

GoPro HERO4 Session User Manual

Model: CHDHS-101

Brand: GoPro

1. INTRODUCTION

The GoPro HERO4 Session is a compact, lightweight, and highly convenient action camera designed to capture high-quality video and photos in various environments. Its rugged and waterproof construction eliminates the need for additional housing for most activities. Featuring a simple one-button control, the camera allows for quick power-on and automatic recording, ensuring you never miss a moment. With capabilities for 1080p60 video and 8MP photos, the HERO4 Session delivers the professional-grade image quality synonymous with the GoPro brand.



Figure 1: Front view of the GoPro HERO4 Session camera, showcasing its compact design and integrated mount.

2. WHAT'S IN THE BOX

Upon unboxing your GoPro HERO4 Session, verify that all the following components are included:

- Waterproof HERO Session Camera
- Standard Frame
- Curved Adhesive Mount
- Flat Adhesive Mount
- Mounting Buckle + Hardware
- Micro-USB Cable



Figure 2: Multiple views of the GoPro HERO4 Session, illustrating its cubic form factor and side port.

3. SETUP

3.1 Charging the Battery

The HERO4 Session comes with a built-in rechargeable battery. Before first use, fully charge the camera using the supplied Micro-USB cable connected to a USB power adapter (not included) or a computer's USB port. The camera's status light will indicate charging status.

3.2 Inserting a Micro SD Card

A Micro SD card (sold separately) is required to store photos and videos. Locate the Micro SD card slot, typically protected by a waterproof door. Insert the card with the label facing up until it clicks into place. Ensure the door is securely closed to maintain the camera's waterproof integrity.

3.3 Initial Power On and Pairing

To power on the camera, press the Shutter/Select button. For advanced settings and remote control, download the GoPro App on your smartphone. Enable Wi-Fi and Bluetooth on the camera and your device, then follow the app's instructions to pair your HERO4 Session. This allows for live preview, mode changes, and settings adjustments.

4. OPERATING THE CAMERA

4.1 Basic Operation (One-Button Control)

The HERO4 Session features simplified one-button control:

- **Power On & Start Recording:** Press the Shutter/Select button once. The camera will power on and immediately begin recording video or capturing time-lapse photos, depending on the last used mode.
- **Stop Recording & Power Off:** Press and hold the Shutter/Select button for approximately two seconds. The camera will stop recording and power off.
- **Change Modes:** Briefly press the Info/Wireless button to cycle through different capture modes (e.g., video, photo, burst).

4.2 Video and Photo Capture

The camera supports various capture settings:

- **Video Quality:** Records professional quality video up to 1440p30, 1080p60, and 720p100 frames per second (fps).
- **Photo Resolution:** Captures 8MP photos.
- **Burst Mode:** Supports 12 frames per second (fps) burst photography for fast-action sequences.

4.3 HiLight Tag

The HiLight Tag feature allows you to mark key moments during recording or playback. Press the Info/Wireless button during recording to add a HiLight Tag, making it easier to find and edit your favorite clips later.

4.4 Waterproof Operation

The HERO4 Session is durable and waterproof to a depth of 33 feet (10 meters) without the need for a separate housing. Ensure all doors and seals are clean and properly closed before submerging the camera.

5. MAINTENANCE

5.1 Cleaning Your Camera

After use, especially in saltwater or sandy environments, rinse the camera with fresh water and dry it thoroughly with a soft, lint-free cloth. Do not use harsh chemicals or cleaning solvents. Clean the lens with a lens cloth only.

5.2 Battery Care

The HERO4 Session has a non-removable battery. To maximize battery life, avoid extreme temperatures. Charge the camera regularly, even when not in use, to maintain battery health. If the camera will not be used for an extended period, store it with a partial charge (around 50%).

5.3 Firmware Updates

Periodically check the GoPro website or the GoPro App for firmware updates. Updates can improve performance, add new features, and resolve issues. Follow the instructions provided by GoPro carefully when performing updates.

6. TROUBLESHOOTING

6.1 Camera Not Powering On

- Ensure the battery is charged. Connect the camera to a power source using the Micro-USB cable.
- Perform a hard reset by holding down the Shutter/Select button for 8-10 seconds.

6.2 Recording Issues

- Verify that a compatible Micro SD card is inserted and has sufficient free space.
- Ensure the Micro SD card is formatted correctly (FAT32 for cards up to 32GB, exFAT for 64GB and above).
- Check for firmware updates, as these often address recording stability.

6.3 Connectivity Problems (Wi-Fi/Bluetooth)

- Ensure Wi-Fi and Bluetooth are enabled on both the camera and your mobile device.

- Restart both the camera and your mobile device.
- Forget the camera's Wi-Fi network on your device and attempt to reconnect.
- Ensure the GoPro App is up to date.

6.4 Poor Audio Quality

- The HERO4 Session features a dual-mic system designed to reduce wind noise. Ensure the microphone ports are not obstructed.
- In high-wind environments, consider using external wind reduction accessories if available.

7. SPECIFICATIONS

Feature	Detail
Model Number	CHDHS-101
Dimensions (L x W x H)	1.5 x 1.43 x 1.5 inches
Item Weight	2.61 ounces
Waterproof Depth	Up to 33 feet (10 meters) without housing
Video Capture Resolution	1440p30 / 1080p60 / 720p100 fps
Photo Resolution	8MP (with 12 fps Burst)
Connectivity	Bluetooth, Wi-Fi
Storage Media	Micro SD (not included)
Battery Type	Built-in, rechargeable (1 A battery included)
Special Features	HiLight Tag, One-Button Control

8. WARRANTY AND SUPPORT

GoPro products are covered by a limited warranty. For detailed warranty information, please refer to the official GoPro website or the documentation included with your purchase. Keep your proof of purchase for warranty claims.

For technical support, troubleshooting assistance, or to download the latest user manuals and firmware updates, please visit the official GoPro Support page:

[GoPro Official Support](#)

You can also find the official User Manual (PDF) for your HERO4 Session at:[GoPro HERO4 Session User Manual PDF](#)