HERO7 WHITE

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Learn how to use the accessories that came with your GoPro. See

GETTING STARTED

MICROSD CARDS

You'll need a microSD™ card (sold separately) to capture video and photos. Use a brand name card that meets these requirements:

· microSD, microSDHC™, or microSDXC™
· Class 10 or UHS-I rating
· Capacity up to 128GB

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

INSTALLING YOUR MICROSD CARD

1. Hold down the Latch Release button on the side door, then slide the door open.
2. With your camera off, insert your microSD card into the card slot with the label facing the USB port.
   You can eject the card by pressing it into the slot with your fingernail.

HEADS UP: Make sure your hands are dry and clean when you're handling memory cards. Check the memory card manufacturer's guidelines for information about use in acceptable temperature ranges.

PRO TIP: Keep your microSD card in good condition by reformatting it regularly. This will erase all of your content, so be sure to save it first.

GETTING STARTED

CHARGING
Your HERO7 White has a built-in battery. Make sure it's fully charged before heading out for your adventure.

1. Hold down the Latch Release button on the side door, then slide the door open.
2. Connect your camera to a computer or other USB charger using the included USB-C cable.

The camera status light turns off when the battery is fully charged. It takes about 2 hours to charge to 100%. For more information, see *Battery Information* (page 49).

PRO TIP: For the fastest charging, use GoPro's Supercharger (sold separately).

UPATING THE SOFTWARE

Having the most current software ensures that you'll always have the latest features and best performance.

Updating with the GoPro App
1. Download the app from the Apple® App Store® or Google Play.™
2. Follow the app's on-screen instructions to connect your camera. If an update is avalable, the app will tell you how to install it.

Updating with the Quik Desktop App
1. Download the app from **gopro.com/apps**.
2. Connect your camera to your computer using the included USB-C cable. If an update is avalable, the app will tell you how to install it.

Updating Manually
1. Visit **gopro.com/update**.
2. Select "HERO7 White" from the list of cameras.
3. Click "Update your camera manually" and follow the instrutions.

PRO TIP: Need your current software version? Swipe down from the main screen, then tap Preferences > About This GoPro.

EXPLORING YOUR HERO7 WHITE

POWERING ON
Press the **Mode** button [🔲] to turn on your HERO7 White.

POWERING OFF
Press and hold the **Mode** button [🔲] to turn it off.

⚠️ WARNING: Use caution when using your GoPro. 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.
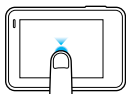
EXPLORING YOUR HERO7 WHITE

TOUCH DISPLAY
The information that you see on the touch display varies by mode.

1. Camera Mode
2. Time Remaining/Photos Taken
3. Battery Status
4. Settings

HEADS UP: Some settings are not available when turn your GoPro to take portrait shots. Adjust those settings before rotating your camera.
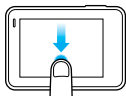
EXPLORING YOUR HERO7 WHITE

Tap
Selects an item, turns a setting on/off.

Swipe Down
From the main screen, opens the Preferences.
From other screens, returns you to the main screen.

Swipe Up
Accesses your media.
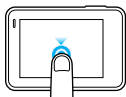
Press and Hold
Activates Exposure Control.

PRO TIP: Be sure to swipe from the edge of the screen.

EXPLORING YOUR HERO7 WHITE

MODES
Your HERO7 White has three modes: **Video**, **Photo** and **Time Lapse**.

Change modes by swiping left or right and tapping the mode you want.

PRO TIP: The touch display won't work under water. With the camera on, use the **Mode** button [🔲] to switch modes.

TAKING PHOTOS

HERO7 White takes 10MP photos with a wide field of view (FOV). The wide FOV helps you capture as much as possible within the frame.

PRO TIP: Crop your photos if you want to eliminate the fisheye look around the edge of the frame.

TAKING A SINGLE PHOTO

1. Tap the photo icon.
2. Press the **Shutter** button [◯].

TAKING CONTINUOUS PHOTOS

Press and hold the **Shutter** button [◯] to take continuous photos at a rate of XX per second. Release the button to stop.

TAKING BURST PHOTOS

Burst takes 15 photos in 1 second. It's perfect capturing fast action.

