



GoPro HD Hero Settings Menu Quick Sheet

This guide provides a basic outline of the menu/setup functions of the GoPro HD Hero. This guide serves only as a guide and you should always consult the user manual when in doubt. Or for more help please give us a call.

Basics: Turn the camera on by holding the front button for 3 seconds; turn it off by doing the same. Press the front button to cycle through camera modes: press the top button to enter these modes/adjust settings.



	Mode Description	Hold = pr
onF	One Button Mode – If enabled the camera will turn on and go straight into record for the mode set in the menu. (Film, Time-lapse, Etc)	Off
onO		On, turn off and on camera to activate. To turn off mode, turn on camera, hold shutter for 3 sec.
F	Start Up Mode(F by Default)	F = Film (Video)
P		P = Picture (Stills)
3		3 = Triple Shot (Stills)
PE5		PE5 Time Lapse (Stills)
r1	Video resolution	r1 = WVGA (Wide DVD Quality)
r2		r2 = 720p 30/25fps - 170 degrees
r3		r3 = 720p 60/50fps - 170 degrees
r4		r4 = 960p 30/25fps 4:3 aspect - 170 degrees
r5		r5 = 1080p 30/25fps - 127 degrees
Cnt	Exposure Metering	Center weight metering
SPt		Spot metering
UP	Orientation (Upside down more)	Normal Mode
UPd		Upside Down Mode
LFO	Live Video Out	Off (Playback mode remains)
LFF		On (Only SD Live outputted)
oSF	On Screen Display (Video Out)	Off
oSO		On
P1	Time-lapse Mode Interval Setting	Picture every 1 Second
P2		Picture every 2 Seconds
P5		Picture every 5 Seconds
P10		Picture every 10 Seconds
P30		Picture every 30 Seconds
P60		Picture every 60 Seconds
bLO	Red Tally Light On/Off	On
BLF		Off
bPO	Beep On/Off	On
bPF		Off
nSC	PAL/NTSC Swtting (25-50FPS/30-60FPS)	nSC
PAL		PAL
LSf	Delete Last File	Press Shutter, Press Again to Confirm
ALL	Delete All / Format Card	Press Shutter, Press Again to Confirm
OFF	Camera Auto Shut Off	No Shut Off
60		Shuts off after 60secs of inactivity
120		Shuts off after 120secs of inactivity
300		Shuts off after 300secs of inactivity
LCO	LCD BacPak Shut Off	No Shut Off
LCF		Shuts off after 60secs of inactivity
dAt	Set Time/Date	The shutter acts as selector
Y09-T30		Set Year
01-12		Set Month
d01-d31		Set Day
H00-H23		Set Hour (24Hr)
00-59.1.1		Set Minutes
ESC	Exit Settings	Shutter To Exit, Front Button to return to first page