Join the GoPro party at facebook.com/gopro to see what other GoPro owners are capturing and sharing. Share your footage and join the GoPro movement!
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</table>
### WEAR IT. MOUNT IT. LOVE IT.

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<thead>
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<th>HERO3 ACCESSORIES</th>
</tr>
</thead>
<tbody>
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<td>LCD Touch BacPac™</td>
<td>Wrist Housing</td>
</tr>
<tr>
<td>Battery BacPac™</td>
<td>Replacement Housing</td>
</tr>
<tr>
<td>Wi-Fi Remote</td>
<td>Rechargeable Li-Ion Battery</td>
</tr>
<tr>
<td>The Frame Mount</td>
<td>Lens Replacement Kit</td>
</tr>
<tr>
<td>(HERO3 accessory)</td>
<td>Caps + Doors</td>
</tr>
<tr>
<td></td>
<td>32GB/64GB microSD™</td>
</tr>
</tbody>
</table>

More HERO3 accessories available at [gopro.com](http://gopro.com).
### MOUNTS + ACCESSORIES

<table>
<thead>
<tr>
<th>Helmet Front Mount</th>
<th>Chest Mount Harness</th>
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<th>Surfboard Mounts</th>
</tr>
</thead>
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<td>Floaty Backdoor</td>
<td>Head Strap Mount</td>
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</tr>
</tbody>
</table>

See more at [gopro.com](http://gopro.com)
HERO3 FEATURES

1. Status Indicator Lights (Red)
2. SHUTTER/SELECT Button
3. LCD Status Screen
4. Wi-Fi Indicator Light (Blue)
5. POWER/MODE Button
6. Micro HDMI Port (Cable not included)
7. microSD Card Slot (SD card not included)
8. mini-USB Port (Supports Composite A/V cable/3.5mm stereo mic adapter, not included)
9. HERO Port

10. Battery Door

11. Wi-Fi **ON/OFF** Button

12. Microphone

13. Audio Alert
The LCD screen displays the following information about HERO3 modes and settings:

1. Camera Modes/FOV (Field of View)
2. Capture Setting Modes (not shown)
3. Resolution/FPS (Frames Per Second)
4. Time Interval Settings: (not shown)
5. Counter
6. Time/Storage/Files
7. Battery Life

Note: The icons displayed above will vary depending on what mode your camera is in.
**Note:** White Balance only appears in your camera display if Protune™ mode is turned ON. Playback only appears if Playback is activated.
SOFTWARE UPDATES

GoPro releases product updates through software updates. Check to see if any updates are available for your camera or other GoPro products. Visit: gopro.com/update.

USING YOUR HERO3: BASICS

GETTING STARTED

Before using your HERO3 for the first time:

1. Insert a microSD, microSDHC™ or microSDXC™ card into the card slot with label facing forward, narrowest part of the card first. Speed Class 10 or higher cards are recommended. When using 0.5 second Time Lapse or recording video in Protune mode, a Speed Class Rating 10 is required.

2. Place battery into the camera.

3. Charge battery. The included lithium-ion battery comes partially charged. To charge, connect the included USB cable to camera and connect the other end of the cable to a power source such as a computer, GoPro Wall Charger or GoPro Auto Charger. No damage will occur to the camera or battery if used prior to a full charge.

PRO TIP:

Status Indicator Lights when camera is OFF and charging, show:
• Status Indicator Lights are ON when charging.
• Status Indicator Lights are OFF when charging is complete.

▶See BATTERY LIFE for more information.
▶See PROTUNE for more information.
CAMERA DEFAULT SETTINGS

The HERO3: Black Edition camera powers up with the following default settings:

<table>
<thead>
<tr>
<th>Setting</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Resolution</td>
<td>1440p48fps</td>
</tr>
<tr>
<td>Photo Resolution</td>
<td>12 Megapixels (MP)</td>
</tr>
<tr>
<td>Photo Burst</td>
<td>30 photos in 1 second</td>
</tr>
<tr>
<td>Time Lapse</td>
<td>0.5 seconds</td>
</tr>
<tr>
<td>Wi-Fi</td>
<td>OFF</td>
</tr>
</tbody>
</table>

PRO TIP: Want to change your VIDEO and PHOTO settings?
See SETTINGS menu to make changes.
To power ON:
Press and release the power button. The red Status Indicator Lights flash three times and the Sound Indicator emits three beeps.

To power OFF:
Press the power button for two seconds, then release. The red Status Indicator Lights flash several times and the Sound Indicator emits seven beeps.

PRO TIP:
Want to turn your HERO3 into a “one-button” camera that automatically starts recording Photos or Videos once it turns ON? Set the camera to ONE BUTTON mode.

▶ See ONE BUTTON mode for more information.
# OVERVIEW

The HERO3 features several camera modes. To cycle through the modes, press 📺. The modes will appear in the following order:

<table>
<thead>
<tr>
<th>Mode</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIDEO</td>
<td>Record Video</td>
</tr>
<tr>
<td>PHOTO</td>
<td>Capture single Photo</td>
</tr>
<tr>
<td>PHOTO BURST</td>
<td>Capture Burst photos</td>
</tr>
<tr>
<td>TIME LAPSE</td>
<td>Capture Time Lapse photos</td>
</tr>
</tbody>
</table>

### PLAYBACK

Appears only if the camera is plugged into a TV/HDTV. **Playback** allows you to play **Photos** and **Videos** on a TV/HDTV (via optional Micro HDMI cable or A/V composite cable).

### PRO TIP:

- Use **PHOTO BURST** to capture fast moving subjects.

- See **PLAYBACK** for more information.
Using your HERO3: Camera Modes

**Video**

To record **Video**, verify the camera is in Video mode. If the Video icon on your camera’s LCD screen is not showing, press repeatedly until it appears.

**To start recording:**
Press and release S. The camera will emit one beep and the red **Status Indicator Lights** will flash while recording.