3. From the photo screen, tap the burst icon.
4. Press the **Shutter** button [◯].

USING THE TIMER

Set up the Timer when you want to take a selfie.

1. From the photo screen, tap the timer icon.
   Choose 3 second or 10 seconds.
2. Press the **Shutter** button [◯]. The camera starts the countdown and takes the photo.

PRO TIP: Take Burst selfies by tapping the burst icon before setting up the Timer.

TAKING PHOTOS

ZOOM

Use Zoom to capture a closer view of the action.

1. From the photo screen, tap the zoom icon.
2. Use the slider to choose how much you want to zoom.
3. Tap anywhere to exit. The zoom level is locked until you re-adjust it, switch capture modes, or turn off your camera.

PRO TIP: You can set up your shot by using any combination of Burst, Timer and Zoom that you want.

RECORDING VIDEO

HERO7 White captures 1440p video with a wide field of view (FOV) and 4:3 aspect ratio. This is great for actions shots and sharing to social media.

PRO TIP: Crop you videos if you want to elminate the fisheye look around the edge of the frame.

RECORDING VIDEO
1. Tap the video icon.
2. Press the **Shutter** button [🔘].
3. Press the **Shutter** button [🔘] again to stop recording.

PRO TIP: You can also record video using voice commands. See *Controlling Your GoPro with Your Voice* (page 20).

RECORDING A CLIP
Your HERO7 White can shoot short video clips that are quick and easy to save on your phone and share on social media.
1. From the video screen, tap the video icon.
2. Choose a 15 or 30 second clip.
3. Press the **Shutter** button [🔘]. Your camera will automatically stop recording a the end of the clip.

PRO TIP: Press and hold the **Shutter** button [🔘] to take continuous clips.

RECORDING VIDEO

RECORDING IN SLOW MOTION
HERO7 White lets you capture the action at 60 frames per second (FPS), then play it back at 2X slow motion.
1. From the video screen, tap the slomo icon.
2. Press the **Shutter** button [🔘].
3. Press the **Shutter** button [🔘] again to stop recording.

PRO TIP: You can watch your clips in 2X slomo or normal speed. See *Playing Back Your Content* (page 20).

ZOOM
Use Zoom to capture a closer view of the action.
1. From the photo screen, tap [Zoom icon].
2. Use the slider to choose how much you want to zoom.
3. Tap anywhere to exit. The zoom level is locked until you re-adjust it, switch capture modes, or turn off your camera.

PRO TIP: You can set up your shot by using any combination of Clip, Slomo and Zoom that you want.

RECORDING TIME LAPSE

Time Lapse speeds up the action by capturing frames every 0.5 seconds and playing them back at normal speed. It's great for sunsets and other shots that happen over a long period of time.

1. Tap time lapse icon.
2. Press the **Shutter** button [◯].
3. Press the **Shutter** button [◯] again to stop recording.

ZOOM

Use Zoom to capture a closer view of the action.

1. From the photo screen, tap the zoom icon.
2. Use the slider to choose how much you want to zoom.
3. Tap anywhere to exit. The zoom level is locked until you re-adjust it, switch capture modes, or turn off your camera.

QUIKCAPTURE

RECORDING VIDEO WITH QUIKCAPTURE

Set up QuikCapture to power up your camera and start recording video with the push of a single button. The camera is powered on only when it's recording, so you conserve battery power.

1. Power off the camera.
2. Press and hold the **Shutter** button [◯] for 2 seconds.
   Your camera powers on, beeps several times, and automatically begins recording. The lights blink while the camera is recording.
3. The camera stops recording, beeps several times, and automatically powers off.

TURNING QUIKCAPTURE OFF

QuikCapture is on by default, but you can turn it off, if needed.

1. From the main screen, swipe down.
2. Tap Preferences > QuikCapture.
3. Tap Off.

CONTROLLING YOUR GOPRO WITH YOUR VOICE

You can control your HERO7 White with your voice using specific commands (see list below).

Note: Voice Control performance may be impacted by distance, wind, and noisy conditions. Keep the product clean and clear of debris.

USING VOICE CONTROL

Voice Control works best when you're not too far away from your GoPro.

