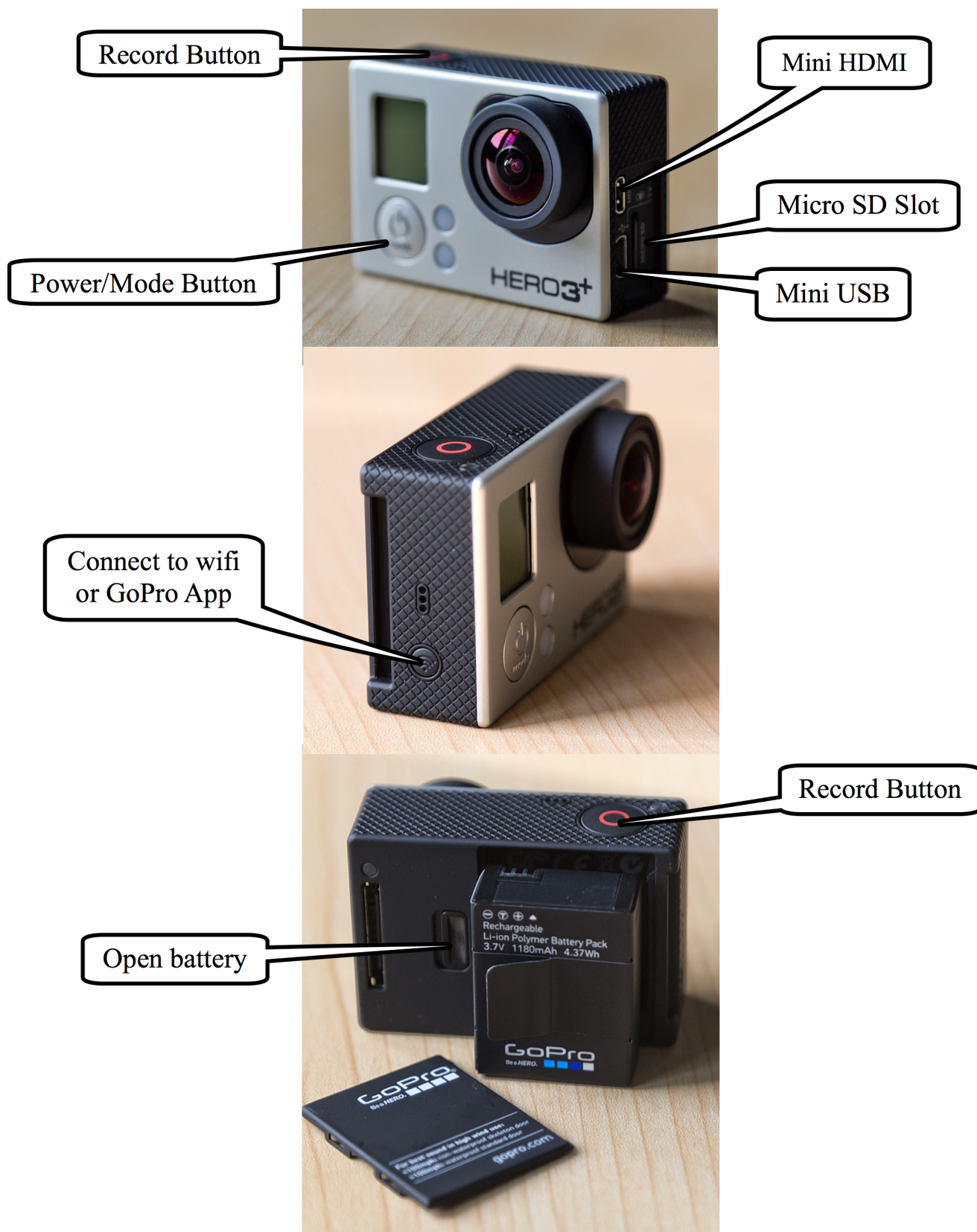


# GOPRO HERO 3+



1. Turn your GoPro on by holding down the "mode" button

When it first turns on, your camera will be in video mode

Video quality

Number of recorded videos

Battery remaining



2. Press "mode" once for the still camera

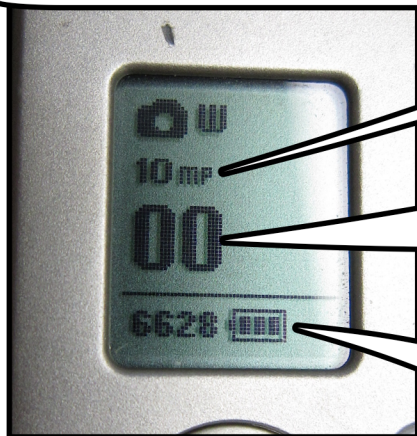
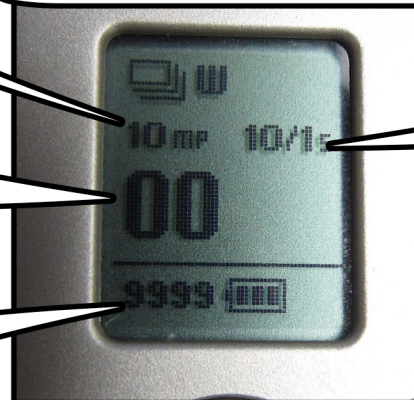


Photo quality

Number of photos on micro SD card

Shots remaining on battery

3. Press "Mode" again for Continuous shooting in still camera



