

GoPro HERO5 Session

GoPro HERO5 Session 4K Action Camera Instruction Manual

Model: CHDHS-501

INTRODUCTION

This manual provides essential information for setting up, operating, and maintaining your GoPro HERO5 Session 4K action camera. Please read it thoroughly before use to ensure optimal performance and safety. The GoPro HERO5 Session is a compact, waterproof action camera designed for capturing high-quality video and photos in various environments.

WHAT'S IN THE BOX

Verify that all items are present in your package:

- GoPro HERO5 Session Camera
- Battery (built-in)
- USB Cable
- Curved Adhesive Mount
- Thumb Screw
- User Manual (this document)

SETUP

1. Charging the Battery

Before first use, fully charge the camera's internal battery. Connect the supplied USB cable to the camera's USB-C port and to a USB power adapter (not included) or a computer.

The camera's status lights will indicate charging status. A full charge typically takes approximately 1.5 to 2 hours.

2. Inserting a microSD Card

The HERO5 Session requires a microSD card (sold separately) to store photos and videos. Use a Class 10 or UHS-I rated card for optimal performance.

1. Open the side door of the camera.
2. Insert the microSD card into the slot with the label facing up, until it clicks into place.
3. Close the side door securely to maintain waterproofing.



Image: Illustration of inserting a microSD card into the GoPro HERO5 Session. Ensure the card is oriented correctly before pushing it in.

3. Powering On/Off

To power on, press the **Mode button** (small button on the back). To power off, press and hold the **Mode button** for two seconds.

OPERATING THE CAMERA

Basic Controls

- **Shutter/Select Button** (Top): Press to start/stop recording or take a photo. Press to select menu options.
- **Mode Button** (Back): Press to cycle through modes (Video, Photo, Time Lapse). Press and hold to power on/off.

Changing Modes

With the camera powered on, press the **Mode button** repeatedly to cycle through the available capture modes: Video, Photo, and Time Lapse. The current mode will be displayed on the camera's small screen.

Recording Video

1. Ensure the camera is in Video mode.
2. Press the **Shutter/Select button** once to start recording. A red LED will flash, and a beep will sound.
3. Press the **Shutter/Select button** again to stop recording. The red LED will stop flashing, and a beep will sound.

Taking Photos

1. Ensure the camera is in Photo mode.
2. Press the **Shutter/Select button** once to take a photo. A beep will sound.

Connecting to the GoPro App

For advanced controls, live preview, and media management, download the official GoPro Quik app on your smartphone or tablet. The HERO5 Session supports Bluetooth and Wi-Fi connectivity.



Image: Demonstrating the wireless connection between the GoPro HERO5 Session and a mobile device for app control.

MAINTENANCE

Cleaning the Camera

- Use a soft, lint-free cloth to clean the lens and screen.
- For stubborn dirt, slightly dampen the cloth with water. Do not use harsh chemicals.
- Ensure the USB-C port and microSD card slot are free of debris.

Waterproofing

The HERO5 Session is waterproof without a housing up to 33ft (10m). Always ensure the side door is completely closed and latched before exposing the camera to water.

After use in saltwater, rinse the camera with fresh water and dry thoroughly.

TROUBLESHOOTING

Camera Not Powering On

- Ensure the battery is charged. Connect to a power source and check charging indicator.
- Perform a hard reset: Press and hold the **Mode button** for 8-10 seconds.

Recording Issues (Stuttering, Freezing)

- Verify you are using a recommended microSD card (Class 10 or UHS-I).
- Format the microSD card in the camera's settings.
- Ensure the camera's firmware is up to date.

Water Leakage

- Immediately power off the camera and remove the microSD card.
- Contact GoPro Support. Do not attempt to dry or use the camera.

SPECIFICATIONS

Feature	Detail
Model Number	CHDHS-501
Video Resolution	Up to 4K
Photo Resolution	10 MP
Water Resistance	Waterproof to 33ft (10m) without housing
Connectivity	Wi-Fi, Bluetooth, USB-C, HDMI
Storage	MicroSD (Class 10 or UHS-I required)
Image Stabilization	Yes

WARRANTY AND SUPPORT

Your GoPro HERO5 Session is covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the official GoPro website or contact GoPro customer support directly.

For technical assistance, troubleshooting, or to register your product, visit the official GoPro support page: gopro.com/help.

IMPORTANT SAFETY INFORMATION

- Do not attempt to open or disassemble the camera.

- Avoid extreme temperatures and direct sunlight for prolonged periods.
- Keep out of reach of children.
- Dispose of the camera and battery responsibly according to local regulations.