1. From the main screen, swipe down.
2. Tap [🎙] to turn on Voice Control.
   Note: You can also turn Voice Control on or off from the Preferences menu. Tap Preferences > On Camera Voice Control, then select an option.
3. If this is the first time you turned on voice control, confirm or change the voice control language.
4. Say a command from *List of Voice Commands* (page 21).
5. To turn off Voice Control manually, swipe down on the main screen, then tap [🎙x]. Voice Control also turns off when your camera automatically powers off. For details, see *Auto Off* (page 37).

LIST OF VOICE COMMANDS

Two types of commands are available with Voice Control:

- Action commands let you immediately record video or photos. For example, if you just stopped recording video, you can say the command to take a photo or begin taking time lapse photos—without having to first change the mode.
- Mode commands are useful if you want to quickly select a mode and then use the **Shutter** button to record.

You can use the action commands from any mode. Your camera records video or photos based on the settings you previously selected.

Action Command	Description
GoPro start recording	Starts recording video
GoPro HiLight	Adds a HiLight Tag to video during recording
That was sick	Adds a HiLight Tag to video during recording
GoPro stop recording	Stops recording video
GoPro take a photo	Takes a single photo
GoPro shoot burst	Takes burst photos
GoPro start time lapse	Starts taking time lapse photos

CONTROLLING YOUR GOPRO WITH YOUR VOICE

Action Command	Description
GoPro stop time lapse	Stops taking time lapse photos
GoPro turn off	Powers off the camera
GoPro edit my story	Moves video and photos from your most recent session (based on location and date) to your phone to create a QuikStory™
	Note: If the QuikStories feature is turned on in the GoPro app, video and photos are automatically moved from your camera to your phone to create a QuikStory. This voice command lets you move the content immediately instead of waiting for the automatic process.

Mode Command	Description
GoPro Video mode	Changes the camera mode to Video (does *not* record video)
GoPro Photo mode	Changes the camera mode to Photo mode (does not take photos)
GoPro Burst mode	Changes the camera mode to Burst mode (does not take burst photos)
GoPro Time Lapse mode	Changes the camera mode to Time Lapse (does not take time lapse photos)

For the most updated list of commands, visit **gopro.com/help**.

CONTROLLING YOUR GOPRO WITH YOUR VOICE

PRO TIP: If you are recording video or time lapse, you must stop recording before issuing a new command.

CHANGING YOUR VOICE CONTROL LANGUAGE
1. From the main screen, swipe down.
2. Tap Preferences > Language (in the Voice Control section).
3. Tap a language.

PLAYING BACK YOUR CONTENT

You can play back your content on a mobile device, a computer, the camera's touch display.

VIEWING VIDEO AND PHOTOS ON A MOBILE DEVICE

1. Connect your camera to GoPro app. For details, see *Connecting to the GoPro App* (page 26).
2. Use the controls on the app to play back your footage on your smartphone/tablet.

PRO TIP: While playing back your video with the GoPro app, you can mark the best moments by tapping [🏷] to add a HiLight Tag.

VIEWING VIDEO AND PHOTOS ON A COMPUTER

To play back your video and photos on a computer, you must first transfer these files to a computer. For details, see *Offloading Your Content* (page 28).

VIEWING VIDEO AND PHOTOS ON YOUR HERO7 WHITE

1. Swipe up to access your video and photos. If your HERO7 White contains a lot of content, it might take a minute for it to load.
2. To display only a certain type of content, select a filter:
   · Media - Displays all videos and photos.
   · HiLights - Displays content that includes a HiLight Tag.
   · Photos - Displays photos, including those that are part of a series (continuous, burst).
   · Video - Displays videos. Swipe up to scroll through the thumbnails.
     Note: For multi-shot photo series, the thumbnail displays the first photo in the series.
3. Tap a video or photo to open it in full-screen view.
   Note: For multi-shot photo series, press and hold to open the series.

PLAYING BACK YOUR CONTENT

4. To add a HiLight Tag, tap [🏷]. HiLight Tags make it easy to find the best video and photos to share.
5. To return to the thumbnails screen, tap [▦].
6. To exit, swipe down.

DELETING VIDEO AND PHOTOS FROM YOUR HERO7 WHITE

1. Swipe up to access your video and photos.
2. Tap [🗑].
3. Tap the items that you want to delete. To delete everything on the camera, tap [☑].
4. Tap [🗑].
5. Tap Delete.

