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Metz M360

Metz Mecablitz M360 Flash for Sony Cameras

User Instruction Manual

1. Introduction

The Metz Mecablitz M360 is a lightweight and compact flash unit designed for ease of use, making it suitable for both beginners and experienced photographers. Weighing approximately 190 grams, it is highly portable and integrates seamlessly into your camera bag. This manual provides detailed instructions for the proper setup, operation, and maintenance of your Mecablitz M360 flash.



Figure 1: The Metz Mecablitz M360 Flash unit, showcasing its compact design and light output.

The M360 features a simple two-button control system: one for power and another for displaying operational states (flash ready, exposure OK, standby) and triggering a test flash. It utilizes TTL (Through-The-Lens) metering to ensure correct subject illumination, offering a maximum guide number of 36 at ISO 100 (105mm), providing ample power for various lighting conditions. Its compact form factor makes it an ideal companion for mirrorless cameras and DSLRs alike.

2. What's in the Box

Upon unboxing your Metz Mecablitz M360, please ensure all the following components are present:

- Metz Mecablitz M360 Flash Unit
- Mecabounce Diffuser
- Protective Bag
- Instruction Manual (this document)

3. Key Features

The Mecablitz M360 is equipped with several features designed to enhance your photography:

- **Maximum Guide Number 36:** Provides powerful illumination at ISO 100 (105mm).
- **Swivel Reflector:** Offers vertical (-7 to +90 degrees) and horizontal (270 degrees) rotation for flexible light positioning, including bounce flash.

- **Simple Operating Concept:** Intuitive two-button control for ease of use.
- **Motorized Zoom:** Automatically adjusts for 24-105 mm illumination, ensuring optimal light spread.
- **Integrated Wide-Angle Diffuser:** Extends coverage to 14mm.
- **Extendable Reflector Card:** For creating catchlights in portrait photography.
- **First/Second Shutter Curtain Synchronization:** Supports advanced flash techniques if your camera allows.

4. Setup

4.1 Battery Installation

The Mecablitz M360 operates on 2x AA batteries (not included). To install the batteries:

1. Locate the battery compartment cover on the side of the flash unit.
2. Slide the cover open in the direction indicated by the arrow.
3. Insert two AA batteries, ensuring correct polarity (+/-) as marked inside the compartment.
4. Close the battery compartment cover securely until it clicks into place.

4.2 Mounting the Flash

To attach the Mecablitz M360 to your Sony camera's hot shoe:

1. Ensure both the flash and your camera are turned off.
2. Slide the flash's mounting foot into your camera's hot shoe.
3. Rotate the locking ring on the flash's mounting foot clockwise until it is securely tightened. Do not overtighten.



Figure 2: Side view of the Mecablitz M360, illustrating the power button and mounting mechanism.

5. Operating Instructions

5.1 Powering On/Off

The Mecablitz M360 features a simple control interface:

- To turn the flash **ON**, press and hold the power button (marked with a circle and vertical line) until the indicator light illuminates.
- To turn the flash **OFF**, press and hold the power button again until the indicator light turns off.
- The second button on the flash unit is used to display various operational states (e.g., flash ready, exposure OK, standby)

and to trigger a test flash.



Figure 3: Front view of the Mecablitz M360, highlighting the flash head and brand logo.

5.2 Automatic TTL Flash Mode

The Mecablitz M360 operates primarily in TTL (Through-The-Lens) mode. In this mode, your camera automatically determines the correct flash output for optimal subject illumination. Simply attach the flash, turn it on, and your camera will manage the flash power based on its metering system.

5.3 Swivel Reflector and Diffuser

The flash head can be swiveled vertically and horizontally to direct light indirectly, such as bouncing it off a ceiling or wall for softer illumination. The integrated wide-angle diffuser (14mm) can be pulled out to cover wider focal lengths. The included plug-on Mecabounce diffuser can be attached to further soften the light output, ideal for portraits.

5.4 Synchronization Modes

The Mecablitz M360 supports synchronization to the first or second shutter curtain, provided your camera also supports these features. Consult your camera's manual for instructions on enabling these synchronization modes:

- **First Curtain Sync:** The flash fires at the beginning of the exposure.
- **Second Curtain Sync:** The flash fires just before the shutter closes, often used to create motion trails behind a moving subject.

6. Maintenance

6.1 Cleaning

To maintain the performance and appearance of your Mecablitz M360:

- Use a soft, dry cloth to wipe the exterior of the flash unit.
- For stubborn dirt, slightly dampen the cloth with water or a mild cleaning solution. Avoid harsh chemicals or abrasive materials.
- Do not spray cleaning solutions directly onto the flash.
- Keep the flash contacts on the mounting foot clean and free of debris.

6.2 Storage

When not in use, store your flash unit in a cool, dry place, away from direct sunlight and extreme temperatures. Remove batteries if the flash will not be used for an extended period to prevent leakage.

7. Troubleshooting

If you encounter issues with your Mecablitz M360, refer to the table below for common problems and their solutions:

Problem	Possible Cause	Solution
Flash does not fire.	Batteries are dead or incorrectly inserted. Flash is not securely mounted. Camera or flash is off.	Replace batteries, check polarity. Ensure flash is securely attached to hot shoe. Turn on both flash and camera.
Exposure is too dark.	Subject is too far. ISO setting is too low. Flash power is insufficient.	Move closer to subject. Increase camera's ISO setting. Check camera's flash exposure compensation.
Exposure is too bright.	Subject is too close.	Increase distance to subject. Check camera's flash exposure compensation.
Flash takes too long to recycle.	Batteries are low.	Replace batteries with fresh ones.

8. Technical Specifications

Below are the detailed technical specifications for the Metz Mecablitz M360 Flash:

Feature	Specification
Product Dimensions	3.1 x 2.5 x 3.9 inches
Item Weight	8.8 ounces
Item Model Number	M360
Brand	Metz
Compatible Mountings	Sony Alpha
Flash Sync Speed	1/250
Connectivity Technology	Wired
Manufacturer	Metz
Date First Available	February 9, 2019

9. Warranty and Support

Metz products are manufactured to high-quality standards. For information regarding the warranty period and terms for your Mecablitz M360 flash, please refer to the warranty card included with your product or visit the official Metz website. Keep your proof of purchase for warranty claims.

For technical support, service, or further inquiries, please visit the official Metz support page or contact their customer service department. Up-to-date contact information can typically be found on the manufacturer's website: www.metz-ce.de/en/

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