**To stop recording:**
Press and release S. The red **Status Indicator Lights** flash three times and the camera emits three beeps to indicate recording has stopped.

The HERO3 automatically stops recording when the memory card is full or the battery is out of power. Your video will be saved before the camera powers OFF.

❖ See **Video** mode for instructions on how to change resolution settings.
To capture a Photo, verify the camera is in Photo mode. If the Photo icon on your camera's LCD is not showing, press repeatedly until it appears.

To take a photo:
Press and release S. The camera beeps two times and the red Status Indicator Lights flash.

See PHOTO modes for instructions on how to change resolution settings and other PHOTO features.
PHOTO BURST

In **Photo Burst** mode your camera takes multiple photos in short time intervals—3 photos/1 second, 5 photos/1 second, 10 photos/1 second, 10 photos/2 seconds, 30 photos/1 second, 30 photos/2 seconds or 30 photos/3 seconds.

To capture a **Photo Burst** series, verify the camera is in **Photo Burst** mode. If the **Photo Burst** icon on your camera’s LCD screen is not showing, press repeatedly until it appears.

**To take a Photo Burst series:**

Press and release **S**. The red **Status Indicator Lights** flash and the camera beeps multiple times.

**Tip:**

Sometimes **30 photos/1 second** is too fast. Try a slower **PHOTO BURST** setting to better match the action.

See **PHOTO BURST** for instructions on how to change the interval settings.
TIME LAPSE

Time Lapse mode captures a series of photos at 0.5, 1, 2, 5, 10, 30 or 60 second intervals. When using the 0.5 seconds setting, an SD card with a Speed Class 10 Rating is required.

To capture a Time Lapse series, verify the camera is in Time Lapse mode. If the Time Lapse icon is not showing on your camera’s LCD screen, press repeatedly until it appears.

To take Time Lapse:
Press and release S. The camera initiates countdown and the red Status Indicator Lights flash each time a Photo is taken.

To stop Time Lapse:
Press and release S. The red Status Indicator Lights flash three times and the camera emits three beeps to indicate that Time Lapse has stopped.

See TIME LAPSE for instructions on how to change the interval settings.
The **Settings** menu allows you to adjust a variety of camera settings including:

- Video Resolution
- Photo Resolution
- Time Lapse
- Photo Burst
- Continuous Photo

- and more

See **Settings** menu to make changes, learn how to navigate menu options and read more details on each setting.
You can playback your GoPro Photos and Videos on a TV/HDTV or with the LCD Touch BacPac (optional accessory). Playback appears as a camera mode when camera is powered ON and plugged into a TV/HDTV.

› See PLAYBACK for more information on viewing your VIDEOS and PHOTOS.
CAMERA SETTINGS

To enter the Settings menu:

1. Verify the camera is in the Settings menu. If the Setting icon on your camera’s LCD screen is not showing, press repeatedly until it appears.

2. Press S to enter menu.

3. Use S to cycle through the various Settings options.

4. Press S to select desired option.

5. To exit, hold down S for two seconds or cycle through to EXIT and press S.

PRO TIP: If at any time you wish to exit from the SETTINGS menu, press and hold S for two seconds.
VIDEO RESOLUTION/FPS/FOV MODES

You can change Resolution, FPS and View Angle (FOV) for your HERO3 camera when using Video mode. This mode contains sub-level menu options.

**Once in the Settings menu:**

1. Press S to enter SETTINGS.
2. Use MODE to cycle through options.
3. Press S to enter desired menu.
4. Use MODE to cycle through each sub-menu option and S to select.
5. To change additional options, repeat step 4.
6. To exit, hold down S for two seconds or cycle through to EXIT and press S.
**CAMERA SETTINGS**

The HERO3: Black Edition offers the following Video Capture modes:

<table>
<thead>
<tr>
<th>Video Resolution</th>
<th>NTSC fps</th>
<th>PAL fps</th>
<th>std Mode</th>
<th>Protune</th>
<th>Field of View (FOV)</th>
<th>Screen Resolution</th>
</tr>
</thead>
<tbody>
<tr>
<td>4k / 4k Cin</td>
<td>15</td>
<td>12</td>
<td>No</td>
<td>Yes</td>
<td>Ultra Wide</td>
<td>3840x2160, 16:9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4096x2160, 17:9</td>
</tr>
<tr>
<td>2.7k / 2.7k Cin</td>
<td>30</td>
<td>25</td>
<td>Yes</td>
<td>Yes</td>
<td>Ultra Wide</td>
<td>2704x1524, 16:9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2704x1440, 17:9</td>
</tr>
<tr>
<td>1440p</td>
<td>48</td>
<td>48</td>
<td>Yes</td>
<td>Yes</td>
<td>Ultra Wide</td>
<td>1920x1440, 4:3</td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1080p</td>
<td>60</td>
<td>50</td>
<td>Yes</td>
<td>Yes</td>
<td>Ultra Wide Medium</td>
<td>1920x1080, 16:9</td>
</tr>
<tr>
<td></td>
<td>48</td>
<td>48</td>
<td></td>
<td></td>
<td>Narrow</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>960p</td>
<td>100</td>
<td>100</td>
<td>Yes</td>
<td>Yes</td>
<td>Ultra Wide</td>
<td>1280x960, 4:3</td>
</tr>
<tr>
<td></td>
<td>48</td>
<td>48</td>
<td></td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>720p</td>
<td>120</td>
<td>100</td>
<td>Yes</td>
<td>Yes</td>
<td>Ultra Wide Narrow*</td>
<td>1280x720, 16:9</td>
</tr>
<tr>
<td></td>
<td>60</td>
<td>50</td>
<td></td>
<td>No</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WVGA</td>
<td>240</td>
<td>240</td>
<td>Yes</td>
<td>No</td>
<td>Ultra Wide</td>
<td>848x480, 16:9</td>
</tr>
</tbody>
</table>

*Medium and Narrow FOV will be available in an upcoming software update. Note: 720p120 and 720p100 only support Ultra Wide and Narrow FOV.