SAVING A PHOTO FROM A SERIES

You can save an individual photo from a burst series.

1. Swipe right, then tap the photo series that contains the photo that you want to save.
2. Press and hold the series to open it.
3. Tap [▶] to move through the series.
4. Tap [🖼] to save a photo outside of the series.

CONNECTING TO THE GOPRO APP

With the GoPro app, your HERO7 White footage automatically moves to your phone and transforms into a QuikStory™—an awesome video with effects and music. You can also use the app to control your GoPro, create short clips, share your favorites, and more.

Connecting to the GoPro App for the First Time

1. Download the GoPro app to your mobile device from the Apple® App Store® or Google Play™.
2. Follow the app's on-screen instructions to connect your camera.
   Note for iOS: When prompted, be sure to allow notifications from the GoPro app so you know when a QuikStory is ready. For more information, see Creating a QuikStory (page 28).

Connecting to the GoPro App after the First Time

After connecting to the GoPro app for the first time, you can connect in the future through the Connections menu on the camera.

1. If your camera's wireless is not already turned on, swipe down, then tap Connections > Wireless Connections.
2. In the GoPro app, follow the on-screen instructions to connect your camera.

CONNECTING TO BLUETOOTH DEVICES

You can connect your GoPro to Bluetooth devices that track statistics about your activity. That data is then automatically added to your video to create a more engaging record of your activity.

1. Connect your camera to the GoPro app. For details, see *Connecting to the GoPro App* (page 26).
2. In the app, open the camera's settings, then tap Bluetooth Devices.
3. Follow the on-screen instructions.

SELECTING A DIFFERENT CONNECTION SPEED

By default, your GoPro uses the 5GHz Wi-Fi band to connect to other devices. This band provides faster transfer speed than the 2.4GHz band. The transfer speed affects how long it takes for your video and photos to be copied to your phone to create a QuikStory.

To use the 5GHz band, your phone and region must also work with that band. Otherwise, you can change the Wi-Fi band on your GoPro to 2.4GHz.

1. Swipe down, then tap Connections > Wi-Fi Band.
2. Tap 2.4GHz.

All of your video and photos are automatically copied to your smartphone's camera roll. Originals remain on the camera. If you're running out of room on your HERO7 White, the new content overwrites anything that's already been copied to your phone.

CREATING A QUIKSTORY

QuikStories automatically copies video and photos from your camera to your mobile device. Then the GoPro app serves up an edited video, complete with music and effects—a QuikStory. You can save and edit your QuikStory, or delete it from your phone.

1. Set up QuikStories:
   a. Connect your camera to the GoPro app. For details, see *Connecting to the GoPro App* (page 26).
      Note for iOS: When prompted, be sure to allow notifications from the GoPro app.
   b. Close the app.
2. Record video and photos on your camera.
3. Open the GoPro app and swipe down from the home screen. Your camera automatically moves content from your most recent session to your mobile device. When your QuikStory is ready, you receive a notification on your phone.
4. Open the QuickStory and preview it.
5. Make additional edits, if needed.
6. Save the QuikStory, then share it with your friends.

OFFLOADING YOUR CONTENT TO A COMPUTER

To play back your video and photos on a computer, you must first transfer these files to a computer.

1. Be sure that your computer is running the latest version of the operating system.
2. Download and install the Quik desktop app from **gopro.com/apps**.

3. Connect the camera to your computer using the included USB-C cable.
4. Power on the camera and follow the on-screen instructions in Quik.

AUTO UPLOADING YOUR CONTENT TO THE CLOUD

With a subscription to GoPro Plus, you can use Auto Upload to upload your content to the cloud. You can then view, edit, and share it from any of your devices.

Note: When you upload your content to the cloud, your original files remain on your camera.

1. Subscribe to GoPro Plus:
   a. Download the GoPro app to your mobile device from the Apple© App Store© or Google Play™.
   b. Follow the app's on-screen instructions to connect your camera.
   c. If this is the first time you are connecting to the app, follow the on-screen instructions to subscribe to GoPro Plus. Otherwise, tap [🔼] next to the image of your camera and follow the instructions.
2. Connect your camera to a power outlet. When the battery is charged, Auto Upload begins.
   Note: Once you set up Auto Upload, you do not need to connect your camera to the GoPro app to use this feature.

