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## Buff B400

# Buff AlienBees B400 Monolight Strobe Flash Unit

## INSTRUCTION MANUAL

### 1. Product Overview

The Buff AlienBees B400 is a powerful, versatile, and accurate self-contained studio flash unit designed for various photographic applications. It features easy-to-use analog controls and is suitable for students, hobbyists, and professional photographers.



Image 1.1: Side view of the AlienBees B400 Monolight with a 7-inch silver field reflector attached.

### Key Features:

- 6 f-stop power variability (5 Ws to 160 Ws)
- Continuous slider adjustment from full to 1/32 power
- Internal cooling fan for heavy-duty use
- WYSIWYG (What You See Is What You Get) modeling previews
- Standard 120 VAC, 50-60 Hz power requirements

## 2. Package Contents

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Verify that all items listed below are included in your package:

- AlienBees B400 Monolight Unit
- 7-inch Silver Field Reflector
- Protective Shipping Cover
- 150W Modeling Lamp
- Flashtube
- Down-Angle 15 ft. Power Cord
- Standard 15 ft. Sync Cord (1/8" to PC)
- Light Stand Mounting Block
- AlienBees Product Manual (this document)

## 3. Safety Information

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Read all instructions before using the AlienBees B400 Monolight. Failure to follow these safety guidelines may result in electric shock, fire, or serious injury.

- **Electrical Safety:** Always connect the unit to a grounded outlet. Do not operate with wet hands or in damp environments. Disconnect power before cleaning or servicing.
- **Heat:** The flashtube and modeling lamp can become very hot during operation. Allow adequate cooling time before handling. Do not cover the ventilation openings.
- **Eye Protection:** Avoid looking directly into the flash when it fires, as it can cause temporary vision impairment.
- **Placement:** Ensure the unit is securely mounted on a stable light stand to prevent tipping. Keep away from flammable materials.
- **Children and Pets:** Keep the unit out of reach of children and pets.

## 4. Setup

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### 4.1. Mounting the Unit

Attach the AlienBees B400 Monolight to a compatible light stand using the integrated light stand mounting block. Ensure the unit is securely tightened to prevent accidental detachment.

### 4.2. Connecting Power

Connect the provided 15 ft. power cord to the power inlet on the rear of the unit and then to a standard 120 VAC, 50-60 Hz grounded electrical outlet. The unit requires 105-125VAC, 50-60Hz, connecting only to a grounded outlet.

### 4.3. Connecting Sync Cord

For wired synchronization with your camera, connect the 15 ft. sync cord (1/8" to PC) to the sync port on

the rear of the monolight and to your camera's PC sync terminal. If your camera lacks a PC sync terminal, a hot shoe adapter may be required (sold separately). Alternatively, wireless remotes can be used for triggering.

#### 4.4. Attaching Reflector and Modeling Lamp

Carefully insert the 150W modeling lamp into its socket. Attach the 7-inch silver field reflector to the front of the unit by aligning the tabs and twisting to lock it into place. Ensure the protective shipping cover is removed before operation.



**Image 4.1:** Front view of the AlienBees B400, illustrating the flash tube and modeling lamp assembly.

## 5. Operating Instructions

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### 5.1. Control Panel Overview

The rear panel of the AlienBees B400 features all necessary controls for operation. Familiarize yourself with the layout:



**Image 5.1:** Rear control panel of the AlienBees B400, showing power adjustment slider, sync, slave, and modeling lamp controls.

## 5.2. Power Adjustment

Use the continuous slider control on the rear panel to adjust the flash output from full power (160 Ws) down to 1/32 power (5 Ws), offering 6 f-stops of variability. The indicator lights above the slider show approximate power levels.

## 5.3. Modeling Lamp Operation

The 150W modeling lamp provides continuous light for previewing lighting effects. Use the dedicated switch on the control panel to turn the modeling lamp ON or OFF. The modeling lamp can also be set to track the flash power or operate independently.

## 5.4. Sync Modes

- **Sync Cord:** Connect a sync cord from the unit to your camera's PC sync terminal.
- **Slave Mode:** Activate the SLAVE function on the control panel. The AlienBees B400 will then fire automatically when it detects another flash firing.
- **Wireless Remote:** If using an optional wireless remote system, follow the remote's instructions for pairing and triggering.

## 6. Maintenance

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### 6.1. Cleaning

Ensure the unit is unplugged and cooled before cleaning. Use a soft, dry cloth to wipe the exterior. For the flashtube and modeling lamp, use a clean, lint-free cloth, avoiding abrasive cleaners that could damage the surfaces.

### 6.2. Flashtube and Modeling Lamp Replacement

The flashtube and modeling lamp are user-replaceable. Always ensure the unit is unplugged and completely cooled before attempting replacement. Refer to the detailed instructions provided with replacement parts for proper installation. Handle flashtubes by their base to avoid touching the glass.

## 7. Troubleshooting

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If you encounter issues with your AlienBees B400, consult the following table for common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on	Power cord not connected; Outlet not active; Unit switch off	Check power cord connection; Test outlet; Ensure POWER ON/OFF switch is ON
Flash does not fire	Sync cord loose/faulty; Slave mode not activated; Camera settings incorrect; Flashtube faulty	Check sync cord connection; Activate SLAVE mode; Verify camera flash settings; Replace flashtube
Modeling lamp not working	Modeling lamp switch off; Lamp burnt out	Turn MODEL LAMP switch ON; Replace modeling lamp
Inconsistent flash output	Power setting unstable; Unit overheating	Ensure power slider is set firmly; Allow unit to cool down (internal fan should prevent this under normal use)

## 8. Specifications

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Feature	Specification
Model Number	B400
Brand	Buff (Paul C. Buff, Inc.)
Flash Output	160 Ws (Watt-seconds)
Power Variability	6 f-stops (5 Ws to 160 Ws), continuous slider adjustment
Modeling Lamp	150W
Power Requirements	120 VAC, 50-60 Hz (105-125VAC)
Flash Sync Speed	Up to 1/250 second
Compatible Mountings	Hot Shoe Mount (via sync cord/adaptor)
Cooling	Internal cooling fan

## 9. Warranty and Support

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### 9.1. Warranty Information

The Buff AlienBees B400 Monolight comes with a **2-Year Factory Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

## 9.2. Customer Support

For technical assistance, service, or warranty inquiries, please contact Paul C. Buff, Inc. customer support directly. Visit their official website for the most current contact information and support resources.

**Manufacturer:** Paul C. Buff, Inc.

**Website:** [www.paulcbuff.com](http://www.paulcbuff.com) (Please note: This link is an example and may not be the exact current support URL. Refer to product packaging or official brand information for precise details.)