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Metz M400

Metz M400 Series Mecablitz Compact Flash for Nikon

Instruction Manual

1. Introduction

The Metz Mecablitz M400 is a compact flash unit designed for use with Nikon mirrorless system cameras. This manual provides detailed instructions for the proper setup, operation, and maintenance of your Mecablitz M400 flash to ensure optimal performance and longevity.
The M400 offers a guide number of 40 (at ISO 100) and features a motor zoom function (24-105mm), a fully pivotable reflector with a removable reflector card, and an integrated wide-angle diffuser (12mm). It supports wireless operation (TTL or servo) and includes an intuitive OLED display for easy control. The AUTO TTL mode simplifies flash photography, while High-Speed Sync (HSS/FP) and first/second curtain synchronization provide advanced creative options.

2. What's in the Box

Please check that all items are present in the packaging:

- Metz Mecablitz M400 Flash Unit
- Instruction Manual (this document)
- Quick Guide
- Protective Sleeve

3. Product Overview



Figure 3.1: Front view of the Metz M400 flash unit with the head angled upwards. This image shows the overall compact design and the main flash tube.



Figure 3.2: Close-up of the front panel, highlighting the Metz logo and the autofocus assist light, which aids in focusing in low-light conditions.



Figure 3.3: View of the bottom of the flash unit, showing the open

battery compartment with four AA batteries inserted, and the USB port for firmware updates.



Figure 3.4: Rear view of the flash, displaying the OLED screen and the intuitive control buttons for navigating menus and adjusting settings.



Figure 3.5: The flash head with the integrated reflector card pulled out, used for bouncing light and creating catchlights in subjects' eyes.



Figure 3.6: Illustrates the flexibility of the flash head, showing its ability to swivel and tilt for various bounce flash techniques.

4. Setup

4.1. Battery Installation

1. Open the battery compartment cover located on the bottom of the flash unit (refer to Figure 3.3).
2. Insert four (4) AA-size batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

Note: Use high-quality alkaline or rechargeable NiMH batteries for optimal performance. Remove batteries if the flash will not be used for an extended period.

4.2. Mounting on Camera

1. Ensure your camera is turned off.
2. Slide the Metz M400 flash unit onto your Nikon camera's hot shoe until it clicks into place.
3. Tighten the locking mechanism (if present) to secure the flash firmly to the camera.
4. Turn on your camera, then turn on the flash unit.

5. Operating the Flash

5.1. Power On/Off

Press and hold the power button (usually integrated with the mode button) until the OLED display illuminates to turn the flash on. Repeat the action to turn it off.

5.2. Operating Modes

The M400 offers several operating modes, selectable via the control buttons and OLED display (refer to Figure 3.4):

- **AUTO TTL:** This mode allows the camera to automatically control the flash output for correct exposure. It is recommended for general use and beginners.

- **Manual (M):** Provides full manual control over flash output, allowing you to set the power level from full to minimum.
- **Wireless Operation:** The M400 can function as a master or slave unit in a wireless flash system, supporting both TTL and servo modes. Consult your camera's manual for specific wireless flash settings.

5.3. Zoom Function

The M400 features a motor zoom head that automatically adjusts to match the focal length of your lens, covering a range from 24mm to 105mm. This ensures efficient light distribution.

5.4. Reflector Card and Wide-Angle Diffuser

- **Reflector Card:** Pull out the white reflector card (Figure 3.5) from the flash head to create a catchlight in your subject's eyes when bouncing the flash.
- **Wide-Angle Diffuser:** Pull out the integrated wide-angle diffuser (12mm) to spread the light for wider lens coverage or softer illumination.

5.5. Advanced Features

- **High-Speed Sync (HSS/FP):** Allows the flash to synchronize with shutter speeds faster than the camera's normal sync speed, useful for freezing action or using wide apertures in bright conditions.
- **First/Second Curtain Sync:** Synchronizes the flash with either the beginning or end of the shutter exposure, enabling creative effects with motion blur.

6. Maintenance

6.1. Cleaning

To clean the flash unit, use a soft, dry cloth. For stubborn dirt, slightly dampen the cloth with water. Do not use solvents or abrasive cleaners, as these can damage the unit's surface or internal components. Keep the flash tube and sensor clean for accurate light output.

6.2. Storage

When not in use, store the Metz M400 in its protective sleeve in a cool, dry place, away from direct sunlight and extreme temperatures. Remove batteries if storing for extended periods to prevent leakage.

7. Troubleshooting

If you encounter issues with your Metz M400 flash, please check the following:

- **Flash not firing:** Ensure batteries are correctly inserted and charged. Check that the flash is securely mounted on the camera's hot shoe. Verify that the camera and flash are both powered on.
- **Incorrect exposure:** Confirm the flash is in the correct operating mode (e.g., AUTO TTL). Check camera exposure settings and flash compensation.
- **Wireless issues:** Ensure both master and slave units are set to the same channel and group. Verify line of sight for optical wireless communication.
- **Display not working:** Check battery levels. If the issue persists, try resetting the flash (refer to the Quick Guide for specific instructions if available).

For further assistance, please contact Metz customer support.

8. Technical Specifications

Model	Mecablitz M400 (MZ M400N)
Guide Number	40 (at ISO 100)
Zoom Range	24-105mm (motorized)
Wide-Angle Diffuser	Integrated, for 12mm coverage
Compatible Mountings	Nikon
Flash Sync Speed	HSS or FP (High-Speed Sync)
Power Source	4x AA batteries
Dimensions (L x W x H)	4.25 x 4.25 x 5.43 inches
Item Weight	7.8 ounces
Connectivity	USB port for firmware updates

9. Firmware Updates

The Metz M400 is equipped with a USB interface (refer to Figure 3.3) for firmware updates. This allows you to keep your flash unit up-to-date with the latest features and compatibility improvements. Please visit the official Metz website for information on available firmware updates and instructions on how to perform them.

10. Warranty and Support

For information regarding warranty coverage, technical support, or service, please refer to the warranty card included with your product or visit the official Metz website. Keep your proof of purchase for warranty claims.

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