   The files in the cloud are optimized for the web, so might not be full resolution. To offload files in their full resolution, connect your camera to the Quik desktop app and offload the files to your computer.

PRO TIP: You can also use the Quik desktop app to transfer your files to your computer. Quik then uploads the files to your GoPro Plus account.

MANUALLY UPLOADING YOUR CONTENT TO THE CLOUD
This option lets you upload content to the cloud without waiting for the camera battery to charge. (Your GoPro must be connected to a power outlet to use this option.).

1. Subscribe to GoPro Plus. For details, see *Auto Uploading Your Content to the Cloud* (page 29).
2. Connect your camera to a power outlet.
3. From the main screen, swipe down.
4. Tap Preferences > Manual Upload.

ACCESSING YOUR CLOUD CONTENT ON YOUR MOBILE DEVICE
1. Open the GoPro app.
2. Tap [🖼], and then select Cloud. You can view, edit, and share your content.

PRO TIP: To turn your cloud content into an edited video, open the Quik app, tap [+], then select GoPro Plus.

TURNING OFF AUTO UPLOAD
You can temporarily turn off Auto Upload on the camera to prevent automatic upload to GoPro Plus when you connect your camera to a power outlet.

1. Swipe down, then tap Connections > Auto Upload > Upload.
2. Tap Off.

CONNECTING TO A DIFFERENT WIRELESS NETWORK
If you want to use a different wireless network for Auto Upload, you can select that network from the camera.

1. Swipe down, then tap Connections > Auto Upload > Networks.
2. Tap the name of a network. The network must not be hidden or require an end user license agreement (such as the network in a hotel).
3. If needed, enter the password.
4. Tap [✓] to save the new network.

ADVANCED CONTROLS

ADDING HILIGHT TAGS

If you want to mark memorable points in your video during recording or playback, press the **Mode** button [🔲] to add a HiLight Tag. Once a moment is tagged, it's easier to find it later for sharing.

PRO TIP: You can also add HiLight Tags during recording with the GoPro app or Voice Control.

EXPOSURE CONTROL

By default, your camera uses the entire image to determine the appropriate exposure level. However, Exposure Control lets you select an area that you want the camera to prioritize when determining exposure. This setting is particularly useful in shots where an important region might otherwise be over- or underexposed.

When you change this setting, the touch display immediately shows you the effect on your image. If you change recording options, the camera returns to using the entire scene to determine the correct level of exposure.

Using Exposure Control with Auto Exposure

With this option, the camera always bases exposure on the area of the touch display that you select, regardless of what is in that area.

Suppose your camera is mounted on your dashboard. You might want to select the upper part of the touch display so that the exposure is based on the scene outside of the windshield and not on the dashboard (which might cause the scene outside to be overexposed).

1. Press the touch display until a square outline shrinks to the middle of the screen.
2. Drag the square to the area that you want to use to set the exposure level. (You can also tap that area instead of dragging the square.)
3. Tap [✓] in the lower right corner.

Using Exposure Control with Locked Exposure

With this option, the camera locks the exposure. That exposure level remains until you cancel it.

For example, suppose you are snowboarding on a sunny day. By manually setting the exposure level based on your subject's jacket, the images that you record throughout the day are based on the jacket. So, they are less likely to be underexposed compared to the bright snow.

1. Press the touch display until a square outline shrinks to the middle of the screen.
2. Drag the square to the area that you want to use to set the exposure level. (You can also tap that area instead of dragging the square.)
3. Tap Auto Exposure to change it to Locked Exposure.
4. Confirm that the exposure looks the way you want it to, and then tap [✓] in the lower right corner to lock the exposure.

Canceling Exposure Control

Exposure Control is automatically canceled when you select a different recording option or restart the camera. You can also cancel this setting manually (below). When you cancel the exposure setting that you previously set, the camera returns to using the entire scene to determine the correct level of exposure.

1. Press the touch display until a square outline shrinks to the middle of the screen.
2. Tap [✗] in the lower left corner.

From changing the beep volume to turning off the status lights, you can set up your camera to work the way that you want.

