

HERO

SESSION™

QUICK START GUIDE

GoPro®
Be a HERO. 

CONGRATULATIONS

on your
new | **HERO**
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

Change settings, get status info, and connect to the GoPro App for mobile or the Smart Remote (sold separately).

POWERING ON + RECORDING




RECORDING VIDEO

To power on the camera and record video, 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




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

CAPTURING SINGLE PHOTOS

1. Press the **Info/Wireless** button to turn on the status screen.
2. Press the **Info/Wireless** button again to get to Enter Photo Mode, then press the **Shutter/Select** button [] to select it.
3. Press the **Shutter/Select** button [] to capture a photo.
4. Press the **Info/Wireless** button to get to Exit Photo Mode, then press the **Shutter/Select** button [] to select it.

To capture Burst photos, see the user manual at gopro.com/getstarted.

CHANGING MODES + SETTINGS

1. Press the **Info/Wireless** button to turn on the status screen.
2. Press the **Info/Wireless** button repeatedly until you get to Camera Settings, then press the **Shutter/Select** button [].
3. Press the **Info/Wireless** button to move to a setting.
4. Press the **Shutter/Select** button [] to select a new option.
5. Press the **Info/Wireless** button repeatedly until you get to Done, then press the **Shutter/Select** button [].



**EASILY ACCESS ALL MODES AND SETTINGS USING
THE GOPRO APP FOR MOBILE OR THE SMART REMOTE.**

CONNECTING TO THE GOPRO APP FOR MOBILE (FREE)

1. Download and open the GoPro App on your phone or tablet.
2. Follow the 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

MOUNTING TIPS

HERO Session comes with a Standard Frame that allows you to attach the camera to any GoPro mount.

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.

Example:
Vertical Surface Mounting



Chesty (Chest Harness)
Sold separately

ATTACHING THE CAMERA TO A MOUNT

Flip up the plug on the buckle. Slide the buckle into the mount, then press the plug down.



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

CHANGING THE ORIENTATION

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



VIEWING, EDITING AND SHARING



GOPRO APP FOR MOBILE (FREE)

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

GOPRO APP FOR DESKTOP (FREE)

The GoPro App for desktop is the best way to import, play back and edit your GoPro videos. You can download it 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.
- HERO Session is waterproof to 33' (10m). Be sure that the side door is securely closed before using the camera in or around water.

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.