HERO4

SESSION

QUICK START GUIDE

GoPro
Be a HERO. 

CONGRATULATIONS

on your **new** | **HERO4**
SESSION

This Quick Start Guide will show you the basics of capturing life's most incredible moments with your GoPro.



To download the full User Manual, visit gopro.com/getstarted

SETUP

- 1 Open the side door and insert a microSD card.
(Requires at least a Class 10 or UHS-I microSD card up to 64GB, sold separately.)
- 2 Charge using the included USB cable. The red status light turns off when fully charged.




INFO/WIRELESS BUTTON

Get status info for battery, microSD card and wireless, and connect to the GoPro App or the Smart Remote.

POWERING ON + RECORDING




RECORDING VIDEO

To power on the camera and record video, short press the **Shutter/Select** [] button.

SHOOTING TIME LAPSE PHOTOS

To power on the camera and shoot Time Lapse photos, press and **hold** the **Shutter/Select** [] button until recording begins.

STOPPING + POWERING OFF

Short press the **Shutter/Select** [] button. The camera stops recording and powers off.

MODES

DEFAULT MODES AND SETTINGS



VIDEO:

Record video at 1080p30



TIME LAPSE:

Shoot a photo every 0.5 second

* Sold Separately



ACCESS ADDITIONAL MODES WITH THE GOPRO APP (FREE) OR SMART REMOTE*



VIDEO RESOLUTIONS AND FRAME RATES:

1080p60, 960p60, 720p100 and more



PHOTO MODES:

Single, Time Lapse and Burst



SETTINGS:

Adjust additional camera settings

CONNECTING TO THE GOPRO APP (FREE)

1. Download and open the GoPro App on your phone or tablet.
2. Follow the app's on-screen instructions.

(If needed, the default password for your camera is goprohero.)

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



Download on the
App Store



GET IT ON

Google play



Download from
Windows Phone Store

MOUNTING TIPS

HERO4 Session comes with two frames that allow you to attach the camera to any GoPro mount.

LOW-PROFILE FRAME

Examples:

Helmet Mounting



STANDARD FRAME

Examples:

Vertical Surface Mounting



Chesty (Chest Harness)

Sold separately

SECURING THE CAMERA IN THE FRAME

1. Open the latch and slide the camera into the frame.

(The back of the frame has a raised edge. Be sure the back of the camera sits flush against it.)

2. Close the latch.

FLEXIBLE MOUNTING

VARIABLE ORIENTATION

Position the camera with the **Shutter/Select** [] button in either the up or down position.



BALL JOINT BUCKLE

Use the included Ball Joint Buckle to easily change capture angles.



TIP: During water activities, tether the frame to the mount for added security, and use a Floaty to keep your camera afloat (sold separately).

VIEWING, EDITING AND SHARING

GOPRO APP (FREE)

Use the GoPro App to view your photos and videos and share your favorites via text, email and social networks.



GOPRO STUDIO (FREE)

GoPro Studio software is the best way to import, play back and edit your GoPro videos. You can download it for free at gopro.com/getstarted.

HELPFUL TIPS

- Keep the lens clean — avoid fingerprints.
- Before opening the side door, be sure the camera is clean and dry.
- Shake the camera or blow on the mic to remove water and debris from the mic holes. If needed, rinse the camera with water and dry it with a cloth.
- HERO4 Session is waterproof to 33' (10m). Be sure that the side door is securely closed before using the camera in or around water.

HELP AND RESOURCES

UPDATE YOUR CAMERA

Get the most out of your GoPro with updated features and performance.

CREATE A GOPRO ACCOUNT

Receive updates, enter contests and more.

DOWNLOAD THE USER MANUAL

Find detailed info on settings, modes and more.

WATCH TUTORIAL VIDEOS

Learn tips + tricks from the pros.

CONTACT CUSTOMER SUPPORT

Get help and find answers to frequently asked questions.



VISIT
**GOPRO.COM/
GETSTARTED**

JOIN THE GOPRO MOVEMENT

Find inspiration in the millions of GoPro photos and videos shared by our customers around the world. Then share yours...and join the movement.



Before using your GoPro camera, please read all of the precautions in the Important Product + Safety Information included with your camera.



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