CHANGING PREFERENCES

1. Swipe down, then tap Preferences.
2. Tap a setting, then tap a new option.
3. To exit, swipe down.

DATE AND TIME

The date and time are automatically updated when you connect your camera to the GoPro app or the Quik desktop app. However, you can manually change these settings, if needed.
Note: If the battery is removed from the camera for an extended period of time, you must reset the date and time (automatically or manually).

DATE FORMAT

The date format is automatically based on the camera language that you select. However, you can manually change this setting, if needed. The options are DD.MM.YY, MM.DD.YY, and YY.MM.DD.

BEEP VOLUME

Sets the volume of your GoPro's alerts. The options are High (default), Med, Low, and Off.

LED

Sets which status lights blink. The options are All On (default), All Off, and Front Off.

PRO TIP: Turn the front status light off if you are recording in an area with windows or mirrors that might cause reflection in the shot.

DEFAULT MODE

Sets the recording option that your GoPro defaults to when powering up. The options are Stories (default), Photo, Video, or the last option used.

Note: This setting does not affect QuikCapture.

AUTO OFF

Powers off your GoPro after a period of inactivity to save battery life. The options are 5 minutes, 15 minutes (default), 30 minutes, and Never.

Note: Voice Control is not available when the camera is off unless the Wake On Voice setting is turned on. When using Voice Control, consider selecting a higher time period (or Never) for Auto Off.

SCREENSAVER

Turns off the touch display after a period of inactivity to save battery life. The options are 1 minute (default), 2 minutes, 3 minutes, and Never.
To turn on the touch display again, tap anywhere on the screen. When the touch display turns off, you can still use the camera buttons and Voice Control.

BRIGHTNESS

Adjusts the brightness level of the touch display. The options are 10% to 100% (default).

AUTO-ROTATION

This setting determines the orientation of your video or photos to help you prevent upside down footage.

Setting	Description
Auto	(Auto Image Rotation) Camera automatically selects Up or Down, based on the orientation of the camera when recording begins. Ensures that your resulting image is always right-side up.
Up (default)	Camera is set to always record in right-side up orientation.
Down	Camera is set to always record in upside down orientation.

AUTO LOCK

Locks the touch display to prevent accidental input. This setting is off by default.

- To turn on Auto Lock, swipe down, then tap [🔒]. To temporarily unlock the screen, swipe down, then tap the touch display.
- To turn off Auto Lock, swipe down, then tap [🔓].

LANGUAGE

Sets the language that appears on the camera.

VIDEO FORMAT

Sets the regional frame rates that your camera uses for recording and playing back video on a TV/HDTV. Selecting the appropriate option for your region helps prevent flicker when recording video indoors.

Setting	Description
NTSC	Select this option to play back your video on an NTSC TV (most televisions in North America)
PAL	Select this option to play back your video on a PAL TV (most televisions outside of North America)

IMPORTANT MESSAGES

HIGH TEMPERATURE

The Temperature icon appears on the touch display 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 shuts down when needed.

FILE REPAIR

If recording stopped abruptly and the video file wasn't properly saved, the file might become corrupted. If this happens, the camera displays the File Repair icon while it tries to repair the file. When this process is finished, you receive a message stating whether the repair was successful or failed. Press any button to continue using the camera.

STORAGE MESSAGES

FULL   Your storage is full. Move or delete some files.

RESETTING YOUR CAMERA

RESTARTING YOUR GOPRO

If your camera is not responding, press and hold the **Mode** button [🔲] for 8 seconds to shut down the camera and then restart it. All settings are retained.

RESETTING ALL SETTINGS TO THE DEFAULTS

This option resets all of your camera settings to the defaults, except Date, Time, camera name and password, Language, and Video Format.

1. From the main screen, swipe down.
2. Tap Preferences > Camera Defaults, and then tap Reset.

RESETTING THE CONNECTIONS

This option clears your connections list and resets the camera's password. If you reset the connections, you must reconnect your devices to your GoPro.

1. From the main screen, swipe down.
2. Tap Connections > Reset Connections, and then tap Reset.

RESTORING FACTORY SETTINGS

Follow the steps below to reset all settings, clear your connections, and deregister the camera from your GoPro Plus account. Your camera's software remains intact. This option is useful if you are reselling your camera and want to reset it to its original state.