Shots per second

4. Press "Mode" a third time for Time Lapse videos

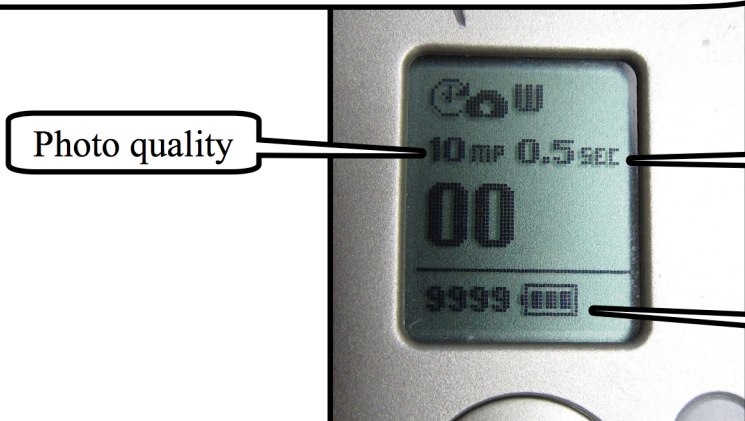


Photo quality

Time between shots

Shots remaining on battery



5. Press "Mode" a fourth time to access the settings menu

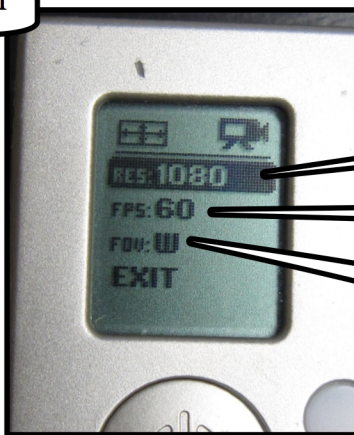
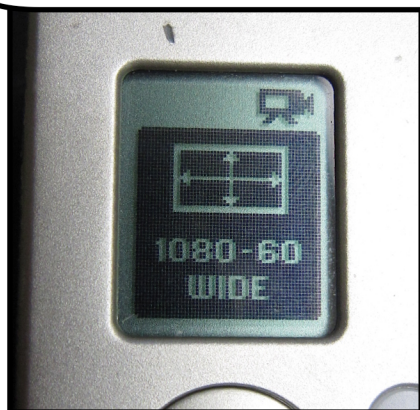


6. Press the "Record" button to enter the settings menu



While in Settings, use the "Record" button to select, and the "Mode" button to scroll through options