**Note:** Protune mode is only possible in select Video resolutions.
## Camera Settings

<table>
<thead>
<tr>
<th>Video Resolution</th>
<th>Best Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>4k / 4k Cin</td>
<td>Stunning 8MP resolution video with professional low light performance. Pull 8MP stills from video. Recommended for tripod or fixed position shots.</td>
</tr>
<tr>
<td>2.7k / 2.7k Cin</td>
<td>16:9 / 17:9 resolution video downscales to provide stunning, cinema-quality results for professional productions. Recommended for tripod or fixed position shots.</td>
</tr>
<tr>
<td>1440p</td>
<td>Recommended for body-mounted shots as larger viewing area and high frame rate yield the smoothest, most immersive results for high action capture.</td>
</tr>
<tr>
<td>1080p</td>
<td>1080p60 is great for all shots as high resolution and frame rate yield stunning results. Tripod or fixed mounting for 1080p48 and 30fps and 1080p24 is ideal for television and film productions.</td>
</tr>
<tr>
<td>960p</td>
<td>Use for body-mounted shots and when slow motion is desired. Provides large viewing area and smooth results for high action capture.</td>
</tr>
<tr>
<td>720p</td>
<td>Good for handheld shots and when slow motion is desired.</td>
</tr>
<tr>
<td>WVGA</td>
<td>Good when super slow motion is desired and standard definition is acceptable.</td>
</tr>
</tbody>
</table>

**PRO TIP:** Setting the **PROTUNE** mode to **ON** allows for high-quality capture, neutral color and 24fps video for professional video production.  
▶See **PROTUNE** for more information.
PHOTO RESOLUTION MODES

The HERO3 can capture photos at **12MP**, **7MP** and **5MP** resolutions. Any change to photo resolution also affects photos captured in **Photo**, **Photo Burst** and **Time Lapse** modes.

<table>
<thead>
<tr>
<th>Photo Resolution</th>
<th>Field of View (FOV)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12MP</td>
<td>Wide (Default)</td>
</tr>
<tr>
<td>7MP</td>
<td>Wide</td>
</tr>
<tr>
<td>7MP</td>
<td>Medium</td>
</tr>
<tr>
<td>5MP</td>
<td>Wide</td>
</tr>
</tbody>
</table>
**CONTINUOUS PHOTO**

**Continuous Photo** mode allows you to capture a series of Photos continuously while holding down the S button.

- 3 photos every 1 second
- 5 photos every 1 second
- 10 photos every 1 second

**Note:** Your camera will remain in the CONTINUOUS PHOTO mode until you return it to the SINGLE photo capture setting option.
CAMERA SETTINGS

PHOTO BURST OPTIONS

**Photo Burst** mode captures series of **Photos** when \( S \) is pressed. **Photos** can be captured in the following rates:

- 3 photos in 1 second
- 5 photos in 1 second
- 10 photos in 1 second
- 10 photos in 2 seconds
- 30 photos in 1 second (Default)
- 30 photos in 2 seconds
- 30 photos in 3 seconds

TIME LAPSE

Several time interval options are available for **Time Lapse** mode, including **0.5, 1, 2, 5, 10, 30** and **60** seconds.
Capture Settings allows you to adjust the following advanced camera settings:

- Camera Orientation
- Spot Meter
- Simultaneous Video and Photo
- Looping Video
- Protune
- White Balance

▶See CAPTURE SETTINGS section for a complete list of capture options.
The **Set Up** menu allows you to adjust the following camera settings:

- Default mode at Power Up
- One Button Mode
- NTSC/PAL
- On Screen Display
- Status Indicator Lights
- Sound Indicator
- Month/Day/Year/Time

See **SET UP** menu section for a complete list of set up options.
The HERO3 camera’s built-in Wi-Fi allows you to connect to the Wi-Fi Remote or smartphone/tablet via the GoPro App. When **Wi-Fi** is **ON**, your **Wi-Fi Status Indicator Light** will blink blue.

**To turn Wi-Fi ON/OFF:**

Press 📡 to turn **Wi-Fi ON/OFF**. The most recently used **Wi-Fi** mode will be active when Wi-Fi is **ON**.

› See **WIRELESS CONTROLS** section for a complete list of wireless functions.
CAMERA SETTINGS

DELETE

Delete the last file or all files and format the memory card. During delete LAST or ALL, the Status Indicator Lights blink until operation is complete.

CANCEL  (Default)

LAST

ALL

To delete LAST or ALL:

1. Verify the camera is in Settings mode. If the Settings icon on your camera’s LCD screen is not showing, press repeatedly until it appears.

2. Press S to enter Settings menu.

3. Use mode to cycle through Settings to locate.

4. Press S to enter Delete.

5. Use mode to cycle through options.

6. Select highlighted option by pressing S.

7. To exit, hold down S for two seconds or cycle through to EXIT and press S.

PRO TIP: Use caution — by selecting ALL, the memory card will be formatted, deleting every file on your SD card.
From the **EXIT** screen, press \( S \) to exit the **Settings** menu.

**PRO TIP:** If at any time you wish to exit from the **SETTINGS** menu, press and hold \( S \) for two seconds.
To enter the Capture Settings menu:

1. Verify the camera is in **Settings** mode. If the **Settings** icon on your camera’s LCD screen is not showing, press **mode** repeatedly until it appears.

2. Press **S** to enter **Capture Settings**.

3. Use **mode** to cycle through **Settings** to locate **Capture Settings**.

4. Press **S** to enter **Capture Settings**.

5. Use **mode** to locate the desired option to change.

6. Press **S** to select the desired option.

7. Some options have a sub-menu. Use **mode** to cycle through the sub-menus.

8. Press **S** to select a highlighted option.

9. To exit, hold down **S** for two seconds or cycle through to **EXIT** and press **S**.
You can customize the way your HERO3 camera captures **Video** and **Photos** in the **Capture Settings** menus, such as **Upside Down**, **Looping Video** and **White Balance**.