NOTICE: Restoring factory settings erases all content from your HERO7 White.

1. From the main screen, swipe down.
2. Tap Preferences > Factory Reset, and then tap Reset.

MOUNTING
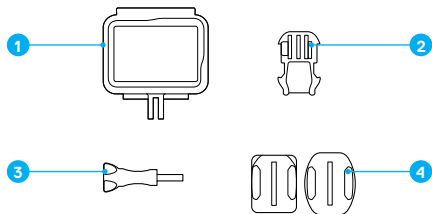
1. The Frame
2. Mounting Buckle
3. Thumb Screw
4. Curved Adhesive Mount

THE FRAME

The Frame provides extra protection for your camera if you drop it, so you might want to keep it in The Frame during certain activities, even if the camera isn't mounted.

HERO7 White is waterproof to 33' (10m) with the doors closed—no additional housing is needed when you use the camera in or around water.

NOTICE: The Frame does not provide additional waterproof protection.

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

MOUNTING

To attach your camera to a mount, you need The Frame. Depending on the mount you're using, you also need a mounting buckle and/or thumb screw.

1. Secure the camera in The Frame:
   a. Open the latch.
   b. Slide the camera into the frame. The front of The Frame has a raised edge. Be sure the front of the camera sits flush against it.
   c. Close the door.
   d. Lock the latch.
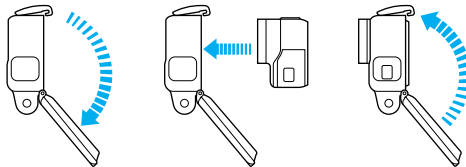
2. Attach The Frame to the mounting buckle.
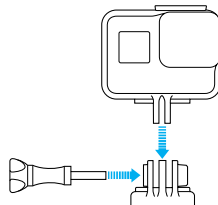
3. Follow the *Mounting Guidelines* (page 44) to attach the adhesive mount to a surface.
4. Attach the mounting buckle to the mount:
   a. Flip up the mounting buckle plug.
   b. Slide the buckle into the mount until it clicks into place.
   c. Press down on the plug so that it sits flush with the buckle.
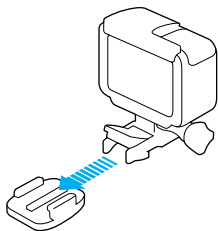
PRO TIP: If you mount your HERO7 White upside down, the camera automatically changes the orientation of your image to be right-side up. This setting helps prevent upside-down images when you view your footage. For more information, see *Auto-Rotation* (page 38).

MOUNTING GUIDELINES

Follow these guidelines when attaching the adhesive mount to curved surfaces of helmets, vehicles, and gear:

· Attach the adhesive mount at least 24 hours before use.
· The adhesive mount 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 the adhesive mount only to clean, dry surfaces. 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 the adhesive mount in room temperature conditions. The adhesive does not bond properly if it's 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.
· During water activities, use a camera tether and Floaty (both sold separately) for added security to keep your camera afloat.

WARNING: To avoid injury, do not use a tether when mounting the camera on a helmet. Do not mount the camera directly on skis or snowboards.

For more information about mounts, visit **gopro.com**.

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.

REMOVING THE SIDE DOOR

In some situations, such as charging the camera within The Frame, you must remove the side door to access the ports.

WARNING: Remove the side door only when you are using the camera in a dry, dust-free environment. When the door is open or removed, the camera is not waterproof. Never operate the camera with the battery door open.

1. Hold down the Latch Release button and slide the door open.
2. Pull the door off of the camera.
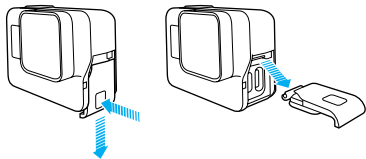
REMOVING THE SIDE DOOR

REATTACHING THE SIDE DOOR
1. Hold down the Latch Release button and extend the tab on the door.