1. Select this image to change Video quality and focal length

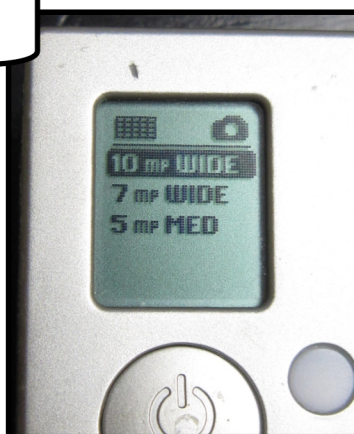


Choose to change resolution

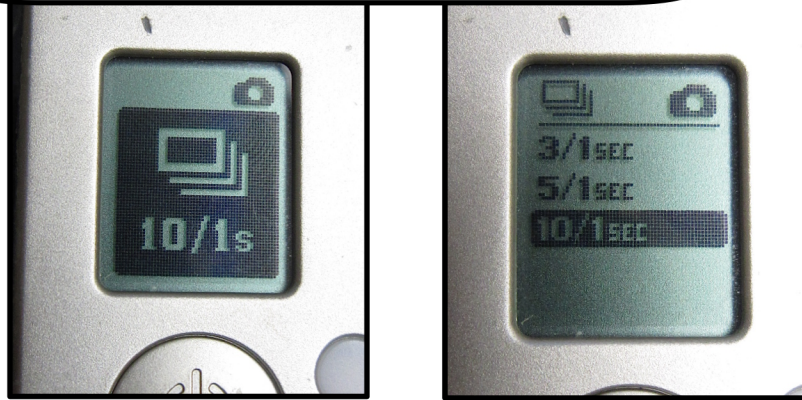
Choose to change frame rate

Choose to change focal length  
(wide, medium, and narrow)

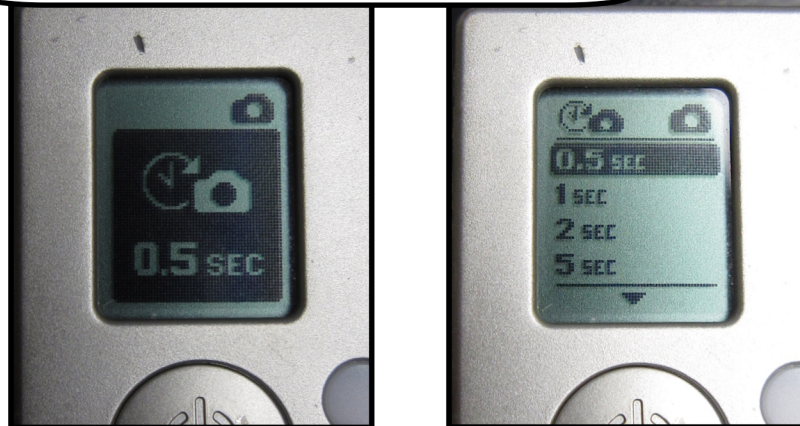
2. Select this image to change photo qualities



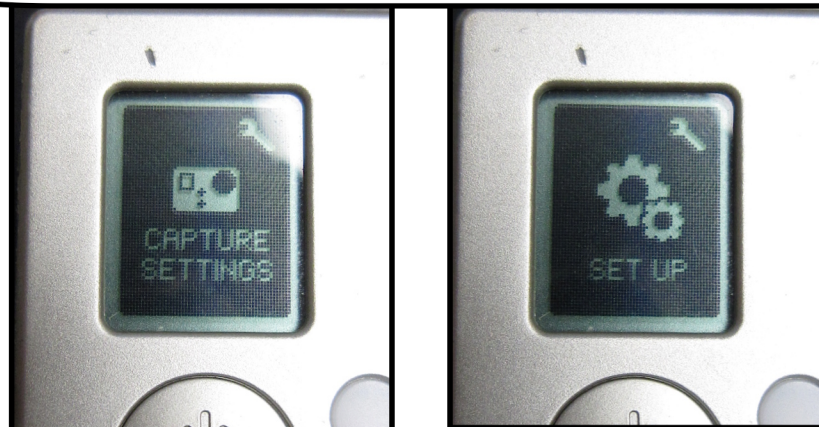
3. Select this image to change the amount of images taken when taking continuous photos



4. Select this image to adjust the time between each shot in a time lapse video



5. Choose "Capture Settings" and "Set Up" for more options





6. Choose the trash can to delete video or photos



Make sure to  
Format/Delete  
All before  
returning your  
GoPro



For extra help follow the following links to videos that will show you how to use your GoPro to get the most out of it:

<https://www.youtube.com/watch?v=wm-H5q7Nd9k>

[https://www.youtube.com/watch?v=BP\\_wIo7AuXA](https://www.youtube.com/watch?v=BP_wIo7AuXA)

<https://www.bhphotovideo.com/explora/video/tips-and-solutions/tips-using-gopro-cameras-video-production>