### UPSIDE DOWN

Mounting your HERO3 **Upside Down** but wish the files to appear upright when viewing or editing? This setting eliminates the need to flip your **Video** or **Photos** after recording.

- **↑↓** Camera right side up (Default)
- **± dn** Camera upside down

### SPOT METER

Turn on **Spot Meter** when filming from within a dark space pointing the camera into a brighter setting, such as filming the outdoors from within a car. When **Spot Meter** is set to **ON**, ![spot meter icon] appears in the LCD window.

- **OFF** (Default)
- **ON**
Simultaneous Video and Photo mode, allows you to simultaneously capture both Videos and Photos. You can set the camera to take a Photo every 5 seconds, 10 seconds, 30 seconds or 60 seconds while you record Video. To set your camera to Picture In Video Mode verify that a supported Video resolution is selected and that Protune is turned OFF.

Note: You can capture Simultaneous Video and Photo in one of the following resolution settings: 1080p 24 fps, 1080p 30 fps, 720p 60fps or 1440p 24 fps.

Your resulting PHOTO size is determined by the VIDEO dimensions you select.

<table>
<thead>
<tr>
<th>Video Dimensions</th>
<th>Megapixel</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:9 (1080p, 720p)</td>
<td>8MP</td>
</tr>
<tr>
<td>4:3 (1440p)</td>
<td>12MP</td>
</tr>
</tbody>
</table>

While capturing VIDEO you can manually take a PHOTO at any time by simply pressing .
Looping Video mode allows you to record a continuously looping video that overwrites itself until you press the S button to stop it. Looping Video is not available if Protune mode is turned ON.

Looping Video options include:

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFF</td>
<td>(Default)</td>
</tr>
<tr>
<td>Max video</td>
<td>Camera records until memory card is full, then overwrites with a new video.</td>
</tr>
<tr>
<td>5 min video</td>
<td>Camera records for 5 minutes, then begins a new video, progressively</td>
</tr>
<tr>
<td></td>
<td>overwriting the previous 5 minute video.</td>
</tr>
<tr>
<td>20 min video</td>
<td>Camera records for 20 minutes, then begins a new video, progressively</td>
</tr>
<tr>
<td></td>
<td>overwriting the previous 20 minute video.</td>
</tr>
<tr>
<td>60 min video</td>
<td>Camera records for 60 minutes, then begins a new video, progressively</td>
</tr>
<tr>
<td></td>
<td>overwriting the previous 60 minute video.</td>
</tr>
<tr>
<td>120 min video</td>
<td>Camera records for 120 minutes, then begins a new video, progressively</td>
</tr>
<tr>
<td></td>
<td>overwriting the previous 120 minute video.</td>
</tr>
</tbody>
</table>

PRO TIP: Multiple chapter files are written to your memory card. This allows for small segments of content to be overwritten during loop recording. When viewing on a computer screen you will see separate files for each time segment. Use video editing software if you wish to combine files into a longer video.

Note: Looping Video is not enabled when in Protune mode.
The HERO3 camera can record video in Protune mode. Protune is a video mode that unlocks the camera’s full potential, yielding stunning image quality and cinema-caliber video for professional productions. Content creators now have far more flexibility and workflow efficiency than ever before.

**PROTUNE KEY BENEFITS INCLUDE:**

**High-Quality Image Capture**
Protune’s high data rate captures images with less compression, giving content creators higher quality for professional productions.

**Neutral Color**
Protune’s neutral color profile offers more flexibility during post-production color correction. Protune’s log curve captures more detail in shadows and highlights.

**Film/TV Frame Rate Standard**
Record video in cinema-quality 24fps and easily intercut GoPro content with other source media without the need to perform fps conversion.

Turning **Protune ON** affects several settings and features, such as **Video Resolution, fps, FOV** and **Simultaneous Video and Photo**.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFF</td>
<td>(Default)</td>
</tr>
<tr>
<td>ON</td>
<td></td>
</tr>
</tbody>
</table>
CAPTURE SETTINGS

PROTUNE RESOLUTIONS (continued):

Protune is available in the following HERO3: Black Edition resolutions:

<table>
<thead>
<tr>
<th>RESOLUTION</th>
<th>FPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4k / 4kCin</td>
<td>15/12.5,12</td>
</tr>
<tr>
<td>2.7k / 2.7kCin</td>
<td>30/25, 24</td>
</tr>
<tr>
<td>1440p</td>
<td>48, 30,25,24</td>
</tr>
<tr>
<td>1080p</td>
<td>60, 50, 48, 30, 25, 24</td>
</tr>
<tr>
<td>960p</td>
<td>100</td>
</tr>
<tr>
<td>720p</td>
<td>120, 100</td>
</tr>
</tbody>
</table>

COMPATIBILITY: Protune is compatible with professional color correction tools, editing programs and GoPro CineForm Studio.
CAPTURE SETTINGS

**WHITE BALANCE**

White Balance adjusts the overall color tone of videos. Standard video records in **AUTO White Balance** only.

Advanced users can make adjustments to the White Balance settings when in **Protune** mode. Just remember, Videos recorded with Protune turned ON require that you post process the video with an editing program to achieve your desired finish.

<table>
<thead>
<tr>
<th>PRO TIP:</th>
<th>Consider manually setting <strong>WHITE BALANCE</strong> to the following settings when operating in the following conditions:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Incandescent or sunrise/sunset lighting</td>
</tr>
<tr>
<td></td>
<td>Daylight or sunlit shooting</td>
</tr>
<tr>
<td></td>
<td>Cool white fluorescent skylight lighting</td>
</tr>
<tr>
<td></td>
<td>Industry standard optimized color</td>
</tr>
</tbody>
</table>

**Cam RAW (Camera RAW)**

The HERO3 camera can record Video in **Protune** mode in **Cam RAW**. GoPro **Cam RAW** mode yields a minimally processed data file direct from the image sensor that allows for more precise adjustments to be made in post-process. Working in this mode takes full advantage of the image sensor’s capabilities.

**PRO TIP:** If you’ve changed your **WHITE BALANCE** settings in **PROTUNE** and switch back to Standard recording, the **WHITE BALANCE** settings will automatically revert back to **AUTO**.
From the **EXIT** screen press \( S \) to exit the **Capture Settings** menu.

**PRO TIP:** If at any time you wish to exit from the **CAPTURE SETTINGS** menu, press and hold \( S \) for two seconds.
To enter the Set Up menu:

1. Verify the camera is in **Settings** mode. If the **Settings** icon on your camera’s LCD screen is not showing, press `mode` repeatedly until it appears.
2. Press `S` to enter.
3. Use `mode` to cycle through **Settings** to locate.
4. Press `S` to enter **Set Up**.
5. Use `mode` to locate the desired option to change.
6. Press `S` to select the desired option.
7. To exit, hold down `S` for two seconds or cycle through to **EXIT** and press `S`. 
DEFAULT MODE AT POWER UP

You can set the camera’s Default mode at power up to any of the following modes:

- (factory default)
SET UP

**ONE BUTTON**

With **One Button** mode selected, the camera automatically begins recording when powering the camera **ON**. **One Button** mode can be configured to start in **Video** or **Time Lapse**.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OFF</strong></td>
<td>(Default)</td>
</tr>
<tr>
<td><strong>ON</strong></td>
<td></td>
</tr>
</tbody>
</table>

**To turn One Button mode ON:**

1. Verify the camera is in **Settings** mode. If the **Settings** icon on your camera’s LCD screen is not showing, press repeatedly until it appears.
2. Press **S** to enter menu.
3. Use **o** to cycle through **Settings** to locate **SET UP**.
4. Press **S** to enter **Set Up**.
5. Use **o** to cycle through to locate **i**.
6. Press **S** to enter **One Button** menu.
7. Use **o** to cycle through options.
8. Press **S** to select a highlighted option.
9. To exit, hold down **S** for two seconds or cycle through to **EXIT** and press **S**.

Next time you power your camera **ON**, it will begin recording in its **Default Power Up Mode**. To stop recording, push and hold **s** for two seconds.
ONE BUTTON MODE (continued)

To exit One Button mode:

1. Power camera ON.
2. Press and hold \( S \) until \( 1 \) shows in the LCD window.
3. Press \( S \) to enter.
4. Use \( \text{mode} \) to highlight OFF.
5. Press \( S \) to select.
6. To exit, hold down \( S \) for two seconds or cycle through to EXIT and press \( S \).

**PRO TIP:**

To stop the capture process (VIDEO or TIME LAPSE) when in ONE BUTTON, press and hold \( S \) for two seconds. You will return to the ONE BUTTON menu where you can turn ONE BUTTON mode OFF.

**Note:** One Button mode is disabled when connected to Wi-Fi Remote or GoPro App.
The **NTSC** and **PAL** settings govern Video recording frame rate and playback when viewing Video on a TV/HDTV. Select **NTSC** when viewing a TV/HDTV in North America. Select **PAL** if viewing on a PAL TV/HDTV (most televisions outside of North America) or if viewing on a PAL TV/HDTV in any region.

<table>
<thead>
<tr>
<th>NTSC (Default)</th>
<th>PAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4k/15fps</td>
<td>4k/12.5fps</td>
</tr>
<tr>
<td>4k Cin/12fps</td>
<td>4k Cin/12fps</td>
</tr>
<tr>
<td>2.7k/30fps</td>
<td>2.7k/25fps</td>
</tr>
<tr>
<td>2.7k Cin/24fps</td>
<td>2.7k Cin/24fps</td>
</tr>
<tr>
<td>1440p/48fps</td>
<td>1440p/48fps</td>
</tr>
<tr>
<td>1440p/30fps</td>
<td>1440p/25fps</td>
</tr>
<tr>
<td>1080p/60fps</td>
<td>1080p/50fps</td>
</tr>
<tr>
<td>1080p/48fps</td>
<td>1080p/48fps</td>
</tr>
<tr>
<td>1080p/30fps</td>
<td>1080p/25fps</td>
</tr>
<tr>
<td>1080p/24fps</td>
<td>1080p/24fps</td>
</tr>
<tr>
<td>960p/100fps</td>
<td>960p/100fps</td>
</tr>
<tr>
<td>960p/48fps</td>
<td>960p/48fps</td>
</tr>
<tr>
<td>720p/120fps</td>
<td>720p/100fps</td>
</tr>
<tr>
<td>720p/60fps</td>
<td>720p/50fps</td>
</tr>
<tr>
<td>WVGA/240fps</td>
<td>WVGA/240fps</td>
</tr>
</tbody>
</table>
## Set Up

### Onscreen Display

To display or hide the recording icons and file information on Video or the viewing screen during playback, turn **Onscreen Display (OSD)** **OFF** or **ON**.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OFF</strong></td>
<td></td>
</tr>
<tr>
<td><strong>ON</strong></td>
<td>(Default)</td>
</tr>
</tbody>
</table>

### Status Indicator Lights

Keep all four **Status Indicator Lights** active, only two active (front and back) or turn **OFF** all lights.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4</strong></td>
<td>(Default)</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td></td>
</tr>
<tr>
<td><strong>OFF</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Sound Indicator

You can adjust volume or turn **OFF** the **Sound Indicator**.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>100%</strong></td>
<td>(Default)</td>
</tr>
<tr>
<td><strong>70%</strong></td>
<td></td>
</tr>
<tr>
<td><strong>OFF</strong></td>
<td></td>
</tr>
</tbody>
</table>
The HERO3 can be configured to automatically power **OFF** after a specific period of inactivity (when no **Videos** or **Photos** are being taken and no buttons have been pressed).

<table>
<thead>
<tr>
<th>Manual Power Off</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Manual</strong></td>
<td>(Default)</td>
</tr>
<tr>
<td>60 sec</td>
<td></td>
</tr>
<tr>
<td>120 sec</td>
<td></td>
</tr>
<tr>
<td>300 sec</td>
<td></td>
</tr>
</tbody>
</table>
Set up Month/Day/Year/Time

Set the HERO3 clock to ensure Video and Photo files are saved with the correct date and time.

To change Month/Day/Year/Time:

1. Verify the camera is in Settings mode. If the Settings icon on your camera’s LCD screen is not showing, press repeatedly until it appears.
2. Press S to enter menu.
3. Use to cycle through Settings to locate .
4. Press S to enter Set Up.
5. Use to locate .
6. Press S to enter Month/Day/Year/Time sub-menu; Month (MM) will be highlighted.
7. Press S to access the list of months (1 to 12).
8. Use to cycle through list until desired selection is highlighted.
9. Press S to select.
10. To advance to the next option, press S.
11. Repeat steps 7, 8 and 9 to make selections for day (DD), year (YY), hour (HH) and minutes (MM).
12. To exit, hold down S for two seconds or cycle through to EXIT and press S.

Note: If the battery is removed from the camera for an extended period of time Month/Day/Year/Time will need to be set again.
From the **EXIT** screen, press **S** to exit the **Set Up** menu.

**PRO TIP:** If at any time you wish to exit from the **SET UP** menu, press and hold **S** for two seconds.
The built-in Wi-Fi allows your HERO3 camera to connect to the Wi-Fi Remote and smartphone/tablet via the GoPro App.

**To turn Wi-Fi ON/OFF via the Wi-Fi button:**

Press and hold until blue lights flash. When turning **Wi-Fi ON** the Wi-Fi mode will be set to the most recently used mode.

**PAIRING YOUR HERO3 WITH THE WI-FI REMOTE**

Before you can use the Wi-Fi Remote to control your HERO3 for the first time, you must pair the two devices.

First, ensure both camera and remote are powered **OFF**.

**On the camera:**

1. Press to power **ON** your HERO3.
2. Press to turn **ON** the Wi-Fi, then press again to access the menu.
3. Press to enter the menu.
4. Press to cycle to **Wi-Fi RC**, then press to select it.
5. Press to cycle to **NEW**, then press to select it.
6. You will see .
On the Wi-Fi Remote:

1. While holding down the power button, press and release once to power the remote ON into pairing mode.

2. When you see the pairing symbol on the remote’s screen, you can release.

3. will appear on both screens once the devices have paired.

4. The remote will now ask if you want to connect another camera.
   a. If yes, press to select yes, then repeat the pairing process from the beginning.
   b. If no, press to cycle to no, then press to select it.

The remote’s LCD screen will mirror the camera’s LCD screen. You can now use the remote to control your camera.

Using Your Hero3 With the Wi-Fi Remote

Once you have paired your camera with the Wi-Fi Remote, follow these steps the next time you want to use the remote to control your camera. (You only need to pair the camera and remote once).

On the camera:

1. Press to power ON your Hero3.

2. Press to turn ON the Wi-Fi, then press again to access the menu.

3. Press to enter the menu.

4. Press to cycle to Wi-Fi RC, then press to select it.
5. Press S to select CURRENT.

6. You will see ⚫.

**On the remote:**

1. Press ⚪ to power ON the remote.

2. You will see ⚫ on the remote’s screen.

3. ✔️ will appear once camera and remote are connected.

The remote’s LCD screen will mirror the camera’s LCD screen. You can now use the remote to control your camera.

**GOPRO APP (FREE)**

The GoPro App lets you control your camera remotely using a smartphone or tablet. Features include full control of camera and settings, live video preview on your smartphone or tablet for easy shot framing and more. Download the GoPro App for free at the Apple App Store and Google Play.

**PRO TIP:** Before you hit S, see what your HERO3 camera sees by viewing it on your smartphone or tablet’s screen.

See gopro.com for more information.
The HERO3 camera is compatible with 2GB, 4GB, 8GB, 16GB, 32GB and 64GB capacity microSD, microSDHC and microSDXC memory cards. While all speed class ratings are compatible, GoPro requires using an SD card with Speed Class Rating 10 or higher speed when recording in Protune mode, or when using the 0.5 Time Lapse setting. GoPro recommends using brand name memory cards for maximum reliability in high-vibration activities.

**To insert SD card:**

1. Slide memory card into card slot with label facing front of camera.
2. The card will click into place when fully inserted.

**To remove SD card:**

1. Place fingernail against edge of memory card and lightly press further into camera.
2. Card will spring out far enough to be removed.

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

See PROTUNE for more information.
The HERO3 camera is compatible with Microsoft® XP (Service Pack 2 or later) and Mac OS X 10.4.11 or later.

<table>
<thead>
<tr>
<th>WINDOWS</th>
<th>MAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Windows XP (Service Pack 2 or later) or Vista</td>
<td>Mac OS® X 10.4.11 or later</td>
</tr>
<tr>
<td>3.2GHz Pentium 4 or faster</td>
<td>2.0GHz Intel Core Duo or faster</td>
</tr>
<tr>
<td>DirectX 9.0c or later</td>
<td></td>
</tr>
<tr>
<td>Minimum 1GB of system RAM</td>
<td>Minimum 1GB of system RAM</td>
</tr>
<tr>
<td>Video card with minimum 256MB of RAM</td>
<td>Video card with minimum 128MB of RAM</td>
</tr>
</tbody>
</table>

**PRO TIP:** Want to see your footage and stills on the big screen? Plug your HERO3 directly into a TV/HDTV with GoPro’s Micro HDMI cable or USB cable (optional accessories).
TRANSFERRING FILES

TO TRANSFER VIDEO AND PHOTO FILES TO A COMPUTER

On a PC:
1. Connect the camera to the computer using included USB cable.
2. Press \( \text{mode} \) to turn **ON** the camera.
3. Double click “My Computer” and locate “Removable Disk”.
4. If “Removable Disk” is not showing, close “My Computer” folder and reopen it. The “Removable Disk” icon should appear.
5. Double click “Removable Disk” icon.
6. Double click “DCIM” folder icon.
7. Double click “100GOPRO” icon to view all **Photo** and **Video** files.
8. Copy/move files to the computer or external hard drive.

On a Mac:
1. Connect the camera to Mac using included USB cable.
2. Press \( \text{mode} \) to turn **ON** the camera.
3. The Mac recognizes the camera as an external hard drive. Double click icon for external drive to access files.
4. Copy/move files to computer or external hard drive.

**IMPORTANT TIP FOR MAC USERS:** *When deleting files from the memory card, empty the trash before removing the memory card or unplugging the camera.*
TO VIEW VIDEOS AND PHOTOS

Videos and Photos can be viewed on a TV/HDTV or the LCD Touch BacPac (optional accessory).

PLAYBACK ON TV/HDTV

To browse Videos and Photos:

1. Plug the camera into a TV/HDTV with a Micro HDMI or a mini-USB to a Composite Cable (optional accessories).
2. Turn camera ON.
3. On your camera press \[\text{mode}\] to cycle to [Play]. Press [S].
4. HERO3 displays thumbnail previews of all Videos and Photos on the SD card. Photo sets taken in Continuous Photo, Photo Burst and Time Lapse display the first Photo in a series.
5. While in thumbnail preview use \[\text{mode}\] to cycle through thumbnails. Press \[S\] to view.
6. Use \[\leftarrow\] and \[\rightarrow\] to navigate backward and forward to see more media files on your memory card.
7. Highlight desired file to view and press \[S\].
8. Depending on whether you are viewing Videos or Photos, different control options will appear. Use the \[\text{mode}\] and \[S\] buttons to navigate.

Note: Photo Burst and Time Lapse files will display the first Photo in the series. To view all Photos in a series, use \[\text{mode}\] to select VIEW and press \[S\].
PLAYBACK

PLAYBACK ON LCD TOUCH BACPAC

Playback using the LCD Touch BacPac follows a similar process/procedure as described with a few slight variations.

▷ See the LCD Touch BacPac User Manual for more information.
The battery icon displayed in the camera’s LCD will blink when the battery drops below 10%. If recording is occurring when battery reaches 0%, the camera will save the file and power **OFF**.

**To charge the battery:**

1. Connect the camera to a computer or USB power supply (such as the GoPro Wall Charger or GoPro Auto Charger).

2. The red **Status Indicator Light** remains **ON** while the battery is charging.

3. The red **Status Indicator Light** will turn **OFF** when the battery is fully charged.

The battery will charge to 80% in one hour and 100% in two hours when using GoPro’s 1000mAh USB-compatible Wall or Auto Charger. Other chargers may charge at only half this rate.

No damage will occur to the camera or the battery if used together prior to full charge. Spare batteries and additional charging accessories are available at [gopro.com](http://gopro.com).
BATTERY LIFE

USING THE CAMERA WHILE CHARGING

You can charge the camera’s battery while recording Video or taking Photos. Simply plug the camera into a GoPro-specific auto, wall or phone charger to charge the HERO3 camera while recording Video or Photos. It is best to use GoPro’s 1AMP (1000mAh) Wall or Auto Charger for maximum charging performance while the camera is in use. Performance of non-GoPro chargers cannot be guaranteed.

REMOVING THE BATTERY FROM THE CAMERA

The HERO3 battery is designed to have a tight fit to maximize reliability in high-vibration activities.

To remove the battery:

1. Remove the battery door by placing your thumb in the indentation in the battery door (on the back of the camera) and sliding it to the left.

2. Allow the door to pop out. Grasp the battery pull-tab and remove from the camera.
IMPORTANT WARNING MESSAGES

MICROSD CARD MESSAGES

<table>
<thead>
<tr>
<th>NO SD</th>
<th>No card present. The camera requires a microSD, microSDHC or microSDXC card to record Video or take Photos.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SD FULL</td>
<td>Card is full. Delete files or swap card.</td>
</tr>
<tr>
<td>SD ERROR</td>
<td>Camera unable to access card.</td>
</tr>
</tbody>
</table>

FILE REPAIR ICON ON THE LCD

If you see the File Repair icon on the LCD screen, your Video file was corrupted during recording. Press any button and the camera will repair the file.

TEMPERATURE WARNING ICON ON THE LCD

The Temperature Warning icon will appear on the LCD when the camera has become too hot and needs to cool down. Simply let it sit and cool before attempting to use it again. Your camera will not allow itself to overheat—do not worry, no damage has occurred.
ASSEMBLING THE CAMERA

The HERO3 camera housing is waterproof to 197’/60m and is constructed of polycarbonate and stainless steel for ultimate durability. The HERO3 has a new improved latch closure that offers one hand open-and-close functionality and locking.

To place the HERO3 camera into the housing:

1. Place camera in housing.
2. Position the backdoor into place.
3. Lift the latch arm into upright position allowing the hinged arm to hang downward.
4. Hook grooved portion of hinged arm to grooved top of the backdoor.
5. Use one finger to push down the latch arm to snap into place.

To remove the HERO3 camera from the housing:

1. Grip the housing with left hand.
2. Using right hand, place thumb to left side of arrow and index finger just below latch arm.
3. Pinch fingers together, sliding arrow to the right.
4. Use fingertips to pull upward, allowing latch arm to swing to fully upright position.
5. Lift hinged arm over the housing and remove the HERO3.

To close properly, be sure grooved sections of the latch arm and the backdoor are hooked.
The HERO3 housing comes with two types of backdoors—Skeleton and Standard.

**Skeleton Backdoor**

The Skeleton Backdoor (non-waterproof) provides better sound quality by allowing more sound to reach the camera’s microphone. It also reduces wind noise at speeds up to 100mph when mounted on helmets, motorcycles, bikes and other fast-moving vehicles. Use this backdoor only when sand, excessive dirt/dust and water damage is not a risk. This backdoor is also recommended for use inside vehicles.

**Standard Backdoor**

The Standard Backdoor makes the housing waterproof to 197’/60m. Use this door when you need to protect the camera from water and other environmental hazards.

**PRO TIP:**

Apply RAIN-X or a similar anti-beading solution to the housing lens to prevent waterspots from forming when using your camera in rain or water. When RAIN-X is not available, periodically licking your lens is a good backup solution. Trust us, this works.
Camera Assembly

Swapping Housing Doors

Your HERO3 camera housing comes with two types of backdoors—Standard and Skeleton (non-waterproof).

To change backdoor:

1. Open the backdoor of the housing so that it is hanging downwards.
2. Pull downwards on the backdoor until it snaps free from the hinge.
3. Line up replacement backdoor into the hinge opening.
4. Push upwards on the backdoor until it clicks into place.
PREVENTING WATER DAMAGE TO YOUR CAMERA

The rubber seal that lines the camera housing forms a waterproof barrier that protects your HERO3 in wet and underwater conditions. Keep the camera housing’s rubber seal clean; a single hair or grain of sand can cause a leak.

After every use in salt water you will need to rinse the outside of the housing with non-salt water and dry. Not doing this can eventually cause corrosion of the hinge pin and salt buildup in the seal, which can cause failure.

To clean the seal, rinse in fresh water and shake dry (drying with a cloth may cause lint to compromise the seal). Re-install the seal into the grooves in the backdoor of the housing.

**WARNING:** Failure to follow these steps each time you use your HERO3 can result in leaks that may damage or destroy your camera. Your warranty does not cover water damage resulting from user error.
ATTACHING YOUR CAMERA TO MOUNTS

To attach your HERO3 camera to a mount, you will need an attachment buckle, thumb screw or hardware depending on the mount you are using. For more information on mounts, visit gopro.com/support.

USING CURVED OR FLAT ADHESIVE MOUNTS

The curved and flat adhesive mounts make it easy to attach the camera to curved and flat surfaces of helmets, vehicles and gear. With the attachment buckle the assembled camera housing can be clicked ON/OFF the secured adhesive mounts.
CAUTION
Failure to follow these safety instructions could result in damage to the Wi-Fi Remote or other property.

HANDLING
The Wi-Fi Remote contains sensitive components. Do not drop, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate, paint or insert foreign objects into either product. Do not use the Wi-Fi Remote if it has been damaged—for example, if the product is cracked, punctured or damaged by water.

KEEPING THE WI-FI REMOTE’S LCD CLEAN
Clean LCD screen immediately if it comes into contact with any contaminants that may cause stains, such as ink, dyes, makeup, dirt, food, oils and lotions. To clean the LCD, use a soft, slightly damp, lint-free cloth. Avoid getting moisture in openings. Don’t use window cleaners, household cleaners, aerosol sprays, solvents, alcohol, ammonia or abrasives to clean LCD.

WATER RESISTANCE
Do not submerge the Wi-Fi Remote in more than 10ft / 3m of water. Do not attempt to dry the Wi-Fi Remote with an external heat source, such as a microwave oven or hair dryer. Damage to the Wi-Fi Remote caused by excessive water pressure is not covered under warranty.

USING CONNECTORS AND PORTS
Never force a connector into a port. Check for obstructions on the port. If the connector and port don’t join with reasonable ease, they probably don’t match. Make sure that the connector matches the port and that you have positioned the connector correctly in relation to the port.

KEEPING THE WI-FI REMOTE WITHIN ACCEPTABLE TEMPERATURES
The Wi-Fi Remote is designed to be operated in temperatures between 0° C and 40° C and stored in temperatures between 0° C and 70° C. Extreme temperatures may temporarily affect battery life, or affect the functionality of the Wi-Fi Remote. Avoid dramatic changes in temperature or humidity when using the Wi-Fi Remote as condensation may form on or within the product. When you’re using the Wi-Fi Remote or charging the battery, it is normal for the product to get warm. The exterior of the product functions as a cooling surface that transfers heat from inside the unit to the cooler air outside.

USE WITH OTHER ELECTRONIC DEVICES
Users of digital transceivers (avalanche beacons) should consult with their user manuals regarding use of GoPro cameras and other GPS or electronic devices when engaged in the avalanche beacon search mode in order to limit potential interference.
## ATTACHING ADHESIVE MOUNTS

<table>
<thead>
<tr>
<th>PRO TIPS:</th>
<th>Apply to clean surface only. Wax, oil, dirt or other debris will reduce adhesion, which can result in a weak bond and risk of losing camera should connection fail.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Attach mount in room temperature conditions. Mount’s adhesive will not bond properly if applied in cold or damp environments to cold or damp surfaces, or if the surface is not room temperature.</td>
</tr>
<tr>
<td></td>
<td>Adhesive mounts should only be mounted to smooth surfaces; porous or textured surfaces will not enable a proper bond. When applying mount, firmly press into place and ensure full contact over entire surface.</td>
</tr>
<tr>
<td></td>
<td>For best results, attach the mount 24 hours prior to use.</td>
</tr>
</tbody>
</table>

See [gopro.com/support](http://gopro.com/support) for more information on mounts.

### Locking Plug

Using the HERO3 in high impact sports such as surfing or skiing where significant impact may occur? Use the special locking plug which securely locks the attachment buckle fingers into place--helping prevent accidental housing release from the mount. The circular ring fits over the thumbscrew and acts as a leash to prevent dropping or losing the locking plug.
GoPro is dedicated to providing the best possible service. To reach the GoPro Customer Support Team, visit gopro.com/support.