2. Press the tab onto the small silver bar.

MAINTENANCE

Follow these guidelines to get the best performance from your camera:
- The camera is waterproof to 33' (10m)—no housing needed. Ensure that the doors are closed before using the camera in or around water, dirt, or sand.
- Before closing the doors, be sure the seals are free of debris. If needed, clean the seals with a cloth.
- Before opening the doors, be sure the camera is free of water or debris. If needed, rinse the camera with fresh water and dry it with a cloth.
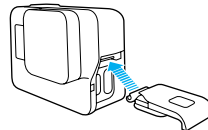- If sand or debris hardens around the doors, soak the camera in warm tap water for 15 minutes and then rinse thoroughly to remove the debris before opening the doors.
- In wet environments, dry the touch display with a soft cloth so that it registers your touch.
- For best audio performance, shake the camera or blow on the mic to remove water and debris from the microphone holes. To prevent damage to the internal waterproof membranes, do not use compressed air to blow into the mic holes.
- After every use in salt water, rinse the camera with fresh water, and dry it with a soft cloth.
- To clean the lens or the lens cover, wipe it with a soft, lint-free cloth. If debris becomes lodged between the lens and the trim ring, flush it out with water or air. Do not insert foreign objects around the lens.

BATTERY INFORMATION

MAXIMIZING BATTERY LIFE
Your HERO7 White camera and battery are integrated. You cannot remove the battery from the camera.

The battery icon displayed on the touch display blinks and shows a battery low message 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 HERO7 White, rotate it in the frame so the Shutter 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.

If the storage becomes full or the battery runs out of power while recording video, your camera automatically stops recording and saves the video before powering off.

To maximize battery life, follow these guidelines when possible:
- Turn off Wireless Connections
- Use these settings:
    - *QuikCapture* (page 26)
    - *Screensaver* (page 37)
    - *Auto Off* (page 37)
    - *Brightness* (page 37)

BATTERY INFORMATION

RECORDING WHILE CHARGING
Using the USB-C cable that came with your camera, you can record video and photos while the camera is plugged in to a USB charging adapter, the GoPro Supercharger, another GoPro charger, or the GoPro Portable Power Pack. Although the battery does not charge during recording, you can use one of the above methods to power the camera and obtain extended recording time. When you stop recording, charging resumes. (You cannot record while charging the camera through a computer.)

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

⚠ WARNING: Using a wall charger other than a GoPro charging device can damage the GoPro camera battery and could result in fire or leakage. With the exception of the GoPro Supercharger (sold separately), 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.

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.

The integrated battery in the camera is non-serviceable. Contact GoPro Customer Service for all battery related issues.

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.

BATTERY INFORMATION

Do not make any unauthorized alterations to the camera. Doing so may compromise safety, regulatory compliance, performance, and may void the warranty.

⚠ WARNING: Do not drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate, or paint the camera or battery. Do not insert foreign objects into any opening on the camera, such as the USB-C 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.

TROUBLESHOOTING

MY GOPRO WON'T POWER ON
Make sure your GoPro is charged. See *Charging* (page 9).

MY GOPRO WON'T RESPOND WHEN I PRESS A BUTTON
See *Restarting Your GoPro* (page 41).

PLAYBACK ON MY COMPUTER IS CHOPPY
Choppy playback is typically not a problem with the file. If your footage skips, one of these items is likely the cause:
· The computer doesn't work with H.264 codec files. For best results, download the latest version of the Quik desktop app for free at **gopro. com/apps**.
· The computer doesn't meet the minimum requirements for the software you're using for playback.

I FORGOT MY CAMERA'S USERNAME OR PASSWORD
Swipe down, then tap Connections > Name & Password.

I DON'T KNOW WHAT SOFTWARE VERSION I HAVE
From the main screen, swipe down. Then tap Preferences > About This GoPro. The Version Number displays the software version that you are running.

I CAN'T FIND MY CAMERA'S SERIAL NUMBER
You'll find your camera's serial number here:
· In Preferences > About This GoPro
· On the inside of the battery bay (remove the battery to see it)
For more answers to commonly asked questions, see **gopro.com/help**.

CUSTOMER SUPPORT

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

TRADEMARKS

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REGULATORY INFORMATION

To see the complete list of country certifications, refer to the Important Product + Safety Instructions included with your camera or visit **gopro.com/help**.

$ C E \quad | \quad$ **HDMI**
HIGH DEFINITION MULTIMEDIA